



**Psalm 55:22**

**1 Peter 5:6-7**

***Restoring Your Sole***

**Audio:** <http://countrysidefellowship.com/discipleship/sermons-studies/>

**Daily Scriptures & Prayer:**  
<http://countrysidefellowship.com/daily/todays-scripture-prayer/>

① In the wake of the tragic events that took place in Roseburg this last week, Terry had us consider Peter's mention of Psalm 55:22 in 1 Peter 5:6-7: Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup>Cast all your anxiety on him because he cares for you.

✓ In what way was the picture of playing catch helpful?

② With Galatians 6:2 in mind...

① How can you play catch with someone who is burdened?

② When burdened, how can you invite someone to play catch with you?

③ What all needs to be in play for this to happen (cf: 1 Peter 5)?

③ Philippians 4:6-7 <sup>6</sup>Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

① What is your personal experience with verse 7?

② Is verse 7 always true?

③ How does "transcend understanding" work into this?