

Simplify: Reducing Life to the Basic Essentials

This Week: The Spiritual Life {Ps. 46:10; 1 Pet. 1:13-19}

Series in a Sentence: *Simplifying life down to its essentials is about evaluating our life as we bring every place in our lives under the rule of Christ so we can grow in our intimacy with Him and our influence with others. Psalm 46:10 says, "Be still and know that I am God." Being still is about getting out from under the distractions of life and getting alone with God to see Him in all His glory! It's a focus on Him, His rule over our lives and our commitment to follow His call.*

That's why in this series, we are going to look at the basic essentials of life: Our Spiritual Life, Family Life and our Career/Worklife). Life can get so cluttered up and distractions can pile up that our lives get really messy! Like a living room full of wrapping paper at Christmas to a house lived in by a hoarder!

Today, we want to clean house! Today, we want to focus on the first essential, our soul, and look at what it means to declutter the soul so we can experience intimacy with Christ and have influence with others. That takes us to 1 Peter 1:13-18.

Background: Peter is addressing a people who have trusted in Christ but are under tremendous trials so that some are questioning their faith. What Peter reminds them of is the salvation that Christ made possible (1:3-12). Peter moves from who we are in Christ to what we do in Christ.

I. Get Your Mind Set Up (v. 13)

- A. **Set your mind to live ready** - "prepare your minds for action"
- B. **Set it to live wisely** - "sober-minded/serious"
- C. **Set it to live confidently** - "set your hope (1:3-5) fully" on the end game!

When your mind is clear, you can think with the wisdom and insight God has given you!!

App. This is no doubt why **Jesus would often get away** to a **solitary place to pray!**

What are the distractions you need to limit, and new routines you need to start?

II. Get Your Conduct Lined Up

- A. **Negative command** - do not be conformed (**Rom. 12:2** "And do not be conformed to this world"; **1 Cor. 6:9-11; Eph. 2:1-3**)
- B. **Positive command** - "Be holy in all your conduct" - align your life to look like Christ in your relationships, your family, on the job...you name it. **@ J.C. Ryle, First Bishop of Liverpool**, "Holiness is the habit of being one mind with God...hating what He hates-loving what He loves- and measuring everything in the world by the standard of His word. A holy man or woman will endeavor to shun every known sin, and to keep every known commandment. He will have a decided bent of mind toward God,

a hearty desire to do His will – a greater fear of displeasing Him than of displeasing the world, and a love to all His ways.” They will set their minds on things above, not on things that are on earth.” They will not neglect the business of the life that now is; but the first place in his mind and thoughts will be given to the life to come. They will aim to live like one whose treasure is in heaven, and to pass through this world like a stranger and pilgrim travelling to his home.” I.e., he or she will look more and more like Jesus!

What areas of your conduct need to be addressed?

III. **Get Your Conviction Firmed Up (v. 16-18 “knowing...”)** to know is to trust and live with conviction! We know that Christ has ransomed us from our former life and we are FREE!

A. **Conviction to obey God’s word** (v. 16 “since it is written”)

B. **Conviction to call on God to evaluate your life** (v. 17-19) – Like David who said in **Ps. 139:23-24** “Search me, O God, and know my heart! Try me and know my thoughts. And see if there be any grievous way in me, and lead me in the way everlasting!”

Joseph Stowell, in his book, *Fan the Flame*, wrote about the Greeks who had a race in their Olympic games that was unique. The winner was not the runner who finished first. It was the runner who finished with his torch still lit. I want to run all the way with the flame of my torch still lit for Him!

That takes getting my mind set up, my conduct lined up and my convictions firmed up so that my soul is filled up with the glory of Jesus Christ!