

Cast All Your Cares on God
1 Peter 5:1-14

EMILY MITCHELL
March 3, 2019



NOTES

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Suggested Questions for Individual
Study or Group Discussion*



- Have you ever had someone in authority “lord it over” you? How did it feel to be led that way, and how effective was their leadership?
- In your life, who has been a leader who has shepherded and served people well? What did/do you admire about their leadership and how do those attributes match up with the ones outlined in 1 Peter 5:1-6?
- According to verses 6 and 7, how are Christians to deal with stress, tension, and fear? What specific anxiety or concern do you need to cast humbly on the Lord, and what gets in your way?
- In this passage, who is identified as the enemy? What are we told about this enemy, and how are we to guard against the enemy?
- Verse 10 is a wonderful promise: after you have suffered a little while, God will “himself restore, empower, strengthen, and establish you” (CEB). Which of these verbs do you find most encouraging to you in this season of life?
- C.S. Lewis wrote, “Humility is not thinking less of yourself, it's thinking of yourself less” and “A proud man is always looking down on things and people; and, of course, as long as you are looking down, you cannot see something that is above you.” What do you these about these quotations? What does it look like for you to humble yourselves under God’s mighty hand in the coming week?

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