



Releasing Fear | 1 Peter 3:13-22

“Do not fear” or “do not be afraid” is the most common command in the Bible. Fear paralyzes us and keeps us from living the lives we were designed to live. However, rather than simply saying “stop being afraid,” this passage in 1 Peter walks us through how to move past fear into a life where we are actively embracing love and freedom and our identity in Christ.

In terms of forgiving others and giving grace to others, what scares you? What holds you back?

READ/REFLECT

1 Peter 3:13-17 ... read through these verses.

In what ways is it possible that we “suffer for righteousness sake?” (give examples)

In what ways is it possible to run from suffering? (give examples)

How do our fears lead to “running from suffering”?

How is it comforting to know that we will be “blessed” even if we should suffer?

Do you struggle to believe that?

“Honoring Christ as holy” is the antidote to fear. This phrase from verse 15 is literally the idea of seeing valuing Christ as holy/a prized possession like no other. How does one cultivate that kind of value? (hint: “hope” in verse 15b and a “good conscience” in verse 16 – remember; a good conscience is a “good awareness”)

1 Peter 3:18-22 ... read through these verses.

These verses speak of the great hope we have which conquer all fear. These are incredibly confusing verses to us because most likely Peter wrote specifically of the cultural fears of “evil spirits” which were “imprisoned” on the earth and affected daily life. People felt trapped by the influence of evil spirits. Interestingly, Noah was a symbol of hope. Notice how brilliantly Peter uses these fears and hopes to show that Christ alone has power and victory and authority over all our fears because He alone is our hope! In addition, baptism is to be understood as our identification with Christ’s story of death, resurrection, and ascension to power over all things. The “salvation” is being delivered to a “good conscience” or awareness (i.e., no fear).

What cultural fears can we become gripped by?

How does it change things to embrace the reality that Christ has authority and power of everything?

RESPOND

What specifically will you take away from this passage? How and when will you apply that truth?

REACH OUT in prayer

Ask each person in the group to share how others can pray for them to apply these truths to their lives.