

### 3 • To Be Holy is to Be PREPARED

We're using [1 Peter 1:13-16](#) as a key passage throughout this series:

Therefore, \_\_\_\_\_  
your minds for action, and being

\_\_\_\_\_ - \_\_\_\_\_, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, "You shall be holy, for I am holy."

What does it mean to be holy? **To be holy is to have a mind prepared for action.** We'll dig into more of the details of these examples as a class, but how did young Joseph resist the temptations of Potiphar's wife?

But he \_\_\_\_\_ and said to his master's wife, "Behold, because of me my master has no concern about anything in the house, and he has put everything that he has in my charge. He is not greater in this house than I am, nor has he kept back anything from me except you, because you are his wife. How then can I do this great wickedness and \_\_\_\_\_ against \_\_\_\_\_?" ([Gen 39:8-9](#))

Joseph was "sober-minded" when he was tempted because his mind was prepared.

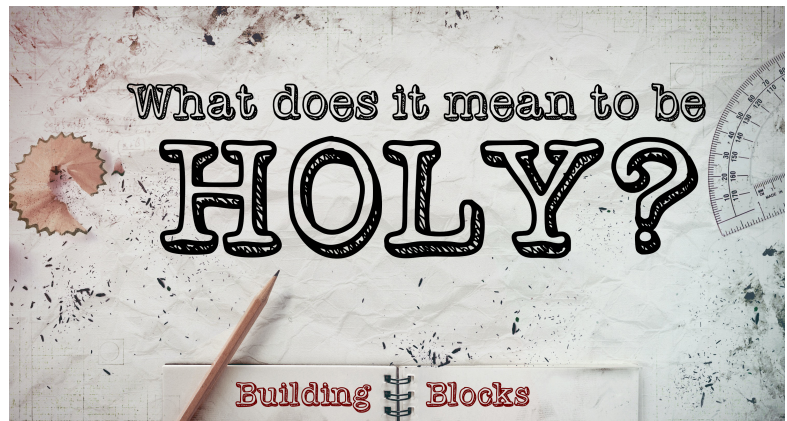
What about Daniel when he was carried away from home to Babylon? How did he avoid becoming like everyone else who was conquered by mighty King Nebuchadnezzar?

But Daniel \_\_\_\_\_ that he would not \_\_\_\_\_ himself with the king's food, or with the wine that he drank. Therefore he asked the chief of the eunuchs to allow him not to defile himself. ([Dan 1:8](#))

Daniel was "sober-minded" even far from home because his mind was prepared. And what about his three friends? How could they stand up and stand out from everyone else when the pressure was on to worship a false god?

Shadrach, Meshach, and Abednego answered and said to the king, "O Nebuchadnezzar, we have no \_\_\_\_\_ to answer you in this matter. If this be so, our God whom we serve is \_\_\_\_\_ to deliver us from the burning fiery furnace, and he will deliver us out of your hand, O king. But if not, be it known to you, O king, that we will \_\_\_\_\_ serve your gods or worship the golden image that you have set up."  
([Dan 3:16-18](#))

They were "sober-minded" in the scariest of circumstances because their minds were prepared. To be holy is to have a mind prepared for action. How can we do that? What will it look like for us to be "sober-minded"? **Let's talk about it...**



## For Class & Family Discussion:

- Our key verse for this series—**1 Peter 1:13-16**—calls us to be “sober-minded.” What does that mean? Does it mean we never laugh? We don’t know how to have a good time? Maybe a quick survey of how that phrase is used in the New Testament would be helpful (**1 Tim 3:2, 11; 2 Tim 4:5; Titus 2:2; 1 Pet 4:7; 5:8**). To be “sober-minded” means...
  
- In your own words, what does it mean to “prepare your mind for action” (**1 Pet 1:13**)? How can I do that? Where do I even start?
  
- Our video highlighted Joseph in **Genesis 39**. What stands out to you? How had he prepared his mind for action? Why did it matter in those moments whether he was sober-minded? Was it worth it?
  
- Our video also highlighted Daniel in **Daniel 1** and Shadrach, Meshach, and Abednego in **Daniel 3**. What stands out to you? How had they prepared their minds for action? Why did it matter in those moments whether they were sober-minded? Was it worth it?
  
- What other examples can you think of from the Bible of minds prepared for action, of men or women who were sober-minded?
  
- Let’s make sure we get the dots connected: how will preparing your mind for action and being sober-minded help you answer the call to be holy as God is holy?
  
- What sort of scenarios can you imagine even this week where having prepared and sober minds will be very important?