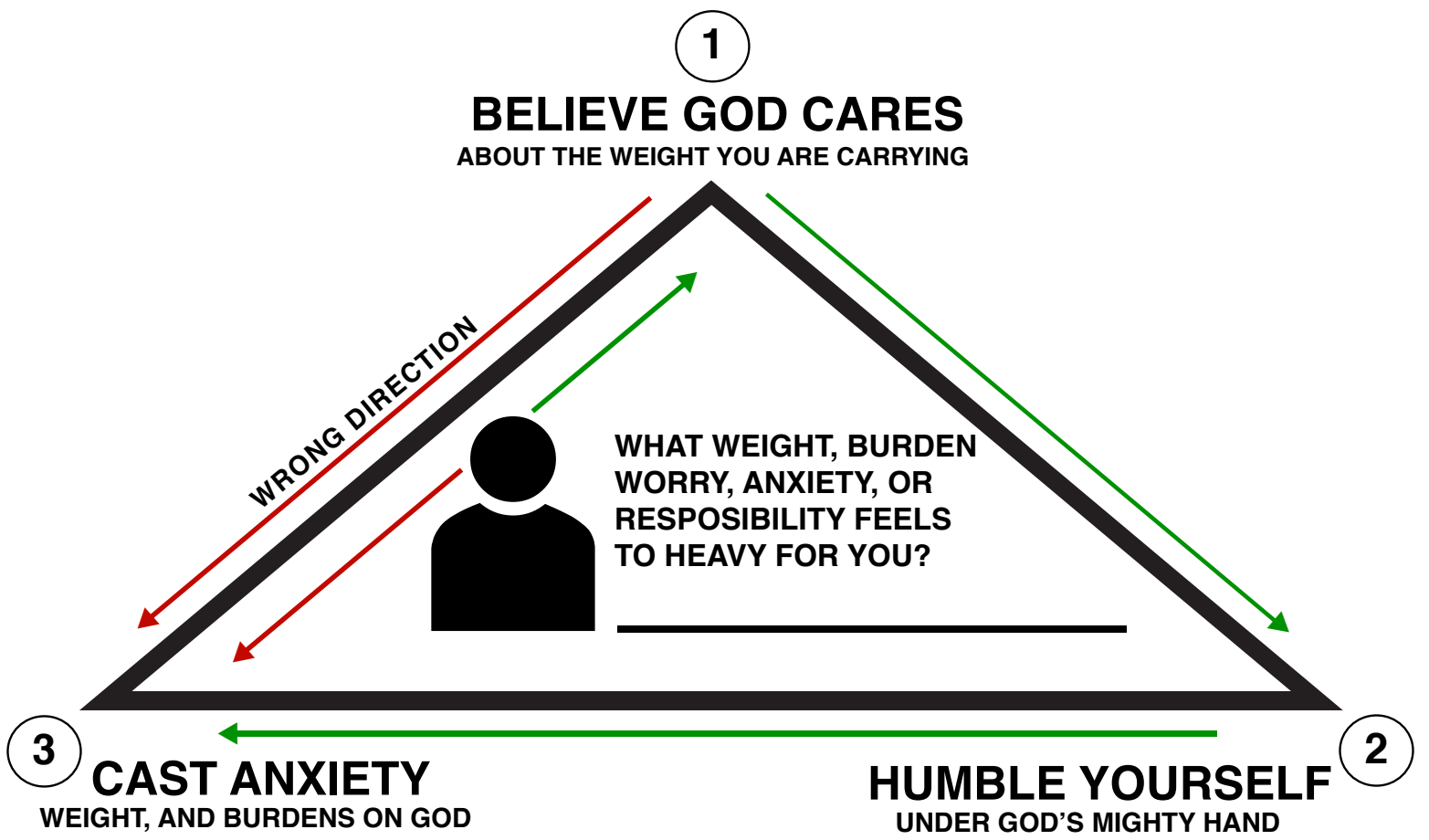


SHIFTING THE WEIGHT



SESSION

SCRIPTURE: 1 Peter 5:6-7. Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you

QUESTIONS

1. What does the part of the passage, "because God cares for you" say to you about your worries, anxieties, and responsibilities?
2. How does the part of the passage, "humble yourself under God's mighty hand" speak to you about your relationship with God and his ability to cover your life?
3. How does the part of the passage, "cast all your anxieties (cares) on him (God)" help you when you come to God in prayer?
4. The "Shifting The Weight" graphic illustrates 1 Peter 5:6-7 as an ordered process (green arrows). Why is the order important?
5. How can going out of order cause problems (red arrows)? *Out of order can cause us blame God and it can cause entitlement.*
6. What is a weight you are carrying right now that you need to apply this shifting the weight process to?