

“Living Under Pressure”

1 Peter 1:13-16

East Berlin Community Church

Pastor Keith A. Mosebrook

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Introduction

- Are we in the “basket of deplorables”?
- We have something the world does not have—HOPE!!
 - LIVING Hope—future salvation
 - JOYFUL Hope
 - SURE Hope
- How do we respond to the here and now?
- Some choose to fight fire with fire.

Living under Pressure?

A. “Think Straight” – 1 Peter 1:13

1. *“Gird up the loins of our minds”*
 - a. Fisherman’s language
 - b. Sports analogy—mental aspect of football
 - c. Spiritual warfare—Ephesians 6:14
2. Mentally Prepared
 - a. Disciplined in our thoughts—2 Corinthians 10:5
 - b. Live according to biblical priorities—Matthew 6:33
 - c. Disentangled from world’s distractions—2 Timothy 2:3-4
 - d. Mind set on things above—Colossians 3:2-4
 - e. Prepared for action—1 Peter 3:15

B. “Stay Cool”—1 Peter 1:13

1. *“Sober” or “self-controlled”*
2. Product of being “filled with the Spirit”—Ephesians 5:18
3. The need to keep our emotions in check—James 1:19-20

C. “Be Optimistic” – 1 Peter 1:13 *“Fix your hope”*

1. Twelve characteristics of Optimistic People
2. Source of our Optimism—The sure return of Jesus Christ
 - a. Focus on Christ’s return
 - b. Focus on the grace that we will receive

D. “Be Holy”—1 Peter 1:14-16