



## Keep Heart

### Keep Your Heart from Noise: 1 Peter 1:1-7

#### Read 1 Peter 1:1-7 together:

*Peter, an apostle of Jesus Christ, To those who are elect exiles of the Dispersion in Pontus, Galatia, Cappadocia, Asia, and Bithynia, according to the foreknowledge of God the Father, in the sanctification of the Spirit, for obedience to Jesus Christ and for sprinkling with his blood: May grace and peace be multiplied to you. Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.*

#### Can you Hear it?

There is so much noise in our lives, both internally and externally generated. It can be hard to hear Jesus as He tells us, “Let not your hearts be troubled” (John 14:6).

- ? How do you, personally, strive to fulfill Jesus’s command to “let not your heart be troubled”?
- ? How do you strive to fulfill this command of Jesus within your family? Within Berean?
- ? Peter understood suffering; ultimately, he was crucified for his faith. What encouragement or hope do you find in Peter’s call to the exiles of the Dispersion here in 1 Peter?

#### Noise of the Flesh:

We are preprogrammed to do life our own way and how it works best for ourselves. We want to feel no pain; endure no stress; and feel no need for repentance!

- ? Galatians 5:16 says, “*But I say, walk by the Spirit, and you will not gratify the desires of the flesh.*” What is meant by “walk by the Spirit?” How can we develop this ability and desire to “walk by the Spirit”?
- ? Later in Galatians 5:22 & 23, Paul describes the fruit of the Spirit and makes this bold announcement, “*And those who belong to Christ Jesus have crucified the flesh with its passions and desires.*” Is it truly possible for us to fully crucify our flesh and its desires? *Why or why not? And, if it is not, what is our hope and what does Paul mean by this statement?*

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.  
Romans 8:5

## Noise of the World:

- ? Isaiah 26:6:3 states, "You keep him in perfect peace whose mind is stayed on you, because he trusts in you." Think of King David and his life; how is he proof of the being kept in "perfect peace"?
- ? Does keeping perfect peace mean the removal of ever having to experience a heavy heart?
- ? Is it considered sin to be anxious about the future? Why or why not?
- ? Read Luke 22:39-46. Jesus was grieved in such a manner that caused drops of blood to replace the sweat. What was causing His grief? Was He anxious about his future? Why or why not? Is it possible to be anxious and still not sin?

*And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. And when he came to the place, he said to them, "Pray that you may not enter into temptation." And he withdrew from them about a stone's throw, and knelt down and prayed, saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." And there appeared strengthening him. And being in earnestly; and his sweat became like great drops of blood falling down to the ground. And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, and he said to them, "Why are you sleeping? Rise and pray that you may not enter into temptation."*

*"Father, if you are willing,  
remove this cup from me.  
Nevertheless, not my will, but  
yours, be done."*

## Noise of the Enemy:

- ? Recall the story of Job. Satan asks God for permission to test Job...and God allows it. Not just once, but twice! Each time God sets the limits for Satan, but, nevertheless, He allows it. How does this jive with your picture of God?
- ? Read Hebrews 2:5-8. The author of Hebrews certainly seems to understand our fears and concerns! He also looked on the state of his world and said, "It is obvious that everything is NOT yet in subjection to Christ!" Why do you think this is the case? Why does God continue to allow Satan the apparent freedom he has in this world? What reasons might God have for His patience?

## Hear the Voice of God over the Noise!

- ? Let us release our lives to Jesus; we were made to be ambassadors for Him!
- ? Our country is facing extreme unrest, widespread discontent, and racial and socio-economic tension. It can be scary! How can we individually and corporately continue to bravely, lovingly, and graciously spread the Gospel of Jesus crucified, risen, and reigning?
- ? What areas do you struggle in to apply God's call, "Let not your heart be troubled?"
- ? Let us pray for ourselves, our church, our nation, and our world. Then let's go out and serve as ambassadors for Christ!

*He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, "My refuge and my fortress, my God, in whom I trust."  
Psalm 91:1-2*