

# 1 Peter Part 5 – The Foundation of Suffering – Maturity in Christ-Maturity in the Assembly – Summary & Study Guide – March 22, 2026

## Summary

This teaching provides a theological examination of **First Peter**, specifically focusing on the spiritual significance of **suffering, salvation, and holiness**. The speaker teaches that salvation is an **ongoing process** and an eventual outcome of enduring faith, rather than a one-time event. Listeners are encouraged to "**gird up the loins of their minds**" by practising mental discipline and resisting worldly distractions to fix their hope on the future **revelation of Jesus Christ**. The text emphasizes the necessity of **personal transformation**, requiring believers to transition from ignorance to a life of **active obedience and purity**. Furthermore, it distinguishes between the **Old Testament law** and its enduring revelational value for modern spiritual maturity. Ultimately, the teaching frames the Christian life as a **temporary stay** in a foreign land, where believers act as "**living stones**" being built into a spiritual house through sincere love of the brethren and maturity.

## Study Guide

### Definitions of Key Words

- **Salvation:** In this context, salvation is the **outcome of faith** and refers to the entrance into Jesus Christ's coming earthly kingdom to rule and reign with Him following the judgment seat.
  - **The "Gap":** The hidden period in God's plan between the **sufferings of Christ** and the **glories to follow**; a mystery formerly hidden from prophets and angels but now revealed.
  - **Gird up the Loins of your Mind:** A figure of speech for **mental preparation**; similar to gathering up long Middle Eastern robes to prepare for work, it means tucking in "loose ends" of thoughts to be ready for action.
  - **Sober-minded:** Maintaining a state of **mental alertness and discipline**; not being "drunk" or distracted by the world's influences like social media or entertainment.
  - **Grace:** A gift from God that is in this context the **process of being brought** to the believer, providing the means to endure trials and suffering.
  - **Anagennao (Born Again):** To be begotten into a new life or **born anew**; refers to a changed quality of life in the present, distinct from the resurrection-focused term used in the Gospel of John.
  - **Living Stone:** A metaphor for Christ (the rejected but precious cornerstone) and believers who are being built into a **spiritual house**.
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## Expansion of Key Points

### I. The Nature of Salvation and the Prophetic Mystery

Salvation is described not as a one-time past event, but as the **outcome of enduring faith**. The Old Testament prophets made "careful searches" to understand the timing of the "Gap"—the period between Christ's suffering and His future glory. This mystery was so profound it was **hidden even from the angels** and the celestial council until God revealed it through the Apostle Paul, and the other Apostles teaching it.

### II. The Three Ps of Suffering

The study of 1 Peter is structured around three core concepts:

1. **Purpose:** Suffering serves God's will in the glorification of His Son.
2. **Place:** Believers are "aliens and strangers" in this world; our stay is temporary.
3. **Practice:** How we live—specifically through **love with a clear conscience** and holiness.

### III. Mental Discipline and Action

Believers are commanded to take active steps to endure trials:

- **Prepare:** Girding the mind for action.
- **Keep:** Remaining sober and alert against worldly distractions.
- **Fix:** Placing one's hope completely on the grace to be revealed at the **revelation of Jesus Christ**.
- **The Role of Participles:** The text uses four participles (desiring, girding, being sober, and being brought) to show that these are **ongoing actions** and means by which we fix our hope.

### IV. The Command for Holiness

Holiness is an **imperative command**, not a suggestion ("You shall be holy"). It is based on the nature of God (Leviticus 11:44). While believers are free from the Mosaic Law's regulations, the **revelational value** of the law remains the standard for God's people today.

Quote from A.P. Ross-Holiness to The Lord: "The exposition must be able to identify abiding theological truth revealed in the law without settling back to not a literal application of the regulations of the law." True holiness requires not being conformed to former lusts but reflecting Christ's nature in all our behaviour.

### V. Maturity in the Assembly

Maturity involves a "putting aside" of negative behaviours: **malice, deceit, hypocrisy, envy, and slander**.

- **Growth:** Believers must long for the "**milk of the word**" to grow in respect to salvation.
- **Priesthood:** Believers are "living stones" forming a spiritual house and a **holy priesthood** to offer spiritual sacrifices through Jesus Christ. The verb "to be" or "are" is not found in the Greek text here but is understood as future since Exodus is quoted. We are not priests today. If God appointed Jesus as His people's High Priest **ONLY** after His resurrection and ascension

because He did not belong to the Tribe of Levi (Hebrews. 7:11-22; 8:4), the point is made, then on what basis can anyone make themselves priests? “there is one mediator between God and man, the man Christ Jesus” (1 Timothy. 2:5) therefore no one else is a “priest” today. Note that the promise to Moses of “a kingdom of priests and a holy nation” (Exodus 19:6) was made to those who “would obey My voice and keep My covenant”. This was not a blanket promise to all the redeemed, but to those redeemed that are walking by faith.

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### Study Questions

1. According to the sources, why is salvation described as an "outcome"?
  2. What is the "Gap" mentioned in 1 Peter 1:11, and who was it hidden from?
  3. Explain the Middle Eastern imagery behind "girding up the loins of your mind."
  4. How does the speaker distinguish between the "born again" of 1 Peter and the "born again" of John 3?
  5. What are the "Three Ps" Peter uses to structure the teaching on suffering?
  6. According to 1 Peter 2:1-2, what must be "put aside" before one can grow through the milk of the word?
  7. Why does the speaker emphasize that "believing" (1 Peter 2:6) is a continual action?
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### Answer Key

1. **Salvation as an outcome:** It is the result of enduring faith to the end, culminating in entrance into the coming earthly kingdom after judgment.
  2. **The Gap:** It is the time between Christ's sufferings and His glories. It was hidden in God from the prophets of old and even the angels.
  3. **Girding the Mind:** It refers to gathering up loose or distracting thoughts, much like one would tuck in a long robe to prepare for physical work or action.
  4. **Two Meanings of Born Again:** The term in 1 Peter (*anagennao*) refers to a **changed quality of life** in the present. The term in John 3 (*gennethe anothen*) refers to being brought forth from above, specifically regarding the requirement of **resurrection** for entrance into the earthly coming kingdom.
  5. **The Three Ps: Purpose** (God's will/glory), **Place** (the world as a temporary stay), and **Practice** (love and holiness).
  6. **Putting Aside:** All malice, all deceit, hypocrisy, envy, and all slander.
  7. **Continual Believing:** The Greek uses a present participle, indicating an action that happens simultaneously and continuously in life; it requires ongoing obedience.
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## Biblical References within the Sources

- 1 Peter 1:1
- 1 Peter 1:2
- 1 Peter 1:5, 9
- 1 Peter 1:10-26
- 1 Peter 1:11
- 1 Peter 1:12
- 1 Peter 1:13
- 1 Peter 1:14-16
- 1 Peter 1:17
- 1 Peter 1:18-20
- 1 Peter 1:21
- 1 Peter 1:22-23
- 1 Peter 1:24-25
- 1 Peter 2:1-2
- 1 Peter 2:4-6
- 1 Peter 2:11
- Leviticus 11:44; 19:2; 20:7; 21:8
- Isaiah 40:6-8
- John 1:14
- John 3:3, 7
- Romans 12:2
- Genesis 2:7
- Genesis 15:1
- Isaiah 1:10
- Jonah 1:1
- Matthew 5:20
- Hebrews 2:7
- Hebrews 6:1
- 1 Timothy 3:2
- Titus 1:8; 2:2

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## Exhortations

- **Prepare Today:** Do not wait for major trials to arrive. **Today** is the day to "gird up the loins of your mind" and build mental discipline.
- **Focus on the Hope:** When struggling with suffering, check where your hope is fixed. If you are overwhelmed, you may have "unfixed" your eyes from the grace to be revealed at Christ's return.

- **Embrace the Process:** Growth is not a one-time event; it takes time. Feed on the "milk of the word" consistently to ensure you are maturing in respect to your salvation.
- **Live as a Living Stone:** Remember that your life is being "built up." Reject the world's standards and accept that being rejected by men often means being precious in the sight of God.

## Gird Up Your Mind: The Path to Holiness and Maturity

### PRACTICAL STEPS FOR THE BELIEVER



Gather loose thoughts and exercise self-control to remain mentally alert against worldly distractions.



**Prepare**  
Readying the mind for action and work.



**Fix**  
Placing hope completely on the grace revealed in Christ.



**Grow**  
Nourishing oneself on the "milk of the word" to mature.



**Active Purification**  
Purify your soul by intentionally putting aside malice, deceit, hypocrisy, envy, and all forms of slander.



**Fervent Brotherly Love**  
Cultivate sincere, heart-felt love for others as a mandatory outcome of being obedient to the truth.

### DIVINE PERSPECTIVE VS. THE WORLD

#### THE WORLD'S VIEW



**Rejected by Men**  
What the world rejects as worthless...



**Living as "Aliens and Strangers"**  
View earthly life as a temporary stay in a foreign country rather than a permanent home.

#### GOD'S DIVINE VIEW



**Precious to God**  
...is often what God accepts as choice and precious.



**The Living Cornerstone**  
Aligning your life with Christ ensures a firm foundation that will never result in disappointment or shame.