

No Pain, No Gain

1 Peter 5:6-11 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. **7** Cast all your anxiety on him because he cares for you. **8** Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. **9** Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. **10** And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. **11** To him be the power for ever and ever. Amen.

We never _____ outside of God's _____.

Verse 6; see also Romans 8:28; 1 Peter 3:17; 4:12-19

How to suffer successfully:

1. _____

Verse 6; see also James 4:7, 10

2. _____

Verse 7; see also Psalm 55:22; Philippians 4:6

3. _____

Verses 8-9; see also Ephesians 6:11; Colossians 1:22-23

God allows us to suffer to _____ our _____.

Verses 10-11; see also James 1:2-4

Transformed by the Truth

Questions for Reflection & Discussion

1. In what ways do you feel you are suffering these days? How has that suffering affected your relationship with God?

2. Read 1 Peter 5:6. How do you think humbling yourself under God's mighty hand looks different than resisting Him or running from Him? In what area of your life is it most difficult to submit to God's sovereign plan?

3. Read 1 Peter 5:7. When was the last time you "let loose" on God? What caused you to cast your anxiety on Him?

4. Read 1 Peter 5:8-9. In what part of your life are you most vulnerable to being devoured by the devil? What is helping you to "stand firm in the faith"?

5. Read 1 Peter 5:10-11. How has God used suffering in your life to strengthen your spiritual resolve?
