



**Sober, Watchful, and Restored.**

**Doug Reid – April 26<sup>th</sup>, 2026**

**Key Scripture -**

*"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And 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." (1 Peter 5:8–10, ESV)*

Open Eyes, Clear Mind.

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The Lion Hunts the Wanderer

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Do Not Negotiate with a Lion

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You Are NOT Alone

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Trust His Process

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 <p>GIVING VOLUNTEERING EVENTS NEW GUEST</p>	<p><b>NEW GUESTS:</b> We're so glad you're here! We would love to get to know you, so please do us a favor and fill out a Connection Card and turn it in to one of our team members at the Connection Point under the sails in exchange for a small gift!</p> <p><b>KIDS   0–5th GRADE:</b> Please stop by the Children's Center lobby to check in your kids. Elementary school aged kids are in the Upstairs Auditorium!</p> <p><b>JR HIGH:</b> Join our 6th-8th graders in the UnderCurrent during our 9am &amp; 10:30 am services.</p> <p><b>FAMILY ROOM:</b> If you are not ready to check in your littles, there is a Family Room available for you to watch the service with them if you need it. This room is located in the Children's Center. We also have a nursing mamas area right next to it!</p> <p><b>QUESTIONS?</b> Come visit us at the Connection Point after service, or speak to one of our Hosts.</p>	 <p>@coastcityca</p>
<p>info@coastcitychurch.com   760-439-1971</p>		

# Sober, Watchful, and Restored

Going Deeper | 1 Peter 5:8–10

## MONDAY — Clear the Fog

Read: 1 Peter 5:8a; Romans 12:1–2

1. What specifically is fogging up your mind right now — media, a habit, a relationship, exhaustion, resentment? Name it in one honest sentence.
2. If a close friend watched your inputs for a week (what you watch, scroll, listen to), what would they say is shaping your mind most?
3. What would a "sober-minded" version of you look like in your home this week? Be concrete.

## TUESDAY — Eyes Up

Read: 1 Peter 5:8b; Ephesians 6:10–12

1. Where in your life have you drifted recently — from God, from your spouse, from your kids, from the church, from a friend? What started the drift?
2. The lion hunts the isolated one. Who in your circle has gone quiet? What would it look like to actually reach out this week?
3. Where have you been blaming "flesh and blood" for a battle that is actually spiritual? How does that change the way you pray about it?

## WEDNESDAY — Stand Your Ground

Read: 1 Peter 5:9; James 4:7; Matthew 4:1–11

1. What lie does the enemy most often whisper to you — about God, about yourself, about your future? Write the lie, then write the scriptural truth that answers it.
2. Jesus resisted temptation with "It is written." What one verse do you need in your pocket this week? Memorize it by Saturday.
3. Where have you been trying to resist by willpower instead of by faith? What's the difference in practice?

## THURSDAY — Not Alone

Read: 1 Peter 5:9b; Hebrews 10:24–25; Galatians 6:1–2

1. Who are the two people who know the real you — struggles, doubts, and all? If you can't name two, why not, and what will you do about it?
2. Where has secrecy become the enemy's greenhouse in your life? What truth have you been hiding that needs to come into the light with a trusted person?
3. How is your family functioning as a spiritual unit right now? What's one rhythm — a meal, a prayer, a conversation — you could start or protect this week?

## FRIDAY — What He Himself Is Doing

Read: 1 Peter 5:10; Psalm 23; Philippians 1:6

1. Restore: What in you is broken or torn right now that only Christ can mend? Name it and hand it to Him in prayer.
2. Confirm: Where is your identity being shaken? What does it mean for Christ Himself to settle who you are?
3. Strengthen & Establish: What is He asking you to keep showing up for — even when you feel weak? What would it look like to be rooted there a year from now?

## SATURDAY — Walking It Out

Read: 1 Peter 5:8–10 (read the whole passage again, slowly)

1. Looking back over this week's answers, where has the Holy Spirit been pressing on you most clearly? What have you been tempted to ignore?
2. What is one specific action — not a feeling, not a plan, an action — you will take this week that reflects what Christ is doing in you?
3. Who will you share this with, and when? Growth in isolation rarely sticks. Make it concrete before the day ends.

"...the God of all grace... will himself restore, confirm, strengthen, and establish you." — 1 Peter 5:10