

# How to Arm Yourself

## International Bible Lesson

**1 Peter 4:1, 2**

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*“Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin; That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God” (1 Peter 4:1, 2—KJV).*

*“Since Christ suffered physically, you too must strengthen yourselves with the same way of thinking that he had; because whoever suffers physically is no longer involved with sin. From now on, then, you must live the rest of your earthly lives controlled by God's will and not by human desires” (1 Peter 4:1, 2—GNB).*

*“Since therefore Christ suffered in the flesh, arm yourselves also with the same intention (for whoever has suffered in the flesh has finished with sin), so as to live for the rest of your earthly life no longer by human desires but by the will of God” (1 Peter 4:1, 2—NRSV).*

Those who live worldly can quickly point out the hypocrisy of those who profess to be Christians while living a worldly instead of a godly life. In the fourth chapter of his first letter, Peter gives good advice on how to live according to our faith and the teaching of Christ Jesus. Christians need to arm themselves for battle against temptations and their inclination to practice their past sins. They must choose to live in this world with the same intention that Jesus Christ demonstrated. Because Jesus loved His heavenly Father, He intended to obey (and succeeded in obeying) His heavenly Father in everything. Obeying God includes avoiding what God has declared to be wrong as revealed in the Bible and the nature of God's creation. Because nature has not remained as created by God, what the Bible teaches is the absolute, objective standard of right and wrong. Obeying God also includes doing what God wants us to do with our lives, and He will never contradict what He has revealed in the Bible when He wants us to do something. Jesus intended to obey His heavenly Father even if that meant suffering and dying in our behalf (which He did). Peter wrote that when Christians love God and become willing to suffer and die in order to serve God and others that indicates that they have put the practice of sin away and have armed themselves to overcome worldly temptations.

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# Thinking Further

1. When we are tempted to do wrong, what are some of the actions we can take?

2. Why do some people curse you or other Christians or make life difficult for many Christians?

3. If sinners hear the good news of salvation through faith in Jesus Christ and refuse to turn from their sins and to Jesus Christ for salvation from their sins; and instead they keep sinning and even curse Christians for living apart from a life of sin, what does Peter say about their future?

4. What did Peter say Christians need to do for the sake of their prayers?

5. In what ways might obeying 1 Peter 4:11 make a difference?

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