

# letter to elect exiles

# FIRST PETER

#52

## 5 EXERCISES TO BUILD THE BODY

PSA.34:8-22/1PET.3:1-12

### 1) THE FIVE EXERCISES OF GRACE THAT BUILD THE BODY

#### A. Unity of Mind

**Mark 8:33** But turning and seeing his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are not setting your mind on the things of God, but on the things of man."

**Php. 2:1-5** So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus...

**1 Cor. 2:16** But we have the mind of Christ.

**Php. 2:19-20** I hope in the Lord Jesus to send Timothy to you soon, so that I too may be cheered by news of you. For I have no one like him, who will be genuinely concerned for your welfare.

**Acts 4:32** Now the full number of those who believed were of one heart and soul, and no one said that any of the things that belonged to him was his own, but they had everything in common.

#### B. Sympathy

**Heb.4:15** For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

**Rom.12:15-16** Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another [be of the same mind]. Do not be haughty [high-minded], but associate with the lowly. Never be conceited.

**1Cor.12:26** If one member suffers, all suffer together; if one member is honored, all rejoice together.

#### C. Brotherly Love

**1Pet.1:22** Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart,

**1Ths.4:9-10** Now concerning brotherly love you have no need for anyone to write to you, for you yourselves have been taught by God to love one another, for that indeed is what you are doing to all the brothers throughout Macedonia. But we urge you, brothers, to do this more and more...

#### D. A Tender Heart

**Eph. 4:32** Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

#### E. A Humble Mind

**Mat.11:29** Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

### 2) COACHING IN THE FIVE EXERCISES