

Stand Firm in Holiness

*FCC Life Group Discussion Notes
Based on the "We Stand Firm" Series of Matthew Rogers
Glen Crouse Preaching
02-22-2026*

Opening Prayer

- Pray for hearts to be open and receptive to God's transforming work as we discuss resisting sin and living for His will.
- Ask God to help each of us identify any areas where we're still holding onto old patterns and to give us strength to choose His way today.

Ice Breaker

What's one small temptation you face regularly (like hitting snooze, scrolling too long, or grabbing fast food) that makes you think, "I really should resist this more"?

Key Scripture

1 Peter 4:1 (NIV) – *Ask a group member to read aloud.*

Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin.

Sermon Summary

In **1 Peter 4:1-11**, Peter calls believers—living as exiles in a pagan world—to adopt the same mindset Christ had in His suffering so they can be finished with sin and live the rest of their lives for God's will rather than human desires. He draws four clear contrasts between the old life of self-centered sin and the new life of holiness, eternal focus, and serving others. Ultimately, resisting sin isn't about a list of rules but about a heart fully submitted to God, valuing what Jesus valued and choosing the path that leads to eternal life in His presence.

Discussion Point 1: Arm Yourself with Christ's Attitude

Scripture: 1 Peter 4:1-2 (NIV) – *Ask a group member to read aloud.*

Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God.

Suggested points for prayer is given in each prayer section and are up to the discretion of the leader.

Point Summary: Peter starts with a powerful image: just as Christ suffered and chose God’s will over sin, we arm ourselves with that same mindset. When we’re willing to suffer (even in small ways) rather than give in to temptation, we become “done with sin”—it loses its appeal. This shift happens because our focus moves from short-term pleasures to living fully for God’s purposes.

Discussion Questions:

1. What does it look like in everyday life to “arm yourself” with Christ’s attitude when facing temptation? Share a time when choosing the harder path actually made sin less attractive to you.
2. How might viewing suffering (big or small) as part of following Jesus change the way you resist sin this week?

Discussion Point 2: Recognize the Stark Contrasts

Scripture: 1 Peter 4:3-4 (NIV) – *Ask a group member to read aloud.*

For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. They are surprised that you do not join them in their reckless, wild living, and they heap abuse on you.

Point Summary: Peter echoes the same truth four times in this passage: there’s a clear divide between the old life (focused on self, fitting in, living for now) and the new life in Christ (focused on God’s will, serving others, living for eternity). The world may mock or slander us for not joining in, but that reaction actually confirms we’re on a different path. These contrasts remind us that following Jesus means our values and priorities look radically different from the culture around us.

Discussion Questions:

1. Which of Peter’s four contrasts (old desires vs. God’s will; fitting in vs. being slandered; living for now vs. eternity; self-focus vs. serving others) feels most relevant to your current season of life, and why? (Handout provided below)
2. How can we encourage one another when friends or coworkers react negatively because we’re choosing a different way?

Discussion Point 3: The Heart of the Matter

Scripture: 1 Peter 4:7-8 (NIV) – *Ask a group member to read aloud.*

The end of all things is near. Therefore be alert and of sober mind so that you may pray. Above all, love each other deeply, because love covers over a multitude of sins.

Point Summary: True victory over sin comes from a heart transformed by submitting to God and adopting Christ’s perspective. When our hearts belong fully to Him—shown in our choices, words, and treatment of others—resisting sin becomes a natural outcome rather than a forced effort. Peter calls us to love deeply and serve others, focusing on God’s glory instead of selfish pleasures, because a grace-regenerated heart produces a life that reflects Jesus.

Discussion Questions:

1. Peter says the key to being “done with sin” is a heart aligned with God’s will. What’s one area of your heart (thoughts, attitudes, priorities) where you sense God inviting you to surrender more fully?
2. How does loving others deeply (as Peter urges) help us resist self-centered sin in practical ways?

Wrap-Up

Peter’s message in **1 Peter 4:1-11** is clear: arm yourself with Christ’s mindset, recognize the sharp contrast between the old life and the new, and let God transform your heart so you can stand firm against sin. When we choose God’s will over human desires and live for eternity rather than the moment, we experience true freedom and purpose. This passage reminds us that resisting sin isn’t about willpower alone—it’s about a heart fully given to God, leading to a life that glorifies Him.

Challenge

This week, take time in prayer to honestly ask: “Which side of Peter’s contrasts describes my daily choices?” Identify one specific habit or attitude from your “old life” that you’re ready to release, and replace it with a positive step of serving someone else or pursuing God’s will (maybe through extra prayer time, reaching out to encourage a friend, or joining in a church ministry). Share your commitment with the group next time for accountability.

Closing Prayer

- Thank God for the clear guidance in His Word and for the example of Christ’s attitude that empowers us to resist sin.
- Pray for each group member to experience heart-level transformation this week, choosing God’s will over temptation and living as people focused on eternal rewards.
- Ask for strength and courage to love others deeply and to stand firm together as a community of faith

HANDOUT

Old Desires vs. God's Will

Fitting In vs. Being Slandered

Living for Now vs. Eternity

Self-Focus vs. Serving Others

This handout may be displayed or copies made
as a reference for Discussion Question Point #2