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PRAYER

Thank you, God, that you are the Great Restorer who will bring healing, power, and restoration in the lives of those who are gathered today, and that we would know just how real you are in the way you restore.

WARM UP

(OPTIONAL)

Can you think of one of your favourite things you had when you were younger (e.g. a toy, clothing, an old car, or house you grew up in) that you wish you still had? Why would you want it back? Do you have precious memories with that item?

NOTES

WORD

⁶Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷casting all your anxieties on him, because he cares for you. ⁸Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. ⁹Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. ¹⁰And 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. ¹¹To him be the dominion forever and ever. Amen.

[1 Peter 5:6-11](#) (ESV)

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale from 1-10 (1 = very easy, 10 = impossible), how easy or hard do you find it to trust God in areas of anxiety or worry? Why? What can you do to learn to trust him more?
2. On a scale from 1 - 10 (1 = very easy, 10 = impossible), how hard do you find it to forgive others that may have taken something from you? Does it depend on what was taken? Why?
3. The passage above says to be sober-minded and watchful, because the enemy prowls around like a roaring lion seeking whom he might devour. What are ways that you can personally be watchful for the enemy?
4. What would it take for God to restore one relationship or friendship that you have seen broken around you? (It can be a friendship/relationship you have, but it doesn't have to be).
5. "And after having suffered a little while... The God of all grace... will restore, confirm, strengthen and establish you." Are you experiencing suffering right now? How can we pray that the God of all grace will restore, confirm, strengthen, and establish you?

PRAYER LIST