



## **Casting All Your Cares** **1 Peter 5:5-7** **Study Guide**

1. Shepherds of the flock have received their instructions. Now it is time to say some personal words to the sheep. Peter addresses the younger people in the churches (not just the young men). Why would they need to be admonished about submitting to the authority of the elders? What kind of issues can come up in a church that would be conducive to disrespect for authority? Have you ever heard someone who was critical of the leadership of the church (no names please)? What should a believer do if he disagrees with the elders or others in leadership positions?
2. According to Peter the best fashion statement is to be clothed in humility. What is humility? In answering this keep in mind the one who is the ultimate example of humility, the Lord Jesus Christ (Phil. 2:3-8). What would a humble Christian look like? That is, what kind of behavior would you expect? Use a Bible concordance and look up the word humility (found six times in the New American Standard Version). What are some of the principles about humility can you discover?
3. Peter quotes Proverbs 3:34 (Jas. 4:6). Why does God oppose the proud? How does a truly humble person respond to God? What is pride? Keep in mind that Peter is writing to Christians who were being persecuted for their faith. What light does this fact

throw upon, “that He may exalt you at the proper time”? How would humility demonstrate itself in times of pain and suffering?

4. 1 Peter 5:7 is a classic statement regarding the sustaining care of God. It is an illusion to Psalm 55:22. Read Psalm 55 and note the context of verse 22. What is it? Why is throwing our care upon God essential to humility? Explain the relationship between humility and dealing with anxiety. What is anxiety? Review what Jesus said about worry in Matthew 6:25-34.
5. What are some of the things that we tend to worry about? What is the difference between worry and legitimate concern (2 Cor. 11:28)? What causes worry? What is wrong with worry? How would you counsel someone who is overwhelmed with worry? How would you know whether or not you are ruled by worry?
6. If you have not already, memorize 1 Peter 5:7. Pray and express thanks to God that Christ cares for you. Ask the Lord to make this truth real in your own life. Write down some things that you are concerned about and turn them over to the Lord in prayer.