

LIVING AS A SOJOURNER

1 PETER

IN A STRANGE LAND

May 14, 2017

1 Peter: Mother's Day

Text: 1 Peter 5:6-7

Read together as a group the text we looked at this Sunday 1 Peter 5:6-7.

Happy Mother's Day to all our moms connected here at Grace. This week we celebrated moms but we also stepped forward with our series in 1 Peter. These are perfect verses for every parent!

We are looking at just 2 verses this week but they are powerful. **Read the verse again together and share with the group what stands out to you from this text?**

Do you tend to be a person full of hope or full of worry? (be honest!)

We all worry and we all face times of anxiety. **What are the good aspects of worry? Why is worry normal?**

We all face seasons of anxiety in normal life but the intensity rises when we face something we can't control. **Share with your group a time you faced worry that overwhelmed you and what you did to work through that season.**

We talked about the need for us to feel like we are in control. We also processed the truth that we are not really in control of very much in our lives. **How do you manage this tension?**

Why do you think we spend so much time worrying about things that may never even happen?

The text today calls us to humble ourselves before God. This means we give ourselves permission to ask God for help. **Why do we not go to God more with our worry and ask for help?**

How do you try to cast your anxieties before God? Why do we tend to pick those anxieties back up after we have let them go?

The final phrase of this passage reminds us that we can cast our worry onto God because he loves us! **How does the love of God help you allow Him to handle your worry?**

What did you write down today about worry that you would be willing to have your group know and pray for you through?