

# Holding Nothing Back

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1 Peter 1:13-19

Media Reference Number GSX815

Sunday, October 12<sup>th</sup>, 2025

When we come to this Epistle, it seems to me that it is as though Peter stuffed his heart and mind down into a cannon, lit the fuse, and *BOOM* – out came this letter.

The church at this time was in some very challenging days:

- False teachers ran rampant, leaving destruction and confusion in their wake.
- Persecution under Nero was brutal, leaving discouragement and fear in its wake.
- Difficulties and deceptions abounded, and yet Peter pens this letter of salvation, triumph, hope, and joy.

As one N.T. commentator put it: *“Peter wanted his readers to live triumphantly in the midst of hostility without abandoning Hope, becoming bitter, losing faith in Christ, or forgetting His Second Coming.”*

It was a day where there was a real temptation to tone it down, reel it in, keep to yourself, or proceed cautiously. **But Peter calls for the opposite**, he calls for an all-out advance in personal and practical hope, holiness, godliness, and grace.

*This is not unlike our day.*

The words of Jude are fitting for us:

## Jude 3

<sup>3</sup> Beloved, while I was very diligent to write to you concerning our common salvation, I found it necessary to write to you exhorting you to contend earnestly for the faith which was once for all delivered to the saints.

**Contend:** To struggle for, Earnestly contend for, Defend vigorously. (English word *agonize*)

We must struggle for, contend for, and defend vigorously ***the faith...once delivered***, but we **cannot defend** *publicly* what we do not have *privately*.

Peter, in our passage today is going to challenge the believers in every place and every age to have *a personal walk with Jesus* **AND** *a public witness for Jesus*. ***The one flows from the other.***

He is going to challenge us to ***Hold Nothing Back*** in making every effort to persevere and grow in our walk with Jesus.

## Romans 13:11–14

<sup>11</sup> **And do this, knowing the time, that now** *it is high time to awake out of sleep; for now our salvation is nearer than when we first believed.* <sup>12</sup> The night is far spent, **the day is at hand.** **Therefore** let us **cast off** the works of darkness, and let us **put on** the armor of light. <sup>13</sup> Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. <sup>14</sup> **But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.**

There is an urgency communicated in these verses that we must pick up on. An urgency to live a life well pleasing to God, because Jesus will return for His people. This is the same urgency that Peter writes with in our passage today.

Peter began his letter by encouraging these scattered believers by reminding them that they belong to God, they've been born again, heaven is forever, suffering is temporary, Christ is coming, and their hope and joy is in the very salvation that the prophets spoke of.

This is the launching pad from which he will exhort each of us today that we are to ***Hold Nothing Back*** as we pursue Christ.

Today, you may be a seasoned saint, a new believer, or somewhere in between, my hope is that as we study this portion of Scripture, as you listen, and as we learn, then as you leave, there would be a strong and steady fire in your soul that burns for Jesus.

In our passage, Peter is going to give us **4 Reasons** to live our life entirely and solely for Christ. The first reason he gives us is...

### 1. The Revelation of The Lord (13)

#### 1 Peter 1:13

<sup>13</sup> **Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace** that is to be brought to you **at the revelation of Jesus Christ**

One of the greatest motivations we have for holy living is the fact that Jesus Christ is coming, and specifically, that He can appear at any time and without warning.

Notice that first word in **verse 13**:

*Therefore...*

This is a *conclusion* word that ties what follows to what was previously said. In our case, Peter makes this conclusion based on what he previously wrote about. *"You have received this glorious salvation that the prophets and angels wondered about...THEREFORE..." Live for Him!*

This **Therefore** is just one among many others that reveal how we should live in light of Christ's return. The coming of Christ ought to serve as a constant motivation to live a life pleasing to Him.

**2 Peter 3:11**

<sup>11</sup> **Therefore**, **since all these things will be dissolved**, what manner of persons ought you to be in holy conduct and godliness

**1 Corinthians 15:58**

<sup>58</sup> **Therefore**, my beloved brethren, **be steadfast, immovable, always abounding in the work of the Lord**, knowing that your labor is not in vain in the Lord.

**Romans 13:12**

<sup>12</sup> The night is far spent, **the day is at hand**. **Therefore** let us **cast off the works of darkness**, and let us **put on the armor of light**.

**Matthew 24:44**

<sup>44</sup> **Therefore you also be ready, for the Son of Man is coming at an hour you do not expect.**

Quite often, *therefore* is found as a transitional word. It is a word that is drawing a conclusion, while also giving direction. It takes the information and puts it to action.

The entire N.T. speaks with one voice, that you and I should live for Jesus as we wait for **the revelation of Jesus Christ** (v. 13).

**1 John 2:28**

<sup>28</sup> And now, little children, **abide in Him, that when He appears, we may have confidence and not be ashamed before Him at His coming.**

***What about you here today? Are you ready?***

***Anything you would be ashamed of at His coming?***

***How are you handling – Work? Spouse? Kids? School? Witness?***

But Peter doesn't leave us at "be ready..." He gives us 3 ways to do that in verse 13:

**Verse 13b:**

***(1) gird up the loins of your mind, (2) be sober, and (3) rest your hope fully upon the grace that is to be brought to you***

Simply put: "Prepare your mind, be sober-minded, rest in grace." Let's look at these 3 things.

**Gird up:** To gird afresh (*Redo it!*), Gird up, Be prepared.

**Thayer:** *a metaphor derived from [a] practice...in order to be unimpeded in their movements were accustomed, when about to start on a journey or engage in any work, to bind their long and flowing garments closely around their bodies and fasten them with a leathern girdle.*

We are called to live this way! To make sure our minds are prepared for action. Nothing to trip us up! We are to live ready, but notice, Peter calls upon us specifically to ***gird up the loins of your mind.***

***“The battle is won and lost in the mind.”***

This is because where the mind goes, the life will follow. We must be alert and prepared to guard our minds from any stray thought.

*Every shipwrecked life or faith began with an unchecked evil thought.*

*Satan will search the perimeter of your life looking for an unlocked door or cracked window. – Pastor Jack*

It is incumbent upon you to be the *gatekeeper* of your mind. You do this ***by tempering the flow of information.*** Sometimes, we can't control what goes in, but we can control what stays in.

#### **2 Corinthians 10:4–5**

<sup>4</sup> For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, <sup>5</sup> casting down arguments and every high thing that exalts itself against the knowledge of God, ***bringing every thought into captivity to the obedience of Christ***

So, our responsibility is to search every thought and judge it against the truth of God's Word. We do this by filling our mind with truth so that it is always and ever being *transformed*.

#### **Ephesians 6:14a**

<sup>14</sup> Stand ***therefore, having girded your waist with truth...***

**Notice:** The ***TRUTH*** is what holds the rest together.

***Is your mind girded up with truth?  
Are you guarding what comes in – and STAYS in?  
Are you filling it with God's Word?***

**Sober:** To be sober (Abstain from wine), Watch, A Calm & Collected spirit.

***Sobriety, that is, spiritual **self-restraint**, lest one be overcome by the allurements of the world and of sense... – J.F.B.***

***Drunkenness***, by definition, is a state of having impaired judgement, discernment, and loss of faculties. We're living in days where we must always be spiritually sober. So many lies, so much deception, we must remain in ***a place of sound judgement*** as we wait for the Lord Jesus.

Being ***sober*** speaks of an alertness to the reality of life, and a steadiness to the thought life, judgements, and decisions.

As Barclay put it: *Peter is appealing to them to maintain the essential steadiness **of the man who knows what he believes**.*

### 1 Peter 5:8

<sup>8</sup> **Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.**

Peter gives us these strong exhortations, but with this 3<sup>rd</sup> one, he commands us to ***rest your hope fully upon... grace***. Here we find **the perfect tension of the Christian life** as we look at our own responsibility and God's sovereign empowering.

He is commanding us here to put ***complete trust*** or ***hope in the grace of God***. We are not to fret, worry or be anxious because the grace of God that saved us, is the grace of God that sustains us.

### Matthew Henry

*A Christian's work is not over as soon as he has got into a state of grace (salvation); he must still hope and strive for more grace. When he has entered the strait gate, he must still walk in the narrow way, and gird up the loins of his mind for that purpose. A strong and perfect trust in God's grace is very consistent with **our best endeavors in our duty**; we must hope perfectly (completely/entirely), and yet gird up our loins, and address ourselves vigorously to the work we have to do, encouraging ourselves from the grace of Jesus.*

***What a balance! Strive like it's all on you – Trust like it's all on Him!***

It is with our girded and sober minded living, that we are fixed on this hope, so that no matter what comes – we look to the future with absolute assurance and confidence that by His grace, what God has started, He will finish.

### Jude 24–25

<sup>24</sup> Now to Him who **is able to keep you from stumbling,**

And **to present you** faultless  
Before the presence of His glory **with exceeding joy,**  
<sup>25</sup> **To God our Savior,**  
Who alone is wise,  
**Be glory and majesty,**  
**Dominion and power,**  
**Both now and forever.**  
**Amen.**

The ***Revelation of the Lord*** – The coming of Christ is the first reason Peter gives us. Which leads to **our 2<sup>nd</sup> reason** for holding nothing back.

## 2. The Direction of Your Living (14-16)

As children of God, you and I have been given a whole new direction in our living! A few chapters later, Peter puts it this way:

### 1 Peter 4:2–3

<sup>2</sup> that he **no longer should live the rest of *his* time in the flesh for the lusts of men, but for the will of God.** <sup>3</sup> For we have spent enough of our past lifetime in doing the will of the Gentiles— when we walked in lewdness, lusts, drunkenness, revelries, drinking parties, and abominable idolatries.

When you became a Christian, **you did not add a good thing onto your old life**, but you were given ***a brand-new life***, with a *brand-new future*, and a *brand-new direction*. That's what Peter refers to in verse 14:

### 1 Peter 1:14

<sup>14</sup> **as obedient children, not conforming yourselves to the former lusts, as in your ignorance;**

We are to be like ***obedient children*** regarding our relationship with our heavenly Father. You might wonder what that looks like...well Peter is too practical to leave us guessing. He gives us the ***negative*** and the ***positive***.

**NEGATIVE – *What not to do.***

**VERSE 14b:**

**NOT *conforming yourselves to the former lusts, as in your ignorance***

**Conforming:** To fashion alike, Conform to the same pattern.

- Could be translated: “Do not conform yourself” or “Do not be conformed by.”

Either way, he is saying that we are to fight against our new life in Christ being made like our old life before Christ.

It's like having braces. Your old pattern has been *conformed* to perfection, but without the consistent support of a retainer, your teeth will return to the way they were before.

The word *former lusts* refer to the ungodly desires that defined your life before Christ.

***Peter is saying – Don't go back!***

We are not to allow ourselves as a new creation in Christ to be *conformed* or pressed into the mold of our old self or the world.

***THIS. IS. LIBERATING!***  
***What were (or are) you plagued by?***  
***Peter says YOU ARE FREE!***

**John 8:36**

<sup>36</sup> **Therefore if the Son makes you free, you shall be free indeed.**

**That's the negative**, but like one sweeping motion, we don't just resist the old, we *put on the new*!

**Colossians 3:9–10**

<sup>9</sup> Do not lie to one another, **since you have put off the old man with his deeds**, <sup>10</sup> and **have put on the new man** who is renewed in knowledge according to the image of Him who created him

**POSITIVE– What to do.**

**1 Peter 1:15**

<sup>15</sup> **but** as He who called you *is holy*, you also **be holy** in all your conduct,

In contrast to the *former lusts*, we are to *be holy*. The reason for this call to Holy living is that God Himself is *Holy*.

Holiness is the only attribute of God in the Bible that we find repeated 3 times in successive order. And both times we find it; it is the Holy angels of heaven crying out in worship. Twice we are transported into the throne room of heaven **and hear the same thing!**

### Isaiah 6:3

<sup>3</sup> And one cried to another and said:  
“**Holy, holy, holy** is the Lord of hosts;  
The whole earth *is* full of His glory!”

### Revelation 4:8

<sup>8</sup> The four living creatures, each having six wings, were full of eyes around and within. And they do not rest day or night, saying:

“**Holy, holy, holy,**  
**Lord God Almighty,**  
Who was and is and is to come!”

**Holy:** Sacred, Blameless (moral perfection), Consecrated, Holy, *To be set apart.*

For God, He is all of those things in an infinite manner – “**Holy, Holy, Holy.**” God’s perfection is limitless. He is set apart from all created things in a category all His own.

### Isaiah 46:9

<sup>9</sup> Remember the former things of old,  
**For I *am* God, and *there is* no other;**  
**I *am* God, and *there is* none like Me**

It is for this reason, **His Holiness**, that He calls His people to be Holy.

### VERSE 15b-16

*you also be holy in all your conduct,* <sup>16</sup> *because it is written, “Be holy, for I am holy.”*

You and I are to live our lives entirely set apart for God, His purposes, and His will. Peter quotes from Leviticus 11:45 to make his case. Look at how Paul reasons with the Corinthian church:

### 2 Corinthians 6:16–7:1

<sup>16</sup> And what agreement has the temple of God with idols? **For you are the temple of the living God.** As **God has said:**

*“I will dwell in them  
And walk among them.  
I will be their God,  
And they shall be My people.”*

<sup>17</sup> **Therefore**

*“Come out from among them*



*And be separate, says the Lord.*

*Do not touch what is unclean,*

*And I will receive you.”*

<sup>18</sup> *“I will be a Father to you,  
and you shall be My sons and daughters,  
says the Lord Almighty.”*

<sup>1</sup> **Therefore**, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

### Warren Wiersbe

*Basically, to be “sanctified” (or holy) means to be “set apart for God’s exclusive use and pleasure.” It involves separation from that which is unclean and **complete devotion to God**. We are to be “holy in all manner of [behavior],” so that everything we do reflects the holiness of God. To a dedicated believer, **there is no such thing as “secular” and “sacred.” All of life is holy as we live to glorify God.***

God’s holiness is perfect and complete, ours will not be in this life. ***But are you striving towards it? Do you see your life as being set apart for the exclusive purpose of serving Him and bringing Him glory?***

You and I who name the name of Christ have a new **Direction of Living**, we live for Him. The **3<sup>rd</sup> reason** to **Hold Nothing Back** is found in verse 17:

## 3. The Examination of Your Life (17)

### 1 Peter 1:17

<sup>17</sup> And if you call on the Father, **who without partiality judges according to each one’s work, conduct yourselves** throughout the time of your **stay here in fear**;

Here he points out that though our life is passing, quick, and temporary, ***it’s not meaningless!*** Each of us will stand before the Lord, not to answer for our sins, that was taken care of on the Cross. But to be judged – or **examined** – for our faithfulness to Christ.

### 2 Corinthians 5:9–10

<sup>9</sup> Therefore **we make it our aim**, whether present or absent, to be well pleasing to Him. <sup>10</sup> **For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body**, according to what he has done, whether good or bad.

We know that Peter is talking about the believers’ judgement because of that first phrase in verse 17.

### VERSE 17a:

*And if you call on the Father*

*If = since or because...*

**Call on:** Appeal to, Invoke, Call upon.

### Romans 10:13

<sup>13</sup> For “**whoever calls on the name of the Lord** shall be saved.”

**His point is this:** For those of us who have **called on** the Lord for salvation, we must keep in mind that we will also stand before Him one day. It is in light of the coming judgement (Or **examination**) that we should strive to live for Christ.

***YOU will be rewarded for what GOD does through you!***  
***Sounds like a good deal to me...***

### VERSE 17b:

*conduct yourselves throughout the time of your stay here in fear*

**Stay:** Foreign Residence, Sojourning, Strangers. Root word = *One who lives without the rights of citizenship.* (This is how we are in this world.)

This life is fleeting, heaven is forever. Peter uses this as an encouragement to these persecuted, scattered, and harassed believers. Peter reminds them that though now they are strangers in a foreign land, **their home is in heaven.**

### Hebrews 11:13–14

<sup>13</sup> These all died in faith, not having received the promises, but having seen them afar off were assured of them, embraced them and **confessed that they were strangers and pilgrims on the earth.** <sup>14</sup> For those who say such things **declare plainly that they seek a homeland.**

With the temporary nature of life and impartial judgement of God in mind, Peter ends the verse with yet another motivation to **Hold Nothing Back** in the pursuit of God. **The fear of God.**

**Fear:** *Phobos:* Fear, Fright, Be afraid, Terror, Reverence, Awe, Respect.

We are to live our life in reverential fear and awe before a Holy God! The *fear of the Lord* will keep us out of all kinds of trouble! To live in the **fear of the Lord** is to live with a recognition that everything you do is in His sight, and under His authority.

It is one thing for a child to fear their father that is unpredictable, abusive, and angry. It is another thing altogether to have a healthy fear of a loving father, that lovingly disciplines his children for their good. Not to minimize the fear of the Lord, but to put it in perspective, God is that loving, perfect Father, that it ought to grieve us to sin against.

**Martyn Lloyd Jones**

*True fear of God includes several elements: a sense of God's greatness, glory, and majesty; a desire to worship God; a consciousness that God is judge of all the earth; and the fear of punishment.*

***The fear of the Lord is absolutely key to the Christian life.***

**Ecclesiastes 12:13–14**

<sup>13</sup> Let us hear the conclusion of the whole matter:

**Fear God** and **keep His commandments,**  
**For this is man's all.**

<sup>14</sup> **For** God will bring every work into judgment,  
**Including every secret thing,**  
Whether good or evil.

The ***fear of the Lord*** is inseparable from the recognition that we will stand before Him and give an account for our life.

**Romans 14:12**

<sup>12</sup> So then each of us shall give account of himself to God.

Our present faithfulness and our future ***examination***, these are reasons enough for our best effort in life. But we end here in verse 18-19 with our **4<sup>th</sup> reason** to live ***Holding Nothing Back***.

#### **4. The Redemption of The Lamb (18-19)**

This 4<sup>th</sup> reason may be the most powerful reason of all. The fact that we have been ***redeemed...from[our] aimless conduct***. We have been ***redeemed*** from an *empty, vain* way of living.

**VERSE 18a:**

***knowing that you were not redeemed  
with corruptible things, like silver or gold***

**Knowing:** To know, Be aware of, Perceive, Understand, Experience.

There is no *guessing* here, or *wishing*, or *hoping* (in the secular use of the word), Peter calls upon them to know with certainty and even *experience redemption*.

How do you *experience redemption*? The same way a slave would *experience FREEDOM!*

This word *knowing* connects this phrase to what came before. It is in light of the temporary nature of life, and living in the fear of the Lord, that we are to live...*Knowing that you were redeemed*.

***Do YOU know?***

**1 John 5:13**

<sup>13</sup> These things I have written to you who believe in the name of the Son of God, *that you may know that you have eternal life*, and *that you may continue to believe* in the name of the Son of God.

Everything that we've studied thus far has led us here, that we are to live this way with absolute certainty that we are *redeemed*. You might ask "*how can I be certain?*"

Because, you *WERE NOT redeemed with corruptible things, like silver or gold*.

Market depreciation won't leave you short in that day, your salvation is secure in Christ and Peter wants you to live *KNOWING!*

**Redeemed:** Liberate by payment of ransom, To Purchase redemption, To release on receipt of payment.

- Used for a slave paying for their own freedom, or being purchased by another to be set free, or a prisoner of war being bought back.

We are told that we have been *redeemed*...

**VERSE 19:**

*with the precious blood of Christ, as of a lamb without blemish and without spot.*

When Jesus died on the Cross for the sin of the world, or more specifically, your sin, my sin...It was not a good man that died. It was not a prophet that died. Nor an angel that died. It was God incarnate that died in your place to *set you free* from *power* and *penalty* of sin.

### Acts 20:28

<sup>28</sup> Therefore take heed to yourselves and to all the flock, among which the Holy Spirit has made you overseers, to shepherd the church of **God** **which He purchased with His own blood**.

*Is Jesus God?  
When did God bleed?*

### Hebrews 9:12–14

<sup>12</sup> Not with the blood of goats and calves, but **with His own blood** He entered the Most Holy Place **once for all**, having obtained eternal redemption. <sup>13</sup> For if the blood of bulls and goats and the ashes of a heifer, sprinkling the unclean, sanctifies for the purifying of the flesh, <sup>14</sup> **how much more** shall **the blood of Christ**, who through the eternal Spirit **offered Himself without spot to God, cleanse your conscience from dead works to serve the living God?**

This is why the ***Redemption of the Lamb***, the *Lamb of God*, is the most powerful reason for ***holding nothing back***. Let Him have the reigns of every aspect of your life. Do not be content until everything in your life is brought under the Power of God, through the Son of God, by the Spirit of God.

### Charles Spurgeon

*When He sweat great drops of blood, it was no light burden He had to carry on those blessed shoulders. When He poured out His heart, it was no weak effort He was making for the salvation of His people. After Jesus gave Himself so passionately, can we afford to be lukewarm?*