

**STUDY NOTES – JULY 7, 2109**  
**Sermon Series: *First Peter: Stand Firm***  
Pastor Kris preaches from the *English Standard Version (ESV)*.  
*Sermons online at [camanochapel.org](http://camanochapel.org). (Click the Media tab.)*

**1 Peter 1:13**

*1 Peter 1:13 (ESV) — 13 Therefore, 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.*

**1. A prepared mind**

- Life lesson: Move beyond intellectual knowledge to **life transformation**.

**2. A self-controlled mind**

NEGATIVE CHARACTERISTIC	GOALS TO ACHIEVE SELF-CONTROL
1. Impulsiveness	Pause and pray
2. Emotion-driven	<b><u>Affirm Biblical truth</u></b>
3. Castastrophizing	Trust God’s sovereignty
4. Cluttered mind	Ask yourself, “ <b><u>What matters for eternity?</u></b> ”

**3. A hope filled mind**

- Life lesson: When discouraged, concentrate on **God’s future grace**.

**S.A.L.T. Group questions**

- Have someone read Sunday's passage: 1 Peter 1:13
  - What truths stand out to you?

1. What are some ways to prepare our minds for action?
  - What happens when we're not prepared for action?
  - Can a believer have just intellectual knowledge without life transformation?
    - Explain your reasoning.
  - What hinders believers from seeing more life-transformation?
2. What are some other negative characteristics that keep us from having self-control?
  - What are some goals to set in order to overcome those negative characteristics?
  - What negative characteristics do you struggle with?
    - How do you overcome them?

***S.A.L.T. groups*** (“*Sharing And Learning Together*”) are Camano Chapel’s adult small group ministry. To learn more, you can go online at [camanochapel.org](http://camanochapel.org) and click on the ministry tab.

A more detailed copy of this sermon can be found at our Chapel web link:  
**[www.thebibleexpedition.wordpress.com](http://www.thebibleexpedition.wordpress.com)**