

Women's Bible Study
 1Peter 5:6-7
 December 6th, 2023 Sharyn Balogh

1Peter 5:6-7 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.

Therefore means accordingly, or in conjunction with what was written beforehand. We need to ask ourselves, **'What has the Apostle Peter been saying in the first five verses of this letter?'** Go back, read it, and refresh your memory. Then continue to the instructions beginning in verse 6.

humble yourselves.

"Be willing to take a low place--a place such as becomes you. Do not arrogate to yourselves what does not belong to you; do not evince pride and haughtiness in your manner; do not exalt yourselves above others", Barnes.

I had to look up what the word 'arrogate' meant. The definition I found says it means to demand as being one's due or property; to assert one's right to something. Remembering that our claim to being God's child and to having a future in Heaven is only because of what Jesus did, will help keep our heart humble. We do not deserve to be saved; we are not owed blessings. Any success we may achieve is because of God's doing. Our willingness to remain humble before the leaders God has set in place honors God. If you take away Jesus, we are doomed. We are all on the same road having the same purpose – either the glory of Heaven because we've been called by Him, or the sting of Hell because we have denied Him. If I accept His call – it's to His glory; if I deny His call – it's to my condemnation. These truths are what keeps us humble because they point to God's grace.

1Peter 3:15 but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness [humility] and reverence;

1Peter 5:5 You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another, **for GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.**

Do we have the right view of ourselves? Our opinions are not as significant as we might sometimes like to think when we consider Christ who died for our sins. We are precious in God's sight *only because of Jesus*. Consider who you are without Christ. We need to recognize our need of Christ and realize it is only through Him that we are counted as God's children. We are saved by faith alone, through grace alone, in Christ alone.

Nothing of ourselves can save us. When we live in this truth, we will view ourselves low and lift God high. Obedience to His word glorifies His name.

Are there specific circumstances where you struggle with having a humble heart?

Are you able to relate to any of the following statements –

You don't like what someone says; you don't like what someone does; you resent the rules of authority because you feel they are unfair; you believe your way is best; you don't understand someone else's plan; you think some rules are foolish or not necessary so you choose to ignore them; you feel you might have to give up something important to you. What do these statements have in common?

Proverbs 15:33 The fear of the LORD is the instruction for wisdom, and before honor comes humility.

Proverbs 18:12 Before destruction the heart of man is haughty, but humility goes before honor.

Micah 6:8 He has told you, O man, what is good; and what does the LORD require of you but to do justice, to love kindness, and to walk humbly with your God?

Under the mighty hand of God refers to His power over all. If we revisit the beginning of Peter's letter in Chapter One, we will remember he is writing to those who have been scattered because of their faith and are distressed by severe trials. Through these trials, God is refining them.

1Peter 4:12-13 Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of His glory you may rejoice with exultation.

Consider, when we are at our lowest point, God is highest, when we have exhausted our own efforts, then we more readily submit to His plan to deliver us. When there is nothing left in ourselves, when we are spent and needy, we more easily rely upon God's intervention and grace to see us through. Often, it is under the greatest affliction that we see Him most clearly. However, the goal is to learn and choose to rely upon God quickly in all circumstances, not just when we have no more resources and are suffering.

Deuteronomy 3:24 'O Lord GOD, You have begun to show Your servant Your greatness and Your strong hand; for what god is there in heaven or on earth who can do such works and mighty acts as Yours?

"The more we see of God's glory in his works, the more we desire to see. And the more we are affected with what we have seen of God, the better we are prepared for farther discoveries", John Wesley's Notes. When you consider the strength and power of

God, a submissive heart will bow before Him in humility and be happy in doing so. **Do you easily submit to God's direction, or do you fight against it?**

"When we have to do with Satan and his temptations, resistance may be of good use to us: "resist the devil, and he will flee from you:" but when we have to do with God and his chastisements, it is in vain to oppose. His hand is too mighty for us; there is no way but to submit, and to humble ourselves under it, by acknowledging our weakness, and resigning our will and desires to his wisdom and goodness". Bp. Sanderson.

Being under the mighty hand of God is a blessing! When you are discouraged, it helps to look back upon God's faithfulness in your life. He will never leave nor forsake you if you are His child. However, as a loving Father, He will allow you to undergo what is necessary to grow your faith, trust, and obedience in His plan.

That He may exalt you at the proper time

Luke 14:11 "For everyone who exalts himself will be humbled, and he who humbles himself will be exalted."

In due time, or in season, God will cause all things to work for His glory and His children's good. Note, this is not in our timing but in God's. When we are in the midst of trials, we are called to be patient and wait on God. When we see the proud gaining triumph and momentum, it is difficult to focus ahead on the future of God's deliverance. We always need to be humbled before Him, to trust in His plans and timing. **How can we help one another to have patience through trials?**

The **proper time** may be in our near future here on earth, but definitely will be our future in Heaven. Think of Hebrews Chapter Eleven which lists the 'heroes of faith' who acted according to God's word regardless of the outcome. Peter was reminding these Believers to stay the course, to keep their sight on Jesus, to acknowledging His power and trust in His plan. There is always hope at the end of the tunnel when you genuinely rely upon God. One day, we will be in glory with Him.

Psalm 89:16-17 In Your name they rejoice all the day, and by Your righteousness they are exalted. For You are the glory of their strength, and by Your favor our horn is exalted. (The word horn refers to their power and honor; it can also be a reference to an actual horn which was worn around the neck and lifted high in triumph in response to God's favor. *Treasury of David*). In other words, any triumph and all goodness is because of God and for His glory. Praise Him for His works and faithfulness.

Moving on to 1Peter 5:7, **casting all your anxiety on Him, because He cares for you.**

Anxiety, *merimna*, means cares or distractions. Think of the many distractions which enter your mind. **Do we allow the cares of this world to pull our focus away from God?** God cares for each of His children's concerns. Whatever troubles you, or in any affliction, you can cast, or literally throw to God your deepest concerns; He's got this!

The first thing that came to my mind was the act of casting a line in a body of water to fish but there is a significant difference in the meaning. When we cast a line in fishing, it is done over and over again *hoping* to catch something. When we cast our cares upon Jesus, He immediately hears us and gives us the strength to walk through a difficult situation in a way which glorifies His name.

The verb casting literally means to *'throw upon'*. When you throw something away, you get rid of it. For myself, I must really consider whether I have truly given my concerns to Christ or just voiced my concerns, continuing to hold them close enough to pick them up again.

Think of the idiom, *'having a shoulder to cry on or lean on'*. It means having someone who is willing to listen to your problems and give you sympathy, emotional support, and encouragement. In addition to caring about **every** concern we might have, God has all the perfect answers and will cause **all** things to be used for His glory in due time. This includes concerns you have for yourself, your family, your friends, your leaders, your workplace, your finances, your health, and all else you can think of.

Psalm 37:5 Commit your way to the LORD, trust also in Him, and He will do it.

Psalm 55:22 Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.

What does it mean to you when you read the words, 'He cares for you'? Is your confidence placed in God? If so, you will not worry about tomorrow. There is a great advantage for those who humble themselves before God, who trust in His goodness and His ultimate plan. Consider. ***What does focusing on your cares, worries, or anxieties accomplish? Instead, are you able to rely completely on God's providence?***

Matthew 6:30-33 "But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. "But seek first His kingdom and His righteousness, and all these things will be added to you.

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

There are incredible blessings for God's children who seek to follow His direction with a heart and mind of humility while recognizing the omnipotence and omniscience of their Heavenly Father, trusting in His perfect plan.

"Father, mother, neighbour, friend, those whom you have loved, and those to whom you have done good, may neglect you, but God never will. You may become poor, and they may pass by you; you may lose your office, and flatterers may no longer throng your

path; your beauty may fade, and your admirers may leave you; you may grow old, and be infirm, and appear to be useless in the world, and no one may seem to care for you; but it is not thus with the God whom you serve. When he loves, he always loves; if he regarded you with favour when you were rich, he will not forget you when you are poor; he who watched over you with a parent's care in the bloom of youth, will not cast you off when you are "old and grey-headed," Albert Barnes' NT Commentary.

Philippians 4:7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Do you allow anxious thoughts to distract you? What can you do to avoid unnecessary worry?

“Casting all your care upon him; *The Apostle means no doubt that anxious and disquieting solicitude, which distracts the mind, perplexes all our thoughts, breaks and confounds all our measures, and so, not only does more harm than good, but betrays a want of consideration and religion. Such a perplexity indeed must needs be very blamable; because it plainly argues that the providence of God over all his creatures, and his tender concern for the faithful in particular, make none, or much too feeble, impression upon our souls”.* British Family Bible, Dean Stanhope.

In other words, if we truly believe that God cares for us and loves us and has a perfect plan for us, then, we will not be distracted or disturbed by difficulties of any kind. We will be able to cast our cares upon Him with confidence, leave them at His throne, and have peace.

1Peter 4:19 Therefore, those also who suffer according to the will of God shall entrust their souls to a faithful Creator in doing what is right.

Casting your worries on God does not mean you have no thought or compassion for difficult situations. We are to care for one another, come alongside one another, and share in their grief and joy. We should care enough to bring our constant prayer to God for problems and praise. We cannot ignore the problems we must address. We will feel sadness and loss. It is the overwhelming and consuming thoughts that cause rash decisions and distraction from God that is warned against. We are to do all we can to improve a situation, then we trust in God's plan to unfold.

“The meaning is, that we are to commit our whole cause to him. If we suffer heavy trials; if we lose our friends, health, or property; if we have arduous and responsible duties to perform; if we feel that we have no strength, and are in danger of being crushed by what is laid upon us, we may go and cast all upon the Lord; that is, we may look to him for grace and strength, and feel assured that he will enable us to sustain all that is laid upon us. The relief in the case will be as real, and as full of consolation, as if he took the burden and bore it himself. He will enable us to bear with ease what we supposed we could never have done”, Albert Barnes' NT Commentary.

Family Bible Notes says, “A sure and effectual relief from oppressive cares is a cheerful submission to the will of God, choosing to have him do as seemeth him good because he does all things well”. **What is your response?**

God cares for you – He has an interest in you, you matter to Him, and His direction is always best. **Do you have confidence in His care? Why or why not? Do you believe God cares about every one of your concerns?**

Ps 40:17 Since I am afflicted and needy, let the Lord be mindful of me. You are my help and my deliverer; do not delay, O my God.

Psalms 34:15 The eyes of the LORD are toward the righteous and His ears are open to their cry.

Luke 12:32 "Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom.

One reference says the word for ‘careth’ [KJV] implies “*providential loving guardianship*”. (*Annotated Bible Notes*)

God is our Heavenly Father; He has adopted us into His kingdom. **Is there anything good He would not do for you?**

“In the mean while, whatever uncertainties and dangers may attend you, endeavour to live as easy as possible; casting all your anxious care, and all those burdens that might otherwise occasion it, upon him; leaving it to his all-wise and all-gracious providence to determine every event of your lives; for he careth for you, in a manner the most effectual; and his tender care will accomplish infinitely more than your utmost anxiety can possibly effect”, Doddridge.

Psalms 84:11 For the LORD God is a sun and shield; the LORD gives grace and glory; no good thing does He withhold from those who walk uprightly.

Luke 21:18 "Yet not a hair of your head will perish.

Once you have done all you are required to do, and have taken responsibility for any action and thought that is yours to own, then it is out of your hands, and you can leave your trust in God’s mighty power and plan. His wisdom and goodness are perfect. Therefore, you can rest in Him.