



Resilient Faith: A Study of 1 Peter

Group Guide | March 1

Open with the Lord's Prayer (5 minutes).

Open your time together using the Lord's Prayer from Matthew 6:9-10. Pray it aloud together.

"Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one."

Once finished, take a few moments to have one person lead the group through praying the Lord's Prayer again, this time pausing occasionally for people in your group to pray based on the line that was just read. For example, you might begin, "Our Father who art in heaven, hallowed by your name..." and you might instruct people to spend a few moments praying out loud thanking God for the ways he is a good Father, for the ways He provides, for his glorious nature, etc. Do this with each line.

Once you've finished praying through the Lord's Prayer a second time, transition to reflecting on the sermon from Sunday!

Read 1 Peter 3:8-22 and then discuss the sermon as a whole group (10 minutes).

- What connected to you most from Jeff's message? What personally challenged you most from Jeff's message?



- In the sermon, Jeff said, “The key [to enduring suffering] is not a softer, more comfortable environment, but a sustainable posture that can help us endure the pressure over an extended period of time. Life comes at us hard and if we don’t have the right posture, we will buckle under the pressure.” In what ways do you seek a “softer, more comfortable environment” rather than a more “sustainable posture” as you go through life? What are some examples of this?
- In talking about our first task in developing a more sustainable posture, Jeff referenced 1 Peter 3:8–9 and the five specific attitudes Christians should have toward one another that result in a humble posture. What are those attitudes Peter lists, and how does the command in verse 9 (“Do not repay evil... but... bless”) connect to or flow from those attitudes? Which of these five qualities comes most naturally to you in relationships? Which one do you find most challenging, and why?
- In his sermon, Jeff talked about how Peter is calling us to develop an honoring posture towards others, especially towards our enemies. Read 1 Peter 3:9-14. Then, read Jesus’ words in Matthew 6:43-48. When someone treats you wrongly or speaks ill of you, how often do you repay evil with evil or reviling with reviling (verse 9)? Think of a recent situation—how might blessing instead of cursing change your response and potentially your outcome?
- Next, Jeff shared with us about developing a hopeful posture. Read 1 Peter 3:15-16. How might hope change how you endure suffering? How might it change how you interact with nonbeliever as Peter details here.
- Read 1 Peter 3:17-22. The passage ends with pointing us to Christ's triumph seated at God's right hand with all powers subjected to Him (verse 22). This is what Jeff referred to as Peter instructing us to develop a “heavenly posture.” In what areas of your life (anxiety, relationships, future uncertainties) do you need to more actively trust and rest in this reality of His victory and authority? How might remembering your baptism (see verse 21) help in this regard?



- To wrap up: Which of the four postures that Jeff explained from 1 Peter 3 resonated with you most – the humble posture, the honoring posture, the hopeful posture, or the heavenly posture? Why? What is one practical step you can take this week to live into the specific posture you feel God is calling you to this week?

If applicable, reflect on the 90-Day Bible Reading Plan (10 minutes)

- What was your time reading the New Testament and Psalms like for you this week?
- What is something you learned?
- What stood out or challenged you from God's Word?

Finish with prayer (5 minutes).

As time allows, share prayer requests and pray over one another.