



Living Hope
1 Peter 1:13-21
Study Guide

"The fundamental secret of caring for your soul is to keep God in the forefront of your mind."
Dallas Willard

Introduction:

Everything plays itself out between your ears. The way you process data, the mindsets shaping your actions, your spiritual growth...there is a raging war in an unseen reality within your mind. Peter tells believers, whose minds are racing, to *"prepare your minds for action..."* (1 Peter 1:13). How does that work? It's important because we will either learn to control our minds, or our minds will control us.

Big Idea: Set your mind on Him; fix your hope in Him!

1. Mindfulness – 1 Peter 1:13a

Describe a time when your mind was racing and you were having trouble controlling your thoughts. What seemed to help you, or what didn't help? Discuss.

Share your experiences with the following practices:

-Meditation and prayer

-Bible Study

-Community

-Identify the lies! - Psalm 51:6 *"You desire truth in my innermost being..."*

-Prevention! Hebrews 12:1- *"...lay aside what so easily entangles..."*

2. Hopefulness – 1 Peter 1:13b

Describe what it is like for you to 'fix your hope fully on the grace...'. What does that mean to you? Why is it so important for you to lean on God's undeserved favor? How does it instill hope in your life and motivate you to do better?

3. Vision of Wholeness – 1 Peter 1:14-17

Just be holy!! Dang. That's a high bar.

Holiness is wholeness. God wants to prevent us from being lied to and crushed.

The quote from Leviticus 11:44-45 tells us that I AM is our God. He is our source of holiness. What makes us holy is our association with God. How does that work for you?

4. The Gospel as our Focal Point – 1 Peter 1:18-21

Enjoy discussing the gospel through this passage. How does it describe our redemption? What excites you most about this passage?

Exercise

Play meditative music for a few minutes and ask God to help you take control of your mind. (*Spotify- William Augusto, Soaking in His Presence- On Earth as it is in Heaven.*)

1 Peter 1:13-21

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1. Mindfulness (v. 13)

¹³Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

2 Cor. 10:3-5 ³For though we walk in the flesh, we are not waging war according to the flesh. ⁴For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. ⁵We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

Mindfulness

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-Bible Study

-Community

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2. Hopefulness (v. 13b)

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1 John 3:3

"And everyone who has this hope in Him purifies himself as he is pure..."

Big Idea: Set your mind on Him; fix your hope in Him!

3. Vision of Wholeness (v. 14-17)

¹⁴ As obedient children, do not be conformed to the passions of your former ignorance,
¹⁵ but as he who called you is holy, you also be holy in all your conduct, ¹⁶ since it is written, "You shall be holy, for I am holy." ¹⁷ And if you call on him as Father who judges impartially according to each one's deeds, conduct yourselves with fear throughout the time of your exile,

1 Peter 1:2- "...for obedience to Jesus Christ..."

Romans 1:5- "...through whom we received grace...for obedience to the faith..."

Romans 16:26- "...for obedience to the faith."

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D. Gospel as our Focal Point (v. 18-21)

¹⁸ knowing that you were redeemed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold, ¹⁹ but with the precious blood of Christ, like that of a lamb without blemish or spot. ²⁰ He was foreknown before the foundation of the world but was made manifest in the last times for the sake of you ²¹ who through him are believers in God, who raised him from the dead and gave him glory, so that your faith and hope are in God.

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One key word as our solution: JESUS

Pause App

Spotify- William Augusto, Soaking in his Presence- On Earth as It Is in Heaven

