

Five Ways to Process Anxiety – 1 Peter 5:6-7

I. The Mighty Hand of God

Questions for Reflection:

1. Read 1 Peter 5:5 and then find the trait that he's contrasting humility (v. 6) with. In what way(s) are prone to think you're in control of life?
2. Who's hand in v. 6 does Peter call us to come under? Re-read 1 Peter 4:19. Is God's hand sovereign over our suffering?
3. Would it be wise to try believe and live under the belief that we are in control of our days and our suffering? What frustrations do you imagine would come about if we thought we were in control?

II. Casting Your Eyes on Hope

Discussion Questions:

1. What promise does God give in v. 6? What do you think Peter is describing when he says God will exalt you?
2. In suffering, by definition, we lose strength and resources. So what reason is given in v. 6 for thinking this exalting will come true? (Hint: what is being said about God with the imagery of v. 6)
3. Peter is always referring to future hope in this letter. Take some time and write down other passages in 1 Peter where he reminds us of our future hope. What picture do you see for the "last chapter" of your life? Does it look good?

III. Five Ways to Process Your Anxiety

Discussion Questions:

1. What does it mean to “cast” your anxieties on God? How would you define “casting”? If you’re not throwing your anxieties on God then what are you doing with them?

2. If you’re holding on to your anxieties describe what being anxious feels like to you. Has being anxious ever fixed one of your problems? What reason does Peter give in v. 7 for throwing your anxieties on God?

3. Walk through the five ways of processing your anxiety.
 - a. **Talk** – according to v. 7 is there any anxiety too small (or too big) to bring to God in prayer?

 - b. **Identify** – In what way do you show anxiety? List the way(s) you show anxiety.

 - c. **Name** – Anxiety feels overwhelming but it’s actually finite and specific. Can you name 1-3 things that are giving you anxiety now?

 - d. **Ask** - Once you name your anxiety consider the reason why you’re anxious about it. Is that reason bigger than God?

 - e. **Listen** – Begin listing the promises of God to you in 1 Peter 5:6-7. When you have more time begin reading 1 Peter from the beginning and listing all of his promises. Then take your list and pray them back to God. Part of prayer is rehearsing God’s promises back to him.