



1 Peter 5:6-7

STILL STANDING - June 7, 2026

Message Recap

This message centers on a moment most people eventually face...the realization that we can't hold everything together.

The picture of the man at the kitchen table represents many of us: capable, responsible, and stretched thin. We try to manage life through effort, systems, and control... until we hit the wall where "strong" stops working.

Peter gives two guardrails for that moment:

- **Humble yourself under God's hand**
- **Cast your anxiety on Him**

Not two separate steps, but one movement of surrender.

Icebreaker / Personal Reflection

- **Icebreaker:**
Share with the Group what most excites you about this summer?
- **Reflection:**
What part of the message resonated with you the most?

Discussion Questions

1. The message describes a moment where someone realizes, "*What if I literally can't hold all of this?*" When have you experienced a moment like that? Why do you think it often takes hitting a wall before we recognize our limits?
2. Which of these do you relate to more right now:
 - **Bracing against God** (resisting, controlling, forcing outcomes)
 - **Getting under His hand** (trusting, surrendering, waiting)
3. "*If casting your anxiety is how you humble yourself... then holding onto it is how you stay proud.*" How does that challenge the way you usually think about worry? Why do we often view anxiety as responsibility instead of misplaced control?

4. What are the specific things you tend to “hold onto” instead of casting on God?
5. The message describes casting as “drop-the-bag, throw-the-weight” action. What would that look like in a real situation you’re facing right now? What’s the difference between:
 - **Managing anxiety**
 - **Casting anxiety**

For Additional Study