



Under His Hand

Humility Without Humiliation

Humility says, "This is too heavy for me. I give it to You."

1 Peter 5:6-7 KJV

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: [7]
Casting all your care upon him; for he careth for you.

Key Scripture — 1 Peter 5:6 (KJV)

"Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time."

"Under His Hand" is a powerful picture of **humility without humiliation**. Peter does not say that God's hand is against us; he calls us to humble ourselves **under** His hand. *The same hand that allows pressure is also the hand that covers, carries, shapes, restrains, and eventually raises.*

Biblical humility is not thinking poorly of yourself. It is the willingness to **yield yourself to God when you do not understand what He is doing**. It says, *"Lord, I do not understand this season, but I will remain under Your authority rather than allowing fear and frustration to pull me out of alignment and position."*

There are several truths contained in the phrase **"under the mighty hand of God"**:

- **His hand represents sovereignty.** There are things we cannot control, change, or hurry.
- **His hand represents formation.** God can use seasons of limitation to develop something in us that success and ease could never produce.
- **His hand represents protection.** Being under His hand means that even when life feels exposed, we have not moved beyond His reach.
- **His hand requires surrender.** Humility releases the demand that God explain everything before we trust Him.
- **His hand has a timetable.** Peter says, *"that he may exalt you in due time."* Due time means the season underneath His hand is **not necessarily the final season**. And notice what immediately follows:

1 Peter 5:7 (KJV)

"Casting all your care upon him; for he careth for you."

That connection is important. **Humility and releasing our cares belong together**. Sometimes our greatest struggle with humility is not pride in the traditional sense—it is our desperate attempt to carry what only God can carry. Humility says, *"This is too heavy for me. I give it to You."*

UNDER HIS HAND

Let's consider humility in the seasons we cannot control:



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1. **His Hand Is Mighty — I am not required to be.**
I can acknowledge my weakness without surrendering my faith.
2. **His Hand Is Over Me — I am not abandoned.**
What feels like restriction does not necessarily mean rejection.
3. **His Hand Is Shaping Me — pressure can have purpose.**
God can work within me while I am waiting for Him to work around me.
4. **His Hand Determines “Due Time” — I cannot force the season.**
Humility refuses to manufacture an elevation that God has promised to accomplish.
5. **Under His Hand, I Can Release My Anxiety — because He cares for me.**
I don’t have to understand His hand to entrust myself into it.

“Humility is remaining under the hand of God when everything in you wants to escape the season His hand has permitted.”

“The hand that has you covered in this season is the same hand that will lift you in due time.”

James 4:10: “Humble yourselves in the sight of the Lord, and he shall lift you up.” In both passages, our responsibility is humility; the lifting belongs to God.

“Due Time” — God’s Appointed Time

1 Peter 5:6 (KJV)

“Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:”

The words **“due time”** are crucial. Peter does not simply promise that God will exalt you—he says God will do it **at the appropriate, appointed season.**

The Greek expression is *en kairō* (ἐν καιρῷ)—literally, **“in season,” “at the proper time,” or “at the appointed opportunity.”** *Kairos* is not primarily about watching the clock; it emphasizes **the fitting or decisive moment.**

So due time is not merely when I have waited long enough. It is when God determines that the season is ripe.

Humility is required between the promise and the due time

This is where the text becomes powerful.

God says there will be **exaltation**, but He places **humility before due time.**

Humble yourselves → Under His mighty hand → Wait → Due time → He exalts.



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The temptation is to become frustrated while we are underneath the hand because we cannot yet see what the hand is accomplishing.

But **“due time” means the present condition has an expiration that God knows, even when I don’t.**

Consider **Galatians 6:9 (KJV):**

“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

Again, there is a **season between sowing and reaping.**

Due time is different from my time.

We often think:

- *“I’ve suffered long enough.”*
- *“I’ve waited long enough.”*
- *“I’ve been faithful long enough.”*
- *“Surely this should have changed by now.”*

And those feelings can be very real.

But **due time isn’t determined merely by the length of the struggle. It is determined by the purpose of God within the season.**

Waiting time measures how long I’ve been here.

Due time announces that what God appointed for this season is ready.

And notice who performs the elevation:

“...that HE may exalt you...”

- I don’t have to lift myself.
- I don’t have to prove myself.
- I don’t have to force the door.
- I don’t have to manufacture my next season.

My responsibility is humility. God’s responsibility is exaltation.

And “exalt” means more than promotion

The Greek verb *hypsoō* carries the sense of **lifting up, raising, or elevating.**



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Sometimes God's "lifting" may be promotion. But sometimes He lifts you **out of discouragement, out of a prolonged valley, out of obscurity, out of weakness, or into a new capacity for what He has called you to carry.**

We cannot consider "due time" merely as, *"You're about to get promoted."*

It is deeper:

- **Due time is the God-appointed moment when His hand that has been holding, shaping, covering, and governing you becomes the hand that raises you.**

That gives **Under His Hand** a beautiful progression:

- **Under His hand → humbled.**
- **Under His hand → held.**
- **Under His hand → shaped.**
- **Under His hand → sustained.**
- **And in due time → lifted.**

You don't have to get out from under His hand to get up. The hand you're under is the hand that will lift you.

In the Lifting

1 Peter 5:6 (KJV)

"Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time."

There is something important **in the lifting itself**. God is not simply concerned about getting us *up*; He is concerned about **who we become while He is raising us**.

The word translated **"exalt"** carries the idea of **raising up, lifting, or elevating**. So the movement of the text is:

Under His hand → Due time → In the lifting.

1. The lifting reveals what the humbling produced.

- If humility came before elevation, then humility must remain **during elevation**.
- God does not humble us so that once He lifts us, we become self-sufficient. The higher He carries us, the more conscious we should become of **the Hand doing the lifting**.

Never become so impressed with where you've been lifted that you forget Who lifted you.

2. In the lifting, your posture must remain.

This may be one of the great tests of elevation: **Can God change my position without changing my posture?**



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- I may be higher, but I'm still surrendered.
- I may have greater influence, but I'm still teachable.
- I may have greater authority, but I'm still submitted to God.
- I may have greater visibility, but I'm still dependent upon His grace.

Elevation should change your position without corrupting your posture.

3. The lifting is God's answer to the season underneath.

There are seasons when being “under His hand” can feel like restriction. But eventually you discover that His hand wasn't merely **holding you down—it was preparing you to be lifted correctly.**

Some things had to develop underneath:

- *patience, endurance, discernment, restraint, compassion, dependence, and humility.*

Then, when due time arrives, **God doesn't have to build your character after He lifts you. He has been building it while you were underneath.**

4. Don't fight the manner of the lifting.

We often decide what elevation should look like. But God's lifting may not look like returning you to exactly what you had before. Sometimes He lifts us **into something different.** The new season may have a different pace, different responsibilities, different methods, and even a different expression of the calling—but it can still be **lifting.**

That makes this declaration especially powerful:

- **“Lord, don't just lift me out. Lift me into.”**
- **Lift me out of what has completed its purpose and into what You prepared me to carry next.**

5. There is grace in the lifting.

Psalm 40:2 gives another beautiful picture:

“He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock...”

Notice the verbs:

He brought me up.

He set my feet.

The person being lifted participates through trust and obedience, but **God supplies the lifting power.**

So perhaps the culminating revelation of **Under His Hand** is:

The hand I humbled myself under became the hand that lifted me.



“When God does the lifting, you don’t have to apologize for where He places you. *Just remain as humble in the elevation as you were dependent in the valley.*”

Under His Hand.

Waiting for Due Time.

And when Due Time comes—trusting God In the Lifting.

Kairos Time — The Appointed Moment

1 Peter 5:6 (KJV)

“Humble yourselves therefore under the mighty hand of God, that he may exalt you **in due time.”**

The phrase **“due time”** translates the Greek *en kairō* (ἐν καιρῷ)—**“at the proper time,” “in the appropriate season,” “at the appointed moment.”**

Chronos and Kairos

A helpful distinction is:

- **Chronos** speaks of **measurable, sequential time**—days, months, years.
- **Kairos** speaks of **the fitting, opportune, decisive season or moment.**

So you can spend a long time in **chronos** waiting for a **kairos** moment.

Chronos says, **“I’ve been here a long time.”**

Kairos says, **“The moment has become ripe.”**

That makes 1 Peter 5:6 especially powerful. God doesn’t merely say, *“Eventually I will lift you.”* The text points toward **a fitting season for the lifting.**

Kairos means there is purpose in the timing.

God’s timing isn’t arbitrary (based on random choice).

There can be things God is developing **in you**, arranging **around you**, preparing **ahead of you**, and bringing to completion **behind the scenes.**

Then comes **kairos**—the moment when preparation and divine purpose converge.

Kairos is when what God has been preparing meets the moment God has appointed.

This is why humility matters. Peter says:

Humble yourself → remain under His mighty hand → wait for His kairos → He does the lifting.



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You don't have to create your kairos.

You don't have to manipulate your kairos.

You don't have to force your kairos.

You must remain faithful **until the appointed season arrives.**

Kairos changes the meaning of the waiting

Sometimes we interpret waiting as inactivity. Biblically, waiting can be **preparation.**

There was a long season before David occupied the throne.

There were years between Joseph's dreams and Joseph's elevation.

There were decades of ordinary life before Moses' assignment at the burning bush.

And **Galatians 4:4** says:

"But when the fulness of the time was come, God sent forth his Son..."

God works through appointed seasons.

And then comes the lifting

UNDER HIS HAND — *the place of humility.*

DUE TIME — *the promise of divine timing.*

KAIROS TIME — *the appointed season.*

IN THE LIFTING — *God changing your position.*

"I survived the chronos because God had already appointed the kairos."

And perhaps the strongest declaration is:

"Chronos tells me how long I've been waiting. Kairos tells me my waiting was never outside the timing of God."

When **kairos meets the mighty hand of God**, the hand you've been submitting to becomes **the hand that lifts you into what the waiting prepared you for.**

08/26/2026