

# July 14 – 20

## Chosen and Exiled | Humility & Suffering

**Icebreaker:** Think of a time in which you had to face ongoing suffering or hardship. How has humility played a role in facing that situation?

### Read 1 Peter 5:6-13

**SOAP Discussion** (Details on the SOAP Method at [www.cfdowntown.com/soap](http://www.cfdowntown.com/soap))

### Further Discussion

5:6-7

- How is an attitude of humility so different from the attitudes that the world encourages to embrace?
- What will happen to us when we humble ourselves to God?
- Why can we cast our anxieties on God? How does God view us, his children?

5:8-9

- What does it mean to be sober-minded?
- Why is it important for believers to know that we have an adversary? What characterizes this adversary? How can this knowledge equip us as believers?
- How does scripture say we must face our adversary?
- Why is it encouraging to know that other believers share in our same suffering?

5:10-13

- What is the end result of our temporary suffering? What do we have to look forward to that will outweigh any suffering that we might face in our life?
- How does our faith in Christ sustain us?

### Application

- How can we maintain an attitude of humility? How will this help us in suffering and facing spiritual battle?
- How can we guard our hearts and minds and be more watchful of our adversary?
- How can we encourage one another to stand firm in our faith?

**For Next Week:** Use SOAP with one verse in Jonah 4