

Bounce Back: LET GOD STRENGTHEN AND SETTLE YOU
1 Peter 5:10

We have been studying 1 Peter 5:10 to see what God does after we have gone through a difficult time.

1 Peter 5:10 (NKJV)

¹⁰But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.

This verse tells us that as God *RESTORES, ESTABLISHES, STRENGTHENS, AND SETTLES US*, He is giving us what we need, the essential ingredients to cause us to **BOUNCE BACK**, to experience a **RESILIENCE** that only He can provide.

We have already looked at the first two words – **PERFECT/RESTORE & ESTABLISH**.

- **PERFECT/RESTORE** (katartizo) [Strong's #2675] – to make someone completely adequate or sufficient for something, to furnish completely, to make fully qualified
Perfect (NKJV) / Restore (NIV, NLT, & ESV)
- **ESTABLISH** (sterizo) [Strong's # 4741] – to turn resolutely in a certain direction; to cause someone to become more firm and unchanging in attitude or belief
To set up something so that it remains immovable, fixed
He *fixed his face to go toward Jerusalem*

Today we will deal with the last two words in this list – **STRENGTHEN & SETTLE**.

“LET GOD STRENGTHEN AND SETTLE YOU.”

GOD SAYS WHAT HE WILL DO, BUT WE NEED TO LET HIM DO IT.

STRENGTHEN – to cause someone to become more able or capable / to give vigor

Able – to have the POWER or skill to do something

Capable – to have the POTENTIAL to do something

Give you strength occurs only here in the whole New Testament; it denotes the idea of God giving them strength to bear all their sufferings without wavering in their faith.

- Types of Strength needed to endure the suffering:
 - a) Physical Strength
 - b) Psychological Strength
 - Strength to overcome internal voices that compete with truth
 - Strength to endure while you wait for the answer to come
 - Strength to keep believing the right thing about God when the wrong things are happening
 - Strength to keep going after failure
- Example: Peter denied the Lord and had to be strengthened to fulfill his assignment.

“After he failed does not mean that he wasn’t useful.” – Pastor Billy Johnson

(John 21:15-19) -see story of Peter’s restoration

“If you’ve failed, cry out to God ‘one more time.’” – Pastor Billy Johnson

Keep Going!

STRENGTH IS NEEDED FOR INTERNAL BATTLES!

SETTLE – to provide a foundation; to provide a firm basis for belief or practice

SETTLING IS NEEDED FOR EXTERNAL BATTLES

- *Give you a sure foundation* is literally “establish you firmly,” indicating God’s act of making sure that they will be firmly rooted in a strong foundation of trust and confidence in him.
- *A sure foundation* may be rendered in terms of “cause you to always endure” or “cause you not to be moved in your trust in Christ

Matthew 7:24–27 (NKJV)

²⁴“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock:

²⁵and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock.

²⁶“But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand:

²⁷and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall.”

Matthew 7:25 (NKJV)

²⁵and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock.

“You and I are not exempt from rains, winds and floods.” – Pastor Billy Johnson

In Times Like These (Lyrics)

In times like these you need a Savior,
In times like these you need an anchor;
Be very sure, be very sure,
Your anchor holds and grips the Solid Rock!

*This Rock is Jesus, Yes He's the One,
This Rock is Jesus, the only One;
Be very sure, be very sure,
Your anchor holds and grips the Solid Rock!*