



WOODLAND HEIGHTS

CHRISTIAN CHURCH

Living Under Pressure But Standing in Peace

Small Group Discussion Guide on 1 Peter 5:6-11

Woodland Heights Christian Church Core Value Connection

This sermon on 1 Peter 5:6–11 aligns with the core values of Biblical Worldview, Prayer, and Biblical Authority at Woodland Heights Christian Church. We believe that in a world filled with anxiety, spiritual pressure, and exhausting uncertainty, believers must learn to see life through the lens of God's Word rather than through the panic of the moment. We also believe that prayer is essential to the life of the believer and that the Word of God is our sure guide for peace, strength, discernment, and victory in Christ.

This message reminds us that while pressure is real, panic does not have to rule the life of a Christian. It calls us to humble ourselves under the mighty hand of God, cast our anxieties on Him because He cares for us, stay alert in spiritual battle, and stand in the lasting hope that the God of all grace will restore, strengthen, and establish His people.

Section 1 – ENCOUNTER

Observing God's Word

Imagine a small mission house surrounded in darkness. Torches flicker outside, voices rise in threat, and every visible sign says the night will end in disaster. Yet inside, instead of panic, there is prayer. A husband and wife kneel before God, casting their fear on the Lord and trusting the care they cannot yet see. By morning, the danger is gone, and later they learn that God had surrounded them with protection they never could have provided for themselves.

That is the heartbeat of 1 Peter 5:6–11. Peter writes to believers living under pressure and teaches them that worry is not something to nurse, excuse, or normalize. It is something to bring under the mighty hand of God, something to cast on Him in prayer, and something to confront with alert, faith-filled dependence on the Lord.

Let's start our study by anchoring ourselves in Scripture. Read 1 Peter 5:6–11 (ESV) as a group, family, or an individual, letting God's Word sink in. Picture the scene: suffering believers being reminded to humble themselves, release their anxieties to God, stand watch against the enemy, and cling to the promise that the God of all grace will finish what He has begun in them.

Core Questions

- What words, commands, or promises stand out to you in 1 Peter 5:6–11? Why is this relevant?
- What do these verses teach you about the relationship between worry, humility, and trust in God?
- What do you learn here about God's care, the reality of spiritual battle, and the hope believers have in suffering?

Section 2 – EXPLORE

As we dig deeper into 1 Peter 5:6–11, we discover that Peter is not calling believers to deny pressure, but to respond to it in a radically different way. The answer to worry is not self-reliance, control, or panic, but daily dependence on the Lord. The sermon’s Big Idea says it clearly: **“The Law of Daily Dependence: Give God Your Worries and They Lose Their Power Over Your Life.”**

Peter writes to scattered believers facing suffering, rejection, and uncertainty. In that setting, he speaks like a seasoned shepherd and reminds them that the Christian life is not pressure-free, but it can be peace-filled when believers humble themselves under God’s hand, cast their worries on Him, stay spiritually alert, and rest in His promises.

Lesson #1 – Submit to God’s Power and Rest in His Provision (1 Peter 5:6–7)

Peter begins with two commands that cut against our natural instincts in anxious moments: humble yourselves and cast all your anxieties on Him. The sermon emphasizes that worry often grows in the soil of self-reliance, when we begin to act as if everything depends on us. Humility is the choice to bow under God’s authority, trust His timing, and stop trying to carry what was never ours to control.

Peter tells believers to cast all their anxieties on the Lord because He cares for them. This is not denial, but decisive transfer. God does not ask His people to pretend they have no burdens; He calls them to bring every burden to Him because His mighty hand rules with power and His heart cares with tenderness.

- Why do you think worry often grows when people lean on self-reliance instead of surrender?
- What does it practically look like to “cast all your anxieties” on the Lord?
- How does knowing that God both rules powerfully and cares personally change the way you face pressure?

Lesson #2 – Stay Alert, Spot the Enemy, and Stand Firm in Faith (1 Peter 5:8–9)

Peter moves from the language of surrender to the language of battle: be sober-minded, be watchful, resist the devil, and stand firm in your faith. The sermon warns that anxiety is not merely an emotional struggle; it is also a spiritual battleground where the enemy seeks to magnify fear, cloud perspective, and draw believers away from trust in God.

To be sober-minded is to live with spiritual steadiness and clear-headed courage. Peter’s image of the roaring lion reminds believers that the danger is real, but panic is not the answer. Christians resist the enemy not with slogans or self-help, but by standing on God’s truth, praying with dependence, and refusing to surrender ground to fear and lies.

- In what ways can worry become a spiritual battleground in a believer’s life?
- What does clear-headed courage look like when pressure begins to rise?
- How can standing firm in faith help a person resist fear, lies, and spiritual discouragement?

Lesson #3 – Remember That Your Worries Are Temporary and God Will Restore the Faithful (1 Peter 5:10–11)

Peter ends with one of the most hope-filled promises in the New Testament. After believers have suffered a little while, the God of all grace will Himself restore, confirm, strengthen, and establish them. The sermon reminds us that Christian peace is not built on pretending life is easy, but on trusting that suffering is temporary and God's grace is sufficient.

This promise is deeply personal. Peter does not merely say that God will send help; he says God Himself will do this work in His people. Worry says, "You are going to collapse," but grace says, "God will hold you fast."

- Which part of God's promise in verses 10-11 speaks most directly to your current pressure?
- How does remembering that suffering is temporary help loosen the grip of anxiety?
- What difference does it make to know that God Himself restores, confirms, strengthens, and establishes His people?

Section 3 – EMBRACE

Applying God's Word

Go deeper into the Word of God by applying what you've learned to your life today. Reflect on these action steps and discuss how you can live out the truths from 1 Peter 5:6-11.

Start with Humility

When pressure rises, begin by humbling yourself under the mighty hand of God instead of assuming that everything depends on you. Identify one area this week where anxiety has revealed a struggle to trust God's timing, wisdom, or authority, and surrender that area to Him in prayer.

Cast Your Anxiety on the Lord

Peter does not tell believers to hide their burdens, but to hand them over to the Lord who cares for them. Write down one worry that has been weighing on your heart, and intentionally bring it to God each day this week, asking Him to replace panic with peace and fear with faith.

Guard the Gate of Your Heart

Worry can quietly move from a passing concern to a dominating presence if it is left unchallenged. Ask yourself: what thought, fear, or lie have I allowed to linger unchecked? Take one practical step this week to resist it with Scripture, prayer, and truthful thinking.

Memorize and Reflect

Memorize the sermon's key verse, 1 Peter 5:7 (NLT): "Give all your worries and cares to God, for He cares about you." Reflect on how this verse exposes your patterns of worry and invites you into deeper trust. Share with your group how God may be teaching you to live under pressure but stand in peace.

Closing Challenge and Prayer

Pressure is real, but it does not have to become your master. God calls His people not to be ruled by panic, but to walk in humility, prayerful dependence, clear spiritual vigilance, and hope-filled endurance. He is not indifferent to your burdens, absent from your battle, or late in His care.

As a group, pray for one another to become people who bring worry quickly to the Lord, resist the enemy faithfully, and rest in the promises of the God of all grace. Ask the Lord to teach you how to live under pressure and still stand in peace for His glory.