



STUDY NOTES – AUGUST 18, 2109

Sermon Series: “*First Peter: Stand Firm*”

Pastor Kris preaches from the *English Standard Version (ESV)*.
Sermons online at camanochapel.org. (Click the Media tab.)

Scripture: 1 Peter 2:1-3

What does healthy spiritual food look like?

1. Spiritual food has no artificial flavors. (Vs. 1-2a)

1 Peter 2:1–2 (ESV) — **1** So put away all malice and all deceit and hypocrisy and envy and all slander. **2** Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation—

- Life lesson: Base your life on the truth of God’s Word, **not the latest fad**.

QUESTIONS TO IDENTIFY A SPIRITUAL FAD:

1. Does it rely on writings that don’t complement the Bible’s teaching?
2. Does it deemphasize **church fellowship**?
3. Does it appeal to non-believers?
4. Is it embraced by “**pop-culture**”?
5. Does it bend toward culture’s view of “tolerance”?
6. Is it absent of the need to be **saved from sin**?
7. Does it have a different goal than to glorify God through repentance and holiness?

2. Spiritual food is good for you. (V. 2c- 3)

1 Peter 2:2–3 (ESV) — **2** Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation— **3** if indeed you have tasted that the Lord is good.

- Life lesson: Understand that you were meant to be **on a continual growth plan**.

S.A.L.T. Group questions

- Have someone read Sunday's passage: 1 Peter 2:1-3
 - What truths stand out to you?
- 1. What are some spiritual fads that you have encountered among today's Christians?
 - What are the dangers of spiritual fads?
 - How can we identify a spiritual fad?
- 2. What does Scripture say about the details of the spiritual growth plan?
 - What can hinder good results from a spiritual growth plan?
 - What disciplines do you struggle with in your spiritual growth plan?
 - What are some ways that you are seeking to overcome those struggles?
 - What additions do you think you need to make in your spiritual growth plan (i.e. develop a prayer journal, the more consistent, etc.)?

Take some time to pray for each other regarding developing and maintaining a spiritual growth plan.

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 and click on the ministry tab.

A more detailed copy of this sermon can be found at: www.camanochapel.org/sermon-notes