



DISCUSSION GUIDE

OVERWHELMED BY WORRY

GETTING STARTED

In what way do you see how worry negatively affects your life (thoughts, fears etc...)?

How can we separate worry from what is also our "responsibilities" (things we rightly should be concerned about)? What is the difference?

QUICK REACTIONS FROM THE MESSAGE

How would you summarize/paraphrase the message in your own words?

What point/idea resonated most with you? Why?

Considering that 8% of our worries are "legitimate" and 92% are things that will never happen or are out of your control...take time to describe what are "legitimate" worries.

Why does Peter tell a legitimately worried church to accept the authority of the elders and live humbly under the mighty power of God?

How could our worry and anxiety be connected to not accepting authority of those wiser than us and accepting God's authority over us?

Who in your life is a trusted and wise elder, placed in your life for your care?

What type of character and in what time frame will God lift you up in honor? What would this mean to a suffering and persecuted church? To someone who struggles with worry, fear and anxiety?

What would it mean for you to cast all your cares?

What would it mean for you to Seek the Kingdom of God above all other "kingdoms"?

What would it mean for you to meditate on God's truth?

How are these things connected with our worries?

EXPLORE THE PASSAGE [1 Peter 5:5-14]

(Yes, these questions can seem silly, however, good discussion and interpretation of the Bible begins with having a proper understanding of the basic facts; who, what, when, and where in the text.) Work through this quickly, the answers are fairly obvious.

What were the young men encouraged to do? (5:5)

Why were all the readers encouraged to clothe themselves with humility? (5:5)

Why were these believers encouraged to humble themselves? (5:6)

What did Peter tell his readers to do with their anxieties? (5:7)

What did Peter say the devil was doing? (5:8)

How were these believers instructed to respond to the devil? (5:9)

To what did Peter say these believers had been called? (5:10)

What did Peter assure his readers God would do after they had suffered a little while? (5:10)

What did Silas help Peter do? (5:12)

Who sent greetings along with Peter? (5:13)

How did Peter tell these believers to greet one another? (5:14)

QUESTIONS THAT HELP US UNDERSTAND THE SIGNIFICANCE OF THE TEXT

What attitude do the young people and others in your church have toward the leaders of the church?

What leadership positions have you held? What was most difficult? Why?

What changes do you need to make in the way you lead? (whether that's in your family or work?)

How do you need to change your attitude toward those who are in positions of authority over you?

Why do we sometimes find it difficult to be submissive to those in authority over us?

Why is being humble so difficult?

What worries tend to plague you?

What does it mean to cast your anxieties on the Lord?

How can we cast our anxieties on the Lord?

What means does the devil use to "devour" people?

How should we resist the devil?

APPLY THE PASSAGE

What do we learn about God and about ourselves in these passages?

What do you need to stop, start or do differently as a result of reading this passage?

How can we pray for each other?