

Suggested Reading Resources Related to Topics from I Peter 5:5 - 11

HUMILITY:

If you can only read one, I recommend Duane Ortland's book; been a blessing to both Kerry and myself.

Bridges, Jerry. *The Blessing of Humility*. Colorado Springs, CO: NavPress, 2016.

Bridges examines humility through the Beatitudes, presenting it as a foundational Christian virtue that grows out of a proper understanding of God, sin, grace, and the gospel. He emphasizes practical expressions of humility such as meekness, mercy, and dependence upon Christ, making the book especially useful for personal discipleship and spiritual formation.

Mack, Wayne A., with Joshua Mack. *Humility: The Forgotten Virtue*. Phillipsburg, NJ: P&R Publishing, 2005.

Writing from a biblical counseling perspective, Mack identifies pride as a root sin that opposes God and damages relationships. He provides a scriptural diagnosis of pride and offers practical steps for cultivating genuine humility through repentance, obedience, and dependence on God's grace.

Mahaney, C. J. *Humility: True Greatness*. Sisters, OR: Multnomah Books, 2005.

Mahaney argues that pride is the believer's greatest enemy and humility is the pathway to God's favor and spiritual growth. Centered on the example of Christ and the message of the cross, the book combines biblical teaching with practical disciplines designed to help Christians recognize and overcome pride in everyday life.

Ortlund, Gavin. *Humility: The Joy of Self-Forgetfulness*. Wheaton, IL: Crossway, 2023.

Ortlund presents humility as a gospel-centered freedom from self-preoccupation rather than self-deprecation. It is based on Philippians 2, church history, and Christian theology, he argues that true humility produces joy, gratitude, service, and healthy relationships by directing attention away from self and toward Christ

ANXIETY

If you struggle with anxiety, I would recommend beginning with Ed Welch's book on an Anxious Heart – it is short and helpful. I personally have struggled in this area over the years and I have personally benefited from Hibbs book as well. The other names are all also solid.

Fitzpatrick, Elyse M. *Overcoming Fear, Worry, and Anxiety: Becoming a Woman of Faith and Confidence*. Eugene, OR: Harvest House Publishers, 2023. Focuses on identifying the roots of fear and anxiety and replacing them with biblical confidence in God's care and sovereignty.

Hibbs, Pierce Taylor. *Struck Down but Not Destroyed: Living Faithfully with Anxiety*. Truth Ablaze, 2020.

Combines personal testimony and Reformed theology to argue that anxiety can become a means of spiritual growth and deeper dependence on God.

Lane, Timothy S. *Living Without Worry: How to Replace Anxiety with Peace*. Revised and expanded ed. Epsom, UK: The Good Book Company, 2022. A biblical counseling approach to understanding worry and learning practical ways to exchange anxiety for trust and peace in Christ.

MacArthur, John. *Anxious for Nothing: God's Cure for the Cares of Your Soul*. Rev. and updated ed. Colorado Springs, CO: David C Cook, 2012. Draws heavily on Philippians 4 and other biblical texts to argue that prayer, trust, and submission to God's sovereignty are the primary cures for anxiety.

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Welch, Edward T. *A Small Book for the Anxious Heart: Meditations on Fear, Worry, and Trust*. Greensboro, NC: New Growth Press, 2019. A devotional work containing fifty brief meditations designed to encourage anxious believers with Scripture-centered reflections on fear, trust, and God's presence.

Welch, Edward T. *Running Scared: Fear, Worry, and the God of Rest*. Greensboro, NC: New Growth Press, 2007. A comprehensive biblical theology of fear that addresses anxiety concerning possessions, people, suffering, judgment, and death while directing readers to rest in Christ.

WATCHFULNESS and TEMPTATION:

The books by Hedges, Houston, and Kavic are the most accessible and good places to begin. Owen's writings are deep and really exegete the heart but his writing can be dense and his English is older.

Hedges, Brian G. *Watchfulness: Recovering a Lost Spiritual Discipline*. Grand Rapids, MI: Reformation Heritage Books, 2018.

It explores the biblical discipline of watchfulness, teaching how spiritual vigilance helps guard against temptation sin, & spiritual decline. He uses the bible & Puritans to give practical guidance for developing a life of holiness.

Houston, James M., ed. *Sin and Temptation: The Challenge to Personal Godliness*. By John Owen. Vancouver, BC: Regent College Publishing, 2004.

An edited volume of John Owen's teaching on temptation and personal holiness in a more accessible format. He highlights Owen's emphasis on the seriousness of sin & the believer's need for continual dependence on Christ.

Owen, John. *Indwelling Sin in Believers*. Abridged & made easy to read. Edinburgh: Banner of Truth Trust, 2010. Owen examines the ongoing presence of sin in the believer's heart & explains how it opposes spiritual growth. It provides a theological framework for understanding temptation & the necessity of continual spiritual warfare.

Owen, John. *The Mortification of Sin*. Abridged and made easy to read by Richard Rushing. Edinburgh: Banner of Truth Trust, 2022.

Teaches that believers must actively put sin to death through the power of the Holy Spirit. He argues genuine victory over sin comes not through self-effort but through faith in Christ & reliance on divine grace.

Owen, John. *Of Temptation: The Nature and Power of It*. In *The Works of John Owen*, vol. 6. Edited by William H. Goold. Edinburgh: Johnstone & Hunter, 1850–1853.

Based on Christ's command to "watch and pray," Owen presents a detailed analysis of temptation, its dangers, and the means God provides for resisting it. He emphasizes self-awareness, prayer, and vigilance as essential protections against spiritual failure.

Owen, John. *Temptation: Resisted and Repulsed*. Edinburgh: Banner of Truth Trust, 2007.

Abridged version of *Of Temptation* makes his teaching more accessible to modern readers. It offers practical guidance on recognizing temptation, avoiding spiritual compromise, and cultivating watchfulness and prayer.

Owen, John. *Overcoming Sin and Temptation: Three Classic Works by John Owen*. Edited by Kelly M. Kavic and Justin Taylor. Wheaton, IL: Crossway, 2015.

Combines Owens classic works on mortification, temptation, & indwelling sin in modern language. It thoroughly addresses the Christian's struggle against sin & offers practical wisdom for pursuing holiness and spiritual growth