

1 Peter 4:1-6

¹ Therefore, since Christ suffered in His body, arm yourselves with the same resolve, because anyone who has suffered in his body is done with sin. ² Consequently, he does not live out his remaining time on earth for human passions, but for the will of God. ³ For you have spent enough time in the past carrying out the same desires as the Gentiles: living in debauchery, lust, drunkenness, orgies, carousing, and detestable idolatry.

⁴ Because of this, they consider it strange of you not to plunge with them into the same flood of reckless indiscretion, and they heap abuse on you. ⁵ But they will have to give an account to Him who is ready to judge the living and the dead. ⁶ That is why the gospel was preached even to those who are now dead, so that they might be judged as men in the flesh, but live according to God in the spirit.

Berean Study Bible

¹ Since Christ suffered in the flesh,
you also, arm yourselves with the same understanding,
because the one who has suffered in the flesh has done with sin.
² so as to no longer live the remaining time in the flesh for human desires,
but for the will of God.
³ Enough time has passed to have fulfilled the desire of the nations
having walked in sensuality, lusts, drunkenness, revelry, banqueting,
and abominable idolatries.
⁴ In this, they think it strange of you
to not run with them into the same excess of debauchery,
They speak evil of you,
⁵ yet, they will give an explanation to Him
who is ready to judge the living and the dead.
⁶ The reason why the Gospel was proclaimed, even to the dead, is
so that they might indeed be judged according to men in the flesh,
but they might live according to God in the spirit.

My own translation

1

Dying to live. 1 Peter 4:1-6

Dying with Christ. 4:1-2

Crucified with Christ. 1 “arm with understanding”

Resurrected with Christ. 2 “for the will of God”

Dying to the world. 4:3-4

Crucified to my past. 3 “time in the past”

Resurrected for my future. 4 “not run with them”

Dying to live. 4:5-6

We face a future Judge. 5 “give an account”

We live in present justice. 6 “live according to God”

2

The art of war. 1 Peter 4:1-6

Key words: 1 “armour yourselves”

Illustration: ‘The Art of War’ Chinese military treatise by Sun Tzu, 5th century BC.

Winning the war requires willingness to die. 4:1-2

Winners step up. 1 “arm yourselves with the same understanding”

Winners step out. 2 “no longer live... for human desires”

Winning the war requires basic training. 4:3-4

Winners walk away from their past. 3 “Enough time... having walked in...”

Winners run in a better direction. 4 “not run with them”

Winning the war requires engaging the enemy. 4:5-6

Winners obey the Commander’s orders. 5 “accountable to Him”

Winners follow the Commander’s lead. 6 “live according to God”

3

Change for the better. 1 Peter 4:1-6

Every believer’s determination. 4:1-2

My authorisation. 1 “Christ suffered... arm yourselves with the same

My qualification. 2 “lives for the will of God”

Every believer’s separation. 4:3-4

My renunciation. 3 “spent enough time in the past”

My purification. 4 “not run with them”

Every believer’s preoccupation. 4:5-6

My investigation. 5 “give an account”

My participation. 6 “live according to God”

Six signs of salvation. 1 Peter 4:1-6

Sign 1, Willing to suffer with Christ. 1 "Christ suffered... arm yourselves with the same..."

Sign 2, Committed to do God's will. 2 "for the will of God"

Sign 3, Repent of my former life. 3 "time in the past"

Sign 4, Stick to my new lifestyle. 4 "not run with them"

Sign 5, Ready to be accountable. 5 "give an account"

Sign 6, Living a new life. 6 "live according to God in the Spirit"

We have good news, and we have bad news. 1 Peter 4:1-6

Good news and bad news about my present. 4:1-2

Bad news: suffering is normal. 1 "Christ suffered... anyone who has suffered"

Good news: God has a better way. 2 "for the will of God"

Good news and bad news about my past. 4:3-4

Bad news: I am a sinner. 3 "same desires as the Gentiles"

Good news: I am no longer a sinner. 4 "not run with them"

Good news and bad news about my future. 4:5-6

Bad news: everyone faces the Judge. 5 "give an account"

Good news: some pass from death to life. 6 "live according to God"

Body armour. 1 Peter 4:1-6

We are armed from Heaven. 4:1-2

We have the mind of God the Son. 1 "arm with understanding"

We have the will of God the Father. 2 "for the will of God"

We are armed against Hell. 4:3-4

We have renounced the world. 3 "spent enough time"

We have redirected ourselves. 4 "not run with them"

We are armed for eternity. 4:5-6

We have escaped judgement. 5 "they will have to give an account"

We have new life in God the Spirit. 6 "live according to God in the Spirit"

Out with the old. In with the new. 1 Peter 4:1-6

I am a new creation. 1-2

I am in the flesh, but not of the flesh. 1 “done with sin”

I am in the flesh, but not for the flesh. 2 “for the will of God”

I am not an old creation. 3-4

I have come to the end of the old road. 3 “time in the past”

I have begun to travel the new road. 4 “not run with them”

I am going to face the Creator. 5-6

I am eternally accountable to my life. 5 “give an account”

I am eternally thankful for my life. 6 “live according to God”

More than conquerors. 1 Peter 4:1-2

The Person who conquered sin. 1a “Christ suffered in the flesh”

The principle that conquers sin. 1c “the one who has suffered in the flesh”

The position that conquers sin. 1b “arm yourselves with the same understanding”

The period for conquering sin. 2a “live the remaining time in the flesh”

The power for conquering sin. 2b “live for the will of God”

Do something about your attitude. 1 Peter 4:1-6

Have the same attitude as Christ. 4:1-2

Suffering is normal. 1 (because of sin)

Suffering is necessary. 2 (beneficial)

Have a different attitude to the world. 4:3-4

My flesh is never satisfied. 3 “desires as the Gentiles”

My flesh is controlled by my will. 4 “not run with them”

Have an eternal attitude to life. 4:5-6

Our lives are accountable. 5 “give an account”

Real life is available. 6 “live according to God”

The best life is the rest of my life. 1 Peter 4:1-6

The best life is lived in an outward direction. 4:1-2

Inwardly, deal with the Saviour. 1 "Christ... the same resolve"

Outwardly, deal with my sin. 2 "not... in the flesh for human desires"

The best life is lived in a forward direction. 4:3-4

Repent of my past. 3 time in the past"

Redirect my future. 4 "not run with them"

The best life is lived in an upward direction. 4:5-6

I live accountable to the Father. 5 "give an account to Him... Judge"

I live according to the Spirit. 6 "according to God in the Spirit"

Other possible titles

Odd bods.

Who is odd; who is even odder?

Why is it so hard to be a Christian?

Suffering is good for the soul.

Living right side up, in an upside-down world.

Making the most of what we've got.

How the redeemed redeem their time.

Yes, you can know God's will for your life.

No pain, no gain. More pain, more gain.

Escape from your escapades.

What a real Christian looks like.

Leaving the past behind

How to shock friends and influence people

Quotes and illustrations

God forbid. How shall we, that are dead to sin, live any longer therein? Romans 6:2

For anyone who has died has been freed from sin. Romans 6:7

The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light... Romans 13:12-14

I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me. Galatians 2:20

And they that are Christ's have crucified the flesh with the affections and lusts. Galatians 5:24

For to this you were called, because Christ also suffered for you, leaving you an example, that you should follow in His footsteps. 1 Peter 2:21

For Christ also suffered for sins once for all, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit. 1 Peter 3:18

Two illustrations with thanks to Boomer Phillips

I wish to begin our message this morning by sharing a story by Franklin Graham. He tells us, "Some years ago, I was in a cab when I asked the driver about his faith. He replied that he was a Christian, and I asked him how he became one. I'll never forget his reply: 'Oh, I was born a Christian'." Graham continues to say, "People often use the term 'Christian' as simply a category for describing someone's cultural, religious, or family heritage. Other people believe that a person is a Christian because he or she attends church or was raised in a godly home. For still others, the term 'Christian' is no more than a box to check off on an application or survey form."

A report from LifeWay Facts and Trends tells of a survey conducted asking believers to give their opinion on what it means to be a Christian. The survey was comprised of guided questions, but at the end people were allowed to share their own thoughts. "15 percent volunteered some form of following the golden rule, while 13 percent said trust or belief in God, and [only] 11 percent said salvation through Jesus." This apparent lack of spiritual understanding reveals the prevalence of cultural Christianity in America.

Cross references, and commentary

1a Therefore, since Christ suffered in his body, arm yourselves also with the same attitude,

Let this mind be in you, which was also in Christ Jesus. Philippians 2:5

For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds. Hebrews 12:3

Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul. 1 Peter 2:11

Christ didn't send us into the world as vacationers on a self-guided tour of a playground but as soldiers on a tour of duty in a battlefield. We're not called to kick back, relax, take in the scenery, and wait for our Guide to take us home. We're engaged in a fierce conflict on foreign soil. We need to arm ourselves with spiritual armour to withstand the temptations of this world. Swindoll

Notice carefully it says a Christian must arm himself, so this is something he must do to defeat the enemies of his soul—the world, the flesh and the devil. Christians must arm themselves with faith in the commands, promises and principles of the Word of God, and to do this they must know, memorize and meditate on them. When we are not saturated with God's Word and operating on faith, our shield goes down and we are laid open to the subtle attacks of the world, the flesh and the devil. (Psalm 119:9, 11). The Word must also be used offensively to penetrate the enemy just like the sword or the pike was used to get to the enemy before he got to the soldier. The best defense is still the best offense, and when we are using the Word of God, we are pushing back our enemies—the world, the flesh and the devil. Paul made it clear that we must have a sword as well as a shield to defeat the enemy (Eph. 6:16-17). When our Lord was being tempted by the devil, Christ used the word of God to turn him back. Christ used the Word as a sword to push back the enemy. Christians are to arm themselves "with the same purpose" (thought, mind) of Christ in the face of suffering. It is our attitude in suffering which will determine how we are going to come out of it in the end. If we do not have a right attitude, then we are going to fail and learn nothing from a suffering experience. Arnold

1b ...whoever suffers in the body is done with sin.

⁶ We know that our old self was crucified with Him so that the body of sin might be rendered powerless, that we should no longer be slaves to sin. ⁷ For anyone who has died has been freed from sin. Romans 6:6-7

How can we enjoy that which made Jesus suffer and die on the cross? We have been given a new standing before God, a new Spirit, a new life, a new heart, a new power, and a new motivation to direct us further into holiness. We now need to make the conscious choice to cease from the deceptive and destructive presence of sin.

When a person suffers physical persecution for the sake of Jesus, it almost always profoundly changes their outlook regarding sin and the pursuit of the lusts of the flesh. That one is more likely to live the rest of his time in the flesh not for the lusts of men, but for the will of God. Guzik

If you trust God enough to suffer for doing what is right (as 1 Pe 3:17 says), then you have made a decisive break with sin. In other words, choose suffering because if you don't, you will choose sin. But if you do, you will prove that your bondage to sin has been broken. Get the thought and the purpose in your head that Christ is worth suffering for; live out that conviction when the choice comes between suffering and sin; and in suffering sin will be defeated and you will be triumphant. If you come to

the point where you suffer for righteousness' sake, you have ceased from sin—not perfection, but a clean break with the past of sin. Piper

Every time we resist temptation, we become more equipped to resist the next temptation. Each time we conquer sin makes us better able to face the next attack. As we build momentum of conquering sin, we become more spiritually mature. Spiritual maturity guarantees infrequency of sin in our lives. Richison

2 Consequently, he does not live out his remaining **time** on earth for human passions, but for the will of God.

Honour your father and your mother, that your days may be long in the land that the Lord your God is giving you. Exodus 20:12, Deuteronomy 5:16, Ephesians 6:2-3

And if you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your days. 1 Kings 3:14

O Lord, make me know my end and what is the measure of my days; let me know how fleeting I am! Psalm 39:4

For all our days pass away under your wrath; we bring our years to an end like a sigh. Psalm 90:9

The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away. Psalm 90:10

So teach us to number our days that we may get a heart of wisdom. Psalm 90:12

With long life I will satisfy him and show him my salvation. Psalm 91:16

Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. Psalm 139:16

¹ My son, do not forget my teaching, but let your heart keep my commandments. ² For length of days and years of life and peace they will add to you. Proverbs 3:1-2

Long life is in her right hand; in her left hand are riches and honour. Proverbs 3:16

For by me your days will be multiplied, and years will be added to your life. Proverbs 9:11

The fear of the Lord prolongs life, but the years of the wicked will be short. Proverbs 10:27

Since his days are determined, and the number of his months is with you, and you have appointed his limits that he cannot pass, Job 14:5

And who of you by being worried can add a single hour to his life? Matthew 6:27

‘And I will say to my soul, “Soul, you have many goods laid up for many years to come; take your ease, eat, drink and be merry.”’ But God said to him, ‘You fool! This

very night your soul is required of you; and now who will own what you have prepared?' Luke 12:19-20

Yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. James 4:14

For "Whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit; 1 Peter 3:10

2 Consequently, he does not live out his remaining time on earth for human passions, but for **the will of God**.

Teach me to do **Thy will**; for thou art my God: Thy Spirit is good; lead me into the land of uprightness. Psalm 143:10

But as he left, he said, "I will come back to you **if God is willing**." And he set sail from Ephesus. Acts 18:21

For **this is the will of God**, even your sanctification, that ye should abstain from fornication... 1 Thessalonians 4:3-8

Give thanks in every circumstance, for **this is God's will** for you in Christ Jesus. 1 Thessalonians 5:18 (Ephesians 5:20)

For so is **the will of God**, that by doing good you may silence the ignorance of foolish people. 1 Peter 2:15

For it is better, **if it is God's will**, to suffer for doing good than for doing evil. 1 Peter 3:17

It is **not the Lord's will** for anyone to perish, but everyone to come to repentance. 2 Peter 3:9

In summary, God's will for everyone's life is: Get saved by repenting; Live a holy life; Be thankful.

4 They are surprised that you do not join them in their reckless, wild living, and they heap abuse on you.

Having your conversation honest among the Gentiles: that, whereas they speak against you as evildoers, they may by your good works, which they shall behold, glorify God in the day of visitation. 1 Peter 2:12

Having a good conscience; that, whereas they speak evil of you, as of evildoers, they may be ashamed that falsely accuse your good conversation in Christ. 1 Peter 3:16

ILLUSTRATION: The world does not understand a Christian believer's convictions. The believer's drive is to please the Lord—as the world looks on and wonders what to think. Donald Barnhouse gives us an example of a man who marched to the beat of a different drum—Eric Liddell.

"In the summer of 1924 the young Scot, Eric Liddell, faced two great moments of his life: As a student of the ministry he was soon to be ordained; as an aspiring sprinter he was favoured to bring glory to Great Britain by winning the 100-meter dash at the Olympic games in Paris.

"When Liddell discovered that this event was scheduled for a Sunday afternoon, it was a crucial moment for him; he believed that it was not to the glory of God for him to compete on Sunday. [Instead, Liddell changed his plans and entered a different race, scheduled for a different day of the week.]

"The young Scot made one major change in his daily round of study and athletic practice; he dropped his customary nightly discussion with his classmates. After the evening meal he left the dining hall, disappeared, and returned to his room hours later, tired and spent. His friends were perplexed, but he never told them where he went.

"The whole world learned his secret, at the Olympics. Eric Liddell, received the Gold Medal as 400-meter champion.

"Eric Liddell not only made a record for speed in the 400-meter class; he made a record of God's work in a man's heart, and a testimony to faithfulness. Eric Liddell was faithful in one thing, and the Lord honoured him in another."

The world looks and says, "How strange!" God looks and says "How strong!" (1 Peter: The Teacher's Outline and Study Bible)

5b "give account to him who is ready to **judge** the living and the dead"

The Father **judges** no one, but has assigned all **judgment** to the Son, John 5:22

And He has given Him authority to execute **judgment**, because He is the Son of Man. John 5:27

And He commanded us to preach to the people and to testify that He is the One appointed by God to **judge** the living and the dead. Acts 10:42

For He has set a day when He will **judge** the world with justice by the Man He has appointed. He has given proof of this to everyone by raising Him from the dead. Acts 17:31

So then, each of us will give an account of himself to God. Romans 14:12

I charge you in the presence of God and of Christ Jesus, who will **judge** the living and the dead, and in view of His appearing and His Kingdom: 2 Timothy 4:1

6a "the Gospel was proclaimed, even to the **dead**"

¹ And you were **dead** in your trespasses and sins, ² in which you used to walk when you conformed to the ways of this world and of the ruler of the power of the air, the spirit who is now at work in the sons of disobedience. Ephesians 2:1-2

⁴ But because of His great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were **dead** in our trespasses. It is by grace you have been saved! Ephesians 2:4-5

So it is said: "Wake up, O sleeper, rise up from the **dead**, and Christ will shine on you." Ephesians 5:14

When you were **dead** in your trespasses and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our trespasses. Col.2:13

6b "live according to God in the **spirit**

So that the righteous standard of the law might be fulfilled in us, who do not walk according to the flesh but according to the **Spirit**. Romans 8:4

So I say, walk by the **Spirit**, and you will not gratify the desires of the flesh. Galatians 5:16

If we live in the **Spirit**, let us also walk in the **Spirit**. Galatians 5:25

Music and songs

A new mind
Change my heart
I am resolved
I have decided
I thought getting older would take a lot longer than it did (Gaither)
I will follow Him
I'm gonna follow you
Meekness and majesty
Purify my heart... Refiner's fire
Sometimes by step

Thought starters for personal reflection or group discussion

1. What is the difference between 'Standard of Living' and 'Quality of Life'? What are some helpful hints to increase Quality of Life?
2. Read Psalm 139:16. Our days are numbered. Does that mean we should refuse to have life-saving medical treatment?

3. How does Proverbs 10:27 enable us to maximise our lifespan; and how does 1 Peter 3:10 improve our quality of life?
 4. Someone has asked you, “Is it God’s will that I live in Panania?” What Scriptures would you use to answer that question?
 5. Read John 5:27 and Acts 17:31. Why is Jesus the Judge, rather than the Father or the Holy Spirit (both of whom are all-knowing)?
 6. What brief statement about you would you like to appear on your tombstone?
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