



Journey of the Heart | 1 Peter 5:1-11

Jean-Pierre deCaussade, a seventeenth century monk, wrote: "God is asking for our hearts. If you truly seek this treasure, this kingdom where God alone reigns, you will find it. Your heart, if it is totally surrendered to God, is itself that treasure, that very kingdom you long for and are seeking." The spiritual journey we are on is a journey of the heart but as Jeremiah 17 says, "The heart is deceitful ... who can understand it?" We need help on this journey if we are going to engage more than just behaviors.

In what ways do the words of Jeremiah make sense to you?
How has your heart been deceitful and/or hard to understand?

READ/REFLECT

1 Peter 5:1-11 ... read through these verses.

What are the exhortations given to "elders" in the church? (vs. 2-3)

What do these exhortations tell us about the nature of leadership? What cautions are in place?

What does it mean to "subject" to a shepherd? (vs. 5)

What quality makes it possible?

How does the statement that God "opposes the proud" connect with the possibility that we may disagree with a shepherd?

In verse 6, we are encouraged to "humble ourselves before God." How does that connect with humbly submitting to leaders?

What does it look like to humble yourself before God? Consider the last part of verse 6 – what are trusting when we humble ourselves before God?

Why do we get anxious? What does that reveal about our hearts? What is the motivation for giving our "cares to God?" How does knowing that "He cares" alleviate anxiety?

Why is "sober-mindedness" and "being alert" necessary on the journey? (vs. 8) How do these commands relate to the common struggle to believe that we have an enemy? How does he "devour"?

Looking at verses 9-10, how do we resist the enemy?

RESPOND

What specifically will you take away from this passage? How and when will you apply that truth?

REACH OUT in prayer

Ask each person in the group to share how others can pray for them to apply these truths to their lives.