

# **“Worried about So Many Things? Get that Fixed Now!”**

1 Peter 5:1-11

1. **Develop a biblical view of God (1 Peter 5:6-11).**
2. **Learn the humility and encouragement of being part of the church (1 Peter 5:5, 9).**
3. **Trust your elders (1 Peter 5:5).**
4. **Pray about everything (1 Peter 5:7).**
5. **Talk to yourself, don't let yourself talk to you (1 Peter 5:8).**
6. **Read and pray the Bible (1 Peter 5:9).**
7. **Enjoy God's care for you by His grace (1 Peter 5:5, 6, 10).**

He gives...

Joy

Holiness

Stability

## **Life Group Discussion Guide**

1. **List the typical things we worry about. Do our worries change over time or do they just get new faces?**
2. **What are some Bible references that give instruction on worry? How do they help? C.f. Philippians 4:4-9; Isaiah 40:27-31; Joshua 1:8-9; Matthew 6:30**
3. **How does being part of a church help with worries? How does having a big view of God help?**
4. **What does it mean to “cast” our anxieties on Him? What kinds of sentences would you use to cast your anxieties upon God?**
5. **What does it mean to pray the Bible?**
6. **Have people in your group share what things they are worried about and pray for them using the Bible.**

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