



This week at MRC we finished our 'disconnect' series in 1 Peter 5v6-7.

***<sup>6</sup> Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup> Cast all your anxiety on him because he cares for you.***

- What do you know/remember from this letter about the situation of the churches Peter was writing to?
- How is our struggle with pride seen in daily life? What kind of contexts?
- Why do you think anxiety is such a growing problem in our world today?

**1. Remember our God is commanding and caring...**

- What truths does Peter remind his readers of about God and his character?
- How should these shape us?

**2. ...and so humble yourself and trust him.**

- Why does Peter tie humility and anxiety together?
- What is the present experience of trusting God, and the future