

1 PETER  
**EXILED**  
STANDING FIRM IN GOD'S GRACE



## If You're Going Through Hell, Keep Going

1 Peter 5.6-11

### Main Idea

Christians are to persevere in the midst of suffering by casting their anxieties on God, resisting the devil, and hoping in God, who keeps them eternally.

### Overview

- **Humble Yourself Before God Because He Cares for You (vs. 6-7)**
  - God actively opposes the proud, but gives grace to the humble
  - “Therefore” God calls us to humble ourselves before him that we might receive grace
  - One of the ways we humble ourselves before God is by casting our anxieties on him
    - Carrying anxiety and cultivating humility are mutually exclusive;
    - Unchecked anxiety and undue worry are a form of pride
  - We can confidently cast our anxieties onto God because (1) he’s in control, and (2) he cares for his own children
  
- **Resist the Devil Because He Seeks to Devour You (vs. 8-9):**
  - God wants us to be carefree, but not careless
  - The devil is real and powerful, but has been defeated by the cross of Christ (cf. Col. 2:13-15; Rev. 12:10)
  - The devil has been mortally wounded, but is not yet dead
  - Therefore, we must resist him by:
    - Being sober-minded and watchful
    - Being firm in our faith
  - Our battle is not against others but against spiritual forces (cf. 2:11; Eph. 6:12)
  
- **Hope in God Because He Eternally Keeps You (vs. 10-11)**
  - Satan and suffering will not have the last word, the God of all grace will.
  - God’s grace does not run out; it’s like the ocean waves crashing upon the shore, grace after grace; a limitless supply that keeps breaking over our lives time and time again.
  - “In Christ” he will restore, confirm, strengthen, and establish his own.

## Questions

Discussion Starter: *Winston Churchill once said, "If you're going through hell, keep going." Do you think that's good advice? Why or why not?*

1. Read 1 Peter 5:5-11. Why do you think Peter brings up the idea of humility when talking about suffering and persecution?
2. What does the phrase "*under the mighty hand of God*" mean and how does it relate to humility?
3. How does "*casting all your anxieties on him*" produce humility? Why is carrying anxieties (and not casting them) a form of pride?
4. Why is it important to understand the phrase "*because he cares for you*" when casting your anxieties? Are there specific Scriptures you go reference to remind yourself of God's care for you?
5. In light of Philippians 4:6-7, what role does prayer play in casting anxieties? What are some other ways to cast anxieties on the Lord?
6. Do you often think of the devil as one who "*prowls around like a roaring lion, seeking someone to devour*"? Why or why not?
7. What are some tangible, practical ways to be sober-minded and watchful?
8. What does it look like to be "*firm in your faith*"?
9. Re-read verses 10-11. How do they encourage and challenge you? What can you do to recall these truths on a regular basis?

Accountability question: *Are there unchecked anxieties and/or undue worries in your life? If so, what does it look like for you to cast them on the Lord who cares for you?*