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*“As we release control to our Lord Jesus Christ,  
He releases us to rest in His rich assurance.”*

[Unknown]

## ENGAGE & CONNECT

What is typically the last thing you think about before going to bed? How about the first thing you typically think about when you wake up in the morning? Why do you think that is?

## BEGIN WITH PRAYER

Spend a moment praying this passage, beginning your time together in humility and gratitude!

*“Lord my God, you have done many things – your wondrous works and your plans for us;  
none can compare with you. If I were to report and speak of them, they are more than can be told.”*

[Psalm 40:5]

## BIG IDEA

Don't live “in control” – live entrusted to the One who died for you.

## PASSAGE

- 1 Peter 4:1-19

## DISCUSSION

1. In the sermon we heard, *“Fear and anxiety are often connected to beliefs about control.”* How have you seen this to be true in your own life? What things are you trying to “control” that God hasn't asked you to control?
2. What does it mean to “arm yourselves with the same understanding” as Christ in suffering?
3. What is significant about Peter contrasting living for human passions with living for the will of God?
4. In the sermon we heard, *“Christ-followers are different because they spend their best energy to decisively and functionally trust God.”* As you consider the weight of this statement, in what area of your life are you NOT spending your best energy decisively and functionally trusting God?
5. What does it mean for you to be “alert and sober-minded for prayer”?
6. Why does Peter emphasize “above all, maintain constant love for one another”?
7. What does it mean to be “good stewards of the varied grace of God” in the context of spiritual gifts? How might you be a better steward of your spiritual gifts?

8. How does Peter describe the purpose of enduring trials and suffering?
9. What is the "spirit of glory and of God" resting on those who suffer for Christ's name? How does that encourage you today?
10. How should the knowledge that judgment begins with God's household influence how we live?

## STEP OF OBEDIENCE

The typical question we ask ourselves in difficult moments is: How can I get what I WANT from/in this? What if, as Christ followers, we asked a **DIFFERENT** question instead: *How am I TRUSTING God with/in this?* Based on the Holy Spirit's prompting, what is a step of obedience that you can take? Here are a few invitations to consider how you can be different ...

- How can you live alive to God now and forever as His son or daughter?
  - No more energy seeking validation or approval from people!
- How can you encourage and support the people around?
  - No more energy "fixing" others and complaining about life!
- How can you live from God's grace to do as much good as possible?
  - No more energy on self-promotion or self-exaltation!
- How can you rejoice in the ordeals of life?
  - No more energy being irresponsible or sinful!

## PRAYER FOCUS

### Trusting God With Outcomes

- Father, it's easy to get caught up in our plans, worries, and the uncertainties of the future. Yet, you invite us to surrender our concerns to you, knowing that you are sovereign and good.
- Let's pray for our hearts to fully trust God, regardless of the circumstances that we face. Let's also pray for one another, that as we walk through various seasons of life, we'd be reminded that our ultimate joy is found in Christ alone, and that His presence is our greatest treasure.

## SPIRITUAL PRACTICE

This practice helps us wake up to God's continual presence through conversation and attendance. We do this not just in a series of prayers but through a slow transformation into a life that becomes a prayer itself. May we become more and more aware of God's presence and His kingdom!

- Practicing the Presence or [rockbridge.cc/practicing-the-presence](http://rockbridge.cc/practicing-the-presence)