

Community Group Discussion Questions

May 31, 2026

Title: God Cares for You

Scripture: 1 Peter 5:6-7

Speaker: Brian McKeon

Ice-Breaker Questions:

1. What's one thing you've dramatically thrown or "cast" in your life (a backpack, trash out a car window, etc.) that perfectly illustrates how not gently we should cast our anxieties on God?
2. If God gave you a "most likely to..." award based on your anxiety level, what would it say? (Examples: "Most likely to worry about things that haven't happened yet")

Group Discussion Questions:

Read 1 Peter 5:6-7 aloud.

6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.

1. What stands out to you most in these two verses?
2. Brian shared how he went from being well-known and respected in Kenya to feeling anonymous and humbled in a new job. How have you experienced seasons where God humbled you?
3. What's the difference between the world's view of humility (being humiliated) and biblical humility (understanding ourselves in comparison to God)?
4. Why does Peter connect humility directly with casting our anxieties on God? (See James 4:10 and the sermon's point about pride - we can do anything vs. humility - we need God in everything)
5. Brian said anxiety often stems from a failure to trust God's providence (God purposefully, wisely, and lovingly governs all things in the universe). Do you agree? Why or why not?
6. Brian described "casting" our anxieties like tossing garbage out a car window. Why is this such a powerful image?
7. What's the difference between feeling anxious and being controlled by anxiety?
8. How does knowing that "God cares for you" make a practical difference when you're in the middle of anxiety?
10. Brian mentioned several practical ways to fight anxiety (taking thoughts captive, praying continually, rejoicing, confessing sin). Which of these do you find most challenging?

11. Why do you think God repeatedly tells His people not to fear or be anxious (hundreds of times in Scripture)?

12. Look at the promise that God will “exalt you in the proper time.” How does this help us live with godly ambition instead of worldly anxiety?

Application Questions:

1. What is one specific anxiety you’re carrying right now that you need to “cast” onto God this week?
2. On a scale of 1–10, how good are you at recognizing when pride is feeding your anxiety? What’s one area God is humbling you in right now?
3. What practical step can you take this week to “take every thought captive” when anxious thoughts start spiraling?
4. What’s one habit you can build to “pray continually” instead of only praying when anxiety hits hard?
5. How will you remind yourself this week that “God cares for you” when you don’t feel like He does?
6. Is there a situation in your life where you’re trying to control the outcome instead of humbling yourself under God’s mighty hand?
7. How can you encourage someone else who is struggling with anxiety using truths from this passage?
8. Are you more prone to worry about the past, present, or future? How can you apply 1 Peter 5:7 to that area?
9. How can you make “rejoicing always” and remembering what God has done a daily practice?
10. Looking back over the sermon, what is the one truth or story that God is pressing on your heart right now — and what is your next step of obedience?