

## Hurts, Habits, & Hang Ups #1

### *From Hang Ups to Hope*

1 Peter 1:13 5/13/2018

*I waited patiently for the Lord; And He inclined to me and heard my cry.  
2 He brought me up out of the pit of destruction, out of the miry clay, And He set my feet upon a rock making my footsteps firm.<sup>3</sup> He put a new song in my mouth, a song of praise to our God; Many will see and fear And will trust in the Lord.*  
**Psalm 40:1-3**

- Lift Up Praise because you have been lifted from the pit
  - The Lord responded to our cries and rescued our clay-bound life
  - The Lord established our platform and inspires our praise
  - Many will see what has happened in us and turn to trust in Him
- Are you waiting in faith-filled hope or flailing about impatiently?
  - We get entangled by wrong responses to this world's circumstances
  - Is there a hang-up that is impeding your growth or robbing you of joy?
    - Trapped by hurt
      - Trauma of wounds eclipse the identity & purpose God has given
        - Hurt by the self-inflicted wounds of our own sinfulness
        - Hurt by the selfishly-imposed will of other's sinfulness
        - Hurt by satan-inspired whispers & lies
    - Trusting a habit
      - Turning to any "fix" short of dependence on Christ Jesus to cope
        - Pseudo-peace of numbness
        - Pseudo-joy of pleasure
        - Pseudo-power of control
        - Pseudo-righteousness of performance

-The Scriptural Antithesis of being ensnared by Hang-ups

*<sup>13</sup> Therefore, prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ*  
**1 Peter 1:13**

The Primary Command: Y'All Set/Fix/Secure Your Hope

- Form of verb implies an unchanging, non-negotiable command
- This is a decisive action, setting coordinates before engaging engine
- Complemented by completely: fully, to the end, without reservation

The Primary Objective: The being-brought to you Grace

- Finishing Grace that'll be completely delivered at Christ's revelation

*<sup>6</sup> For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus*  
**Philippians 1:6**

- Completed by His Glorious Presence/Appearing (Titus 2:13)
- Completed by Our Glorious Transformation (1Cor 15:51)
- Completed for His Eternal Glory

The Preliminary Concern: Having girded up the loins of your mind

- This action precedes and describes the action of fixing your hope
- This is something we act at intentionally for ourselves (reflexive)

*Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us,*  
**-Hebrews 12:1**

- Lay aside every encumbrance
- Lay aside entangling sin

*<sup>4</sup> for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. <sup>5</sup> We are destroying speculations & every lofty thing raised up against the knowledge of God, & we are taking every thought captive to the obedience of Christ*  
**-2 Corinthians 10:4-5**

- taking captive lofty thoughts

The Present Focus: Maintaining Sober-mindedness

- Literally un-intoxicated, but here not being subject to lack of inhibition
- Presence of mind, Maintain temperance & self-control (by the Spirit)

*<sup>2</sup> fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*  
**-Hebrews 12:2**