

1 Peter 5:5-7

⁵ Young men, in the same way, submit yourselves to your elders. And all of you, clothe yourselves with humility toward one another, because,

“God opposes the proud,
but gives grace to the humble.”

⁶ Humble yourselves, therefore, under God’s mighty hand, so that in due time He may exalt you. ⁷ Cast all your anxiety on Him, because He cares for you.

Berean Study Bible

⁵ There is no change for younger ones:

submit to those who are mature.

All of you, strap on humility toward one another,
because,

“God opposes the proud,
but gives grace to the humble.”

⁶ Therefore, be humble, under the powerful hand of God,
in order that He may exalt you in the right season;

⁷ having cast all that you worry about upon Him,
because, with Him, you are surrounded with care.

My own translation – Preachers’ Literal Translation

1

Singing from the same hymn sheet. 1 Peter 5:5-7

We are all singing the same well-known hymn. 5:5a

Young people are singing the same tune. 5a “It is the same for young people”

Everyone is singing the same tune. 5a “all of you... toward one another”

We are all singing the same old-time hymn. 5:5b

Singing what God is against. 5b “God opposes the proud”

Singing what God is for. 5b “gives grace to the humble”

We are all singing a hymn of our great God. 5:6-7

Go down to eventually come up. 6 “be humble... may exalt you”

When down, find God is there. 7 “His care is all around you”

2

Do you know God? 1 Peter 5:5-7

Do you know the justice of God? 5:5a

God's instructions are consistent. 5a "It is the same for young people"
My behaviour is to be consistent. 5a "all of you... toward one another"

Do you know the strength of God? 5:5b

God stands against what brings me down. 5b "God opposes the proud"
God stands for what lifts me up. 5b "gives grace to the humble"

Do you know the goodness of God? 5:6-7

God's timing is perfect if I am willing to accept it. 6 "be humble... may exalt you"
God's care is all around me if I am willing to look for it. 7 "His care is all around you"

3

What 'abundant life' looks like. 1 Peter 5:5-7

Live in healthy relationships. 5:5a

The same rule applies to everyone. 5a "It is the same for young people"
The same rule binds everyone. 5a "all of you... strap on"

Live by healthy rationale. 5:5b

Avoid the ungodly pathway. 5b "God opposes the proud"
Advance on the godly pathway. 5b "gives grace to the humble"

Live under healthy respect. 5:6-7

Down is the way up. 6 "be humble... may exalt you"
Around is the way forward. 7 "His care is all around you"

4

Finding buried treasure. 1 Peter 5:5-7

Find your place. 5:5a

My place is found in lowliness. 5a "submit to... strap on humility"
My place is found in lifting up. 5a "humility toward one another"

Find your power. 5:5b

My power is found in God. 5b "God opposes... but gives..."
My power is found in grace. 5b "gives grace to the humble"

Find your purpose. 5:6

My purpose is to be exalted. 6a "so that He may exalt you"

My purpose comes eventually. 6b “in the right season”

Find your peace. 5:7

My peace comes when I cast. 7a “Cast all your anxiety on Him”

My peace comes because God cares. 7b “His care is all around you”

5

Key words. 1 Peter 5:5-7

Action. 5a “submit yourselves... clothe yourselves”

Reason. 5b “because God opposes... but gives...”

Reaction. 6 “Therefore, be humble”

Person. 7 “Cast all your anxiety on Him”

6

Overcoming anxiety. 1 Peter 5:5-7

Overcome anxiety by setting priorities. 5:5

Seek selflessness. 2 “watching over... eagerly...”

Self-sacrifice. 5 “submit yourselves”

Selective submission. 5 “submit... to those who are mature”

Overcome anxiety by a key principle. 5:5b-6

I choose my attitude to others. 5b “humility toward one another”

I choose God’s attitude to me. 5b “God opposes... but gives...”

I choose my attitude to myself. 6 “Therefore, be humble”

Overcome anxiety by facing problems. 5:7

Address all your anxiety. 7a “All your anxiety”

Account for what you achieve. 7a “you have cast upon Him”

Accept all God’s answers. 7b “His care is all around you”

Other possible titles

How does humility help?

Would you rather have humility, or anxiety?

Make worry work for you.

From worry to worship.

Getting help from humility.
You are good at worrying, but what good is it?

Quotes and illustrations about humility

It was pride that changed angels into devils; it is humility that makes men as angels.
Augustine of Hippo

Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance. Augustine of Hippo

Nothing sets a person so much out of the devil's reach as humility. Jonathan Edwards

The most powerful weapon to conquer the devil is humility. For, as he does not know at all how to employ it, neither does he know how to defend himself from it. Vincent de Paul

For the Christian, humility is absolutely indispensable. Without it there can be no self-knowledge, no repentance, no faith and no salvation. Aiden Wilson Tozer

The victorious Christian neither exalts nor downgrades himself. His interests have shifted from self to Christ. Aiden Wilson Tozer

As long as you are proud, you cannot know God. C. S. Lewis

Do not imagine that if you meet a really humble man he will be what most people call "humble" nowadays: he will not be a sort of greasy, smarmy person, who is always telling you that, of course, he is a nobody. Probably all you will think about him is that he seemed a cheerful, intelligent chap who took a real interest in what you said to him. C. S. Lewis

A proud man is always looking down on things and people; and, of course, as long as you are looking down, you cannot see something that is above you. C. S. Lewis

Humility is not thinking less of yourself, it's thinking of yourself less. C. S. Lewis

The Christian Gospel is that I am so flawed that Jesus had to die for me, yet I am so loved and valued that Jesus was glad to die for me. This leads to deep humility and deep confidence at the same time. It undermines both swaggering and snivelling. I cannot feel superior to anyone, and yet I have nothing to prove to anyone. I do not think more of myself nor less of myself. Instead, I think of myself less. Timothy Keller

A humble person is not one who thinks little of himself, hangs his head and says, "I'm nothing." Rather, he is one who depends wholly on the Lord for everything, in every circumstance. David Wilkerson

If you aim for only wealth, beauty, fame, & power, you aim too low. Humility, gentleness, gratitude, & service is aiming high. LeCrae

Humility is the ultimate standard of greatness in the Kingdom of God. Mike Bickle

The surest mark of true conversion is humility. J. C. Ryle

True humility means total dependence on God for everything. T. B. Joshua

Humility is royalty without a crown. Spencer W. Kimball

How could I bear a crown of gold when the Lord bears a crown of thorns? And bears it for me! Elizabeth of Hungary

Christian humility does not consist in denying what there is of good in us; but in an abiding sense of ill-desert, and in the consciousness that what we have of good is due to the grace of God. Charles Hodge

A person who suffers bitterly when slighted or insulted should recognize from this that he still harbors the ancient serpent in his breast. If he quietly endures the insult or responds with great humility, he weakens the serpent and lessens its hold. But if he replies acrimoniously or brazenly, he gives it strength to pour its venom into his heart and to feed mercilessly on his guts. In this way the serpent becomes increasingly powerful; it destroys his soul's strength and his attempts to set himself right, compelling him to live for sin and to be completely dead to righteousness. Symeon

Be not proud of race, face, place, or grace. Charles Spurgeon

We must shift our allegiances from fear to curiosity, from attachment to letting go, from control to trust, and from entitlement to humility. Angeles Arrien

Quotes and illustrations about anxiety

Consider the ravens: They do not sow or reap; they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? Luke 12:24-25

But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matthew 6:33-34

Christ told his disciples not to be anxious about tomorrow, but he never said not to consider tomorrow. Intelligent problem solving demands careful consideration of the future effects of present solutions. R C Sproul

⁶Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

What does your anxiety do? It does not empty tomorrow of its sorrow, but it does empty today of its strength. It does not make you escape the evil; it makes you unfit to cope with it when it comes. God gives us the power to bear all the sorrow of His making, but He does not guarantee to give us strength to bear the burdens of our own making such as worry induces. Ian Maclaren

As you walk through the valley of the unknown, you will find the footprints of Jesus both in front of you and beside you. Charles Stanley

The little troubles and worries of life may be as stumbling blocks in our way, or we may make them stepping-stones to a nobler character and to Heaven. Troubles are often the tools by which God fashions us for better things. Henry Ward Beecher

I am no longer anxious about anything, as I realize the Lord is able to carry out His will, and His will is mine. It makes no matter where He places me, or how. That is rather for Him to consider than for me; for in the easiest positions He must give me His grace, and in the most difficult, His grace is sufficient. Hudson Taylor

A Christian's freedom from anxiety is not due to some guaranteed freedom from trouble, but to the folly of worry and especially to the confidence that God is our Father, that even permitted suffering is within the orbit of His care. John Stott

What else does anxiety about the future bring you but sorrow upon sorrow? Thomas a Kempis

Where does your security lie? Is God your Refuge, your Hiding Place, your Stronghold, your Shepherd, your Counsellor, your Friend, your Redeemer, your Saviour, your Guide? If He is, you don't need to search any further for security. Elisabeth Elliot

Whenever a man allows himself to have anxieties, fears, or complaints, he must consider his behaviour as either a denial of the wisdom of God or as a confession that he is out of His will. William Law

The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety. George Mueller

The great antidote to anxiety is to come to God in prayer. We are to pray about everything. Nothing is too big for Him to handle, and nothing is too small to escape His attention. Jerry Bridges

Worry, like a rocking chair, will give you something to do, but it won't get you anywhere. Vance Havner

Think about it this way: Christians who worry believe God can redeem them, break the shackles of Satan, take them from hell to heaven, put them into His kingdom, and give them eternal life, but just don't think He can get them through the next couple of days. That is pretty ridiculous, isn't it? That we can believe God for the greater gift and then stumble and not believe Him for the lesser one reveals an embarrassing lack of faith. John MacArthur

Worry is needless because of God's bounty, senseless because of God's promise, useless because of its impotence to do anything productive, and faithless because it is characteristic of unbelievers. John MacArthur

The best antidote for anxiety is frequent meditation upon God's goodness, power and sufficiency... Nothing is too big and nothing is too little to spread before and cast upon the Lord. A W Pink

The command is, Cast your anxiety on God. The promise is, God cares for you [1 Pet. 5:7]. John Piper

Greek commentary

⁵ Young men, **in the same way**, submit yourselves to your elders.

Ὀμοίως [Strong's 3668] an adverb referring to the verb ὑποτάσσω [Strong's 5293] (see below).

This word, ὁμοίως, occurs 31 times in the New Testament, including 3 times in 1 Peter. In 1 Peter 3:1 referring to wives. In 1 Peter 3:7 referring to husbands. And here in 1 Peter 5:5 referring to young persons.

This adverb, ὁμοίως, means 'likewise, in like manner, similarly, in the same way, equally'. A fuller dynamic translation could be: 'The same rules apply to...' or 'There are no exemptions for...' or 'These instructions apply equally to...' or 'there is no special treatment for young people'.

⁵ **Young men**, in the same way, submit yourselves to your elders.

νεώτεροι [Strong's 3501] an adjective meaning any young person, from a newborn baby through to a young adult. A cognate of the Greek νέος, which is related to the Latin novus, the German neu, and the English new. The word indicates that which is young, youthful, new, fresh, a minor.

The word occurs 24 times in the Greek New Testament, and only here in 1 & 2 Peter. The word is used of new wine in old wineskins, and the slender crescent of a new moon.

⁵ Young men, in the same way, **submit** yourselves to your elders.

ὑποτάσσω [Strong's 5293] is a compound word composed of the preposition ὑπό [Strong's 5292] which means 'under'; plus the verb τάσσω [Strong's 5021] which means 'arrange, put in order'. Hence, ὑποτάσσω means 'to place under, to rank below' and is therefore translated as 'be subject to, submit, obey'.

The word occurs 38 times in the Greek New Testament, but is not widely distributed. This word occurs most frequently in 1 Corinthians, where the word occurs 9 times. 1 Peter, where the word occurs 6 times. Romans, where the word also occurs 6 times. And Hebrews, where the word occurs 5 times. In 1 Peter the word is found in 2:13, 2:18, 3:1, 3:5, 3:22, and here in 5:5.

⁵ Young men, in the same way, submit yourselves to your **elders**.

πρεσβύτερος [Strong's 4245] means 'mature' but is often translated as elder, meaning a person of advanced years, or as Elder meaning an office bearer in the Sanhedrin, synagogue, or church.

πρεσβύτερος is a common adjective with 66 occurrences in the Greek New Testament including twice by Peter, in 1 Peter 5:1 and here in 5:5.

⁵ ...Regarding one another, all of you: strap on **humility**, ταπεινοφροσύνη [Strong's 5012] is a compound word consisting of the adjective ταπεινός [Strong's 2011] meaning 'low, low-lying, lowly, humble'; plus φρήν [Strong's 5424] meaning 'guts, midriff, visceral parts, inner outlook'. Therefore, this word means 'inward humility, lowliness of mind, modesty, moderation'.
The noun occurs only 8 times in the Greek New Testament, including twice by Peter, in 1 Peter 3:8, and here in 5:5a, "clothe yourselves with humility". The cognate adjective also occurs 8 times, including once by Peter, later in this same verse, in 1 Peter 5:5b "gives grace to the humble".
The cognate verb, ταπεινῶ [Strong's 5013] occurs 14 times in the Greek New Testament, including 1 Peter 5:6

⁵ ...Regarding one another, all of you: **strap on** humility, ἐγκομβόομαι [Strong's 1463] is a verb which occurs only here in Scripture. It means 'tucked up, tied up, knotted, securely girded, fully clothed'.
A different word, διαζώννυμι [Strong's 1241] is used in John 13:4, 5, when Jesus tied a towel around Himself; and in John 21:7 when Peter put on his coat.

Parsing the Greek verbs – Tense, Mood, Voice

⁵ It is the same for young people:

submit to your elders.	Aorist Imperative Passive
Regarding one another: all of you: strap on humility, because,	Aorist Imperative Middle
"God opposes the proud,	Present indicative Middle
but gives grace to the humble."	Present indicative Active
⁶ Therefore, be humble , under the mighty hand of God,	Aorist Imperative Passive
so that He may exalt you in the right season.	Aorist Subjunctive Active
⁷ All your anxiety is cast upon Him,	Aorist Participle Active
Because His care is all around you.	Present indicative Active

Anxiety

Anxiety is not mention, not even once, in this Scripture. But its parallel is mentioned 3 times in these 3 verses. The parallel to anxiety is humility. On this coin, heads is humility; tails is anxiety. Anxiety is feeling forced into to a lowly position. Humility is gladly accepting a lowly position. Anxiety is being stressed by lack of control. Humility is being relieved that God is in control. So, this text tells us how to use humility as the antidote to anxiety.

The word 'anxiety' in the Bible.

μεριμνάω [Strong's 3309] a verb occurring 19 times in the Greek New Testament, including 12 times (about two-thirds of all occurrences) on the lips of Jesus. This word means, 'drawn in opposite directions, divided into parts, to go to pieces, be pulled apart, to be divided, distracted'. It is usually translated into English as, 'worried, anxious, concerned'.

Jesus speaks about anxiety

²⁵Therefore I tell you, do not be **anxious** about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

²⁶Look at the birds of the air: They do not sow or reap or gather into barns — and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷Who of you by **anxiety** can add a single hour to his life? ²⁸And why are you **anxious** about clothes? Consider how the lilies of the field grow: They do not labour or spin. ²⁹Yet I tell you that not even Solomon in all his glory was adorned like one of these. ³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the furnace, will He not much more clothe you, O you of little faith? ³¹Therefore do not be **anxious**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³²For the Gentiles strive after all these things, and your heavenly Father knows that you need them. ³³But seek first the kingdom of God and His righteousness, and all these things will be added unto you.

³⁴Therefore do not be **anxious** about tomorrow, for tomorrow will be **anxious** about itself. Today has enough trouble of its own. Matthew 6:25, 27, 28, 31, 34, 34.

¹⁸On My account, you will be brought before governors and kings as witnesses to them and to the Gentiles. ¹⁹But when they hand you over, do not be **anxious** about how to respond or what to say. In that hour you will be given what to say. ²⁰For it will not be you speaking, but the Spirit of your Father speaking through you. Matthew 10:19

⁴⁰But Martha was distracted by all the preparations to be made. She came to Jesus and said, "Lord, do You not care that my sister has left me to serve alone? Tell her to help me!"

⁴¹"Martha, Martha," the Lord replied, "you are **anxious** and upset about many things. ⁴²But only one thing is necessary. Mary has chosen the good portion, and it will not be taken away from her." Luke 10:41

¹¹ When you are brought before synagogues, rulers, and authorities, do not be **anxious** about how to defend yourselves or what to say. ¹²For at that time the Holy Spirit will teach you what you should say." Luke 12:11

²²Then Jesus said to His disciples, "Therefore I tell you, do not be **anxious** about your life, what you will eat, or about your body, what you will wear. ²³For life is more than food, and the body more than clothes. Luke 12:22

²⁴Consider the ravens: They do not sow or reap, they have no storehouse or barn; yet God feeds them. How much more valuable you are than the birds! ²⁵Who of you by **anxiety** can add a single hour to his life? ²⁶So if you cannot do such a small thing, why are you **anxious** about the rest? Luke 12:25, 26

³²I want you to be free from **concern**. The unmarried man is **concerned** about the work of the Lord, how he can please the Lord. ³³But the married man is **concerned** about the affairs of this world, how he can please his wife, ³⁴and his interests are divided. The unmarried

woman or virgin is **concerned** about the work of the Lord, how she can be holy in both body and spirit. But the married woman is **concerned** about the affairs of this world, how she can please her husband. 1 Corinthians 7:32, 32, 33, 34, 34.

²⁴whereas our presentable parts have no such need. But God has composed the body and has given greater honour to the parts that lacked it, ²⁵so that there should be no division in the body, but that its members should have mutual **concern** for one another. 1 Corinthians 12:25

¹⁹Now I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I learn how you are doing. ²⁰I have nobody else like him who will genuinely **care** for your needs. ²¹For all the others look after their own interests, not those of Jesus Christ. Philippians 2:20

⁶Be **anxious** for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6

Music and songs

Songs about humility

Humble yourself

Songs about grace

Amazing grace (My chains are gone), 1067

Amazing grace (traditional), H 401

Be gracious unto me

For by grace (Ralph Carmichael), Ot 93

Living in the rhythm of grace, Ot 73

Only by grace can we enter, 408

He has clothed us... We rejoice in the grace of God, Ot 51

Songs about God's mighty hand

For the might of Thine arm we bless Thee

Songs about God's care for us

Does Jesus care? 238

He cares for you.

Our God is far greater... He cares for me. (Jimmy Owens)

When the world seems cold... There is someone who cares for you.

With a prayer... Love Incarnate, Ot 38

Thought starters for personal reflection or group discussion

1. Why do some people have more worries than others?
 2. List some advantages, and disadvantages, of worrying. When do the disadvantages outweigh the advantages?
 3. Why does God oppose the proud; and why does He give grace to the humble? What does grace to the humble look like in practice?
 4. Why would we be told to “cast” all our worries upon God?
 5. Why do we still worry after we have cast our worries upon God; and what can we do about on-going worries?
 6. This text ends with a reminder that we are “surrounded with care”. How, and why, does He surround us with care?
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