



# **OFF-BRAND JESUS**

**October 6, 2024**  
**Sermon Study Guide**  
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**Off Brand Jesus:**  
***“My do it” life - 1***  
**Peter 5:6-7**

*Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because he cares for you. (1 Peter 5:6-7)ESV*

## **A Life Application Study Guide**

James 1:22-25 tells us to put into practice what we are discovering in God’s word.

## **DISCUSSION POINTS**

1. **Dualism** is defined as, “when things are divided into two, often very different or opposing, parts. “It can be easy to divide our lives into different parts. One part has God at the center of everything, and one part has us responsible, and God is neither invited nor expected to be involved.
  - What sort of life’s details do you think it’s ok for God to be involved in? Which of those details do you leave Him out of? What is the difference in your two lists?
  - How do you feel about God being involved in every detail of your life? What about the trivial and the mundane details, or even the sinful details of your life?

## 2. Good Reasons for Being Anxious

Peter is writing to the Jewish people in the Early Church, scattered throughout Roman provinces in what is now modern-day Northern Turkey. The persecution of Christians had begun, and their anxiety made sense!

- How often do you feel anxious? What events might create a sense of anxiety in you?
- How might your answer change if you consider the Greek word for anxiety means to be drawn in different directions?
- When do you feel it is safe to trust God? When do you think you'd better do it yourself? Does your "*my do it*" way feel safer? More realistic? Why or why not?

## 3. The Process of Casting

*Cast your burden on the Lord, he will sustain you; he will never permit the righteous to be moved. Psalm 55:22*

Casting is a definitive act where we take our worries and anxieties and *throw* them on Jesus.

- How well do you think you do this? What stops you from bringing everything to Jesus?

- Have you ever found yourself bringing a burden to Jesus, only to pick it back up again a few days (or even minutes) later? What moved you to pick it back up and what was the outcome?

#### 4. **Why Do We Approach Life This Way?**

- v. 6 says to humble yourself. How easy is it to *humble* yourself when you are anxious or worried about something?
  
- It's easy to think if we can maintain control ("*my do it*"), things have a better chance of working out the way we want them to. What does this say about your view of yourself and your view of God?
  
- Sometimes we think God doesn't need to be bothered with our problems. What about your life do you believe matters to God? How would your day-to-day life change if you believed that God wants to care for *all* of your worries?



## **WALKING IT OUT**

The Message version of 1 Peter 5:7 reads: *“Live carefree before God; He is most careful with you.”*

- Are you willing to let go and trust God with all of your worries? If you have trouble believing He cares, ask Him to show you who you are to Him.