



AN UNSHAKABLE HOPE HOPE FOR ETERNITY | 1 PETER 5:6–11 Pastor Mark Owens

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. ⁸ Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. ⁹ Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. ¹⁰ And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. ¹¹ To him be the dominion forever and ever. Amen. – 1 Peter 5:6–11

How do we live with eternal hope?

Respond with humility.

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,
– 1 Peter 5:6

“Humble yourselves”

In this passage, the mighty hand of God represents:

- Authority
- Power
- Sovereign control

If we are under God's hand, we will never be outside of God's purposes.

“He may exalt you”

God will lift up those who trust Him.

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. – 1 Peter 5:10

And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. ⁹ Therefore God has highly exalted him and bestowed on him the name that is above every name, ¹⁰ so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. – Philippians 2:8–11

Release all your anxieties to Him.

casting all your anxieties on him, because he cares for you. – 1 Peter 5:7

God does not expect you to carry what He invites you to give Him.



How to combat anxiety and worry:

- **Prayer**

- Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?
– Matthew 6:25
- do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. – Philippians 4:6–7

- **Scripture Memorization**

- For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. – Jeremiah 29:11
- fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. – Isaiah 41:10

- **Worship**

- I will bless the Lord at all times; his praise shall continually be in my mouth – Psalm 34:1

Remain spiritually alert.

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. – 1 Peter 5:8

Resist the enemy.

Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. – 1 Peter 5:9

Remember suffering only lasts a little while.

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. ¹¹ To him be the dominion forever and ever. Amen.
– 1 Peter 5:10–11

Suffering doesn't compare to God's glory.

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. – Romans 8:18

Our present suffering is temporary, but the glory God has promised is eternal.



Suffering produces spiritual growth.

Count it all joy, my brothers, when you meet trials of various kinds, ³for you know that the testing of your faith produces steadfastness. ⁴And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. – James 1:2–4

Suffering Is not the end.

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. – 1 Peter 5:10