



(1 Peter 1:13-19, 1 Peter 5:6-10)

Preparing Your Mind For Action:
**Action Plan to Hope in Christ
when facing temptation**

Begin by reading 1 Peter 1:13-19 and 1 Peter 5:6-10

As a believer in Jesus, you have the power, through the Holy Spirit to say "no" to temptation (1 Corinthians 10:13). So how do you endure, how do you escape? 1 Peter 1:13 tells us to prepare our minds for action. How do you do this? This exercise will help you to resist the devil (1 Peter 5:8) and stand firm so you will not return to a yoke of slavery (Galatians 5:1).

Read 1 Peter 1:3-4, 13-19 and 1 Peter 5:6-10 again. Fill in the truths of what Christ has done, what He gives us:

1:3 _____

1:4 _____

1:18 _____

1:18-19 _____

5:7 _____

5:10 _____

Now, fill in the action words, the active response to what Christ has done:

1:13 _____

1:14 _____

1:15 _____

1:17 _____

1:18 _____

5:6 _____

5:7 _____

5:8 _____

5:9 _____

Our active obedience must be motivated by our gratitude for what Christ has done. Our power to obey is anchored in these truths and is the Holy Spirit's work in us. Now, let's work on a plan to hope in Christ!

PREPARE YOUR MIND FOR ACTION.

Preparing your mind to act in moments of temptation requires being ready with truth to stand on. List scriptures that help you fight temptation. Write these verses out on index cards and have them easily accessible. Include scriptures that comfort, instruct, inform, give thanks and remind you of God’s promises. (Ask your discipleship leader for help or see examples on page 3).

Preparing your mind includes a growing knowledge of Christ through Bible reading, listening to Bible-teaching sermons online, gospel-centered worship and Christ-centered community. What will you do to engage your mind in these areas?

BE SOBER MINDED.

Sober minded is not only about substances, it also means to pay attention, be vigilant, be aware. You have a real enemy who seeks to devour you (1 Peter 5:8). Recognize your weakness, your vulnerabilities (humble yourself, 1 Peter 5:6). When is the time, day, circumstance, situation, in which you are most vulnerable to temptation? List these.

How long, O LORD? Will you forget me forever? How long will you hide your face from me? How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me? Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death, lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken. But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the LORD, because he has dealt bountifully with me. Psalm 13 (lament, worship)

Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you." Deuteronomy 31:6 (instruction, promise)

For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed," says the LORD, who has compassion on you. Isaiah 54:10 (promise, comfort)

I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth. The LORD will keep you from all evil; he will keep your life. The LORD will keep your going out and your coming in from this time forth and forevermore. Psalm 121:1-2, 7-8 (promise, comfort)

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: Colossians 3:1-5 (instruction, promise)

Hope for Addiction Worship Playlist on Spotify:



Favorite Sermons:

