

Be strong

1 Peter 5:6-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Peter tell us to do with our anxiety, and why can we do it?

2. What does it show me about people — and about myself?

Which worry feels too heavy to hand over to God right now?

3. What will I obey this week? (a concrete step, with a day)

What one worry will you name and cast on God each morning this week?

4. Who will I tell?

Who around you carries a heavy load and needs to know that God cares?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God of all grace, I cast every anxiety on you because you care for me. Humble me under your mighty hand and make me strong, firm, and steadfast.



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