



(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).

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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?

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**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.

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