

WEAVER STUDY GUIDES

Holiness Explained and Encouraged

Study Guide

Old Testament Studies

John Weaver

Weaver Bible College

A lesson-by-lesson companion for reading, discussion, and written responses.

Downloadable classroom edition | 8.5 x 11 inches

Name / group

Date

Contents

Lesson 1: Holiness Explained and Encouraged - Part One of Two 4

Major Themes 4

Key Arguments 5

Scripture References 6

Discussion Questions 8

Applications 10

Personal Application and Notes 11

Lesson 2: Pastor John Weaver - Holiness Explained and Encouraged - Part Two of Two 12

Major Themes 12

Key Arguments 14

Scripture References 15

Discussion Questions 18

Applications 21

Personal Application and Notes 23

Online Lecture Resources 24

Using this guide

Read the corresponding chapter, then work through the themes, arguments, and Scripture references.

Write your responses before discussing the questions with others. Use the application pages to identify a practical next step.

The study material is retained from the existing lecture study guides. Added writing prompts provide space for your own response.

Print at Actual Size / 100% on US Letter paper. Single-sided and double-sided printing are both suitable. Lessons begin on the next available page; no blank pages are inserted.

Reading assignments refer to the September 30, 2026 edition of the companion book. Online lecture links and QR codes are collected at the end.

LESSON 1

Holiness Explained and Encouraged

Part One of Two

March 05, 2012

Read Chapter 1 in the companion book, pages 5-21.

Major Themes

The Necessity of Holiness

Holiness is not optional but required by God for seeing the Lord, and it is defined by God, not human standards.

Lecture support: Hebrews 12:14: 'Follow peace with all men, and holiness, without which no man shall see the Lord.'

Positional vs. Practical Holiness

Believers are positionally holy in Christ, but this must be accompanied by personal, practical holiness worked out in daily life.

Lecture support: 1 Corinthians 1:2, 30 and Philippians 2:12-13 show the connection between being sanctified in Christ and working out salvation.

Mental Discipline in Holiness

Holiness begins with a disciplined mind - girding up the loins of the mind, being sober, and thinking on things that are true and pure.

Lecture support: 1 Peter 1:13 commands girding up the mind; Philippians 4:8 instructs what to think on.

Sobriety and Watchfulness

Being sober means being clear-minded and vigilant against spiritual dullness and the devil's attacks.

Lecture support: 1 Peter 5:8: 'Be sober, be vigilant; because your adversary the devil...'

Hope in God's Revelation

Hope is anchored in the revealed Word of God and the future revelation of Jesus Christ at His coming.

Lecture support: 1 Peter 1:13 and Romans 15:4 show hope comes from Scripture and Christ's return.

Internal Holiness Precedes External

True holiness starts in the heart and mind, not merely in outward behavior; it requires cleansing from filthiness of spirit as well as flesh.

Lecture support: 2 Corinthians 7:1: 'let us cleanse ourselves from all filthiness of the flesh and spirit.'

Key Arguments

Holiness is defined by God, not man

Many churches set man-made standards of holiness, but true holiness is only found in God and His Word.

Lecture support: The speaker observes that in many churches, as long as you attend and tithe, you can get away with sin, but God's standard is different.

Positional holiness guarantees practical holiness

Those who are positionally sanctified in Christ will necessarily pursue personal and practical holiness, just as preservation leads to perseverance.

Lecture support: Philippians 2:12-13 shows God works in us so we can work out our salvation; the parallel with preservation and perseverance is explained.

Holiness requires intentional mental effort

Girding up the loins of the mind means removing distractions and engaging in serious, disciplined thinking according to God's Word.

Lecture support: The illustration of Oriental robes and the command to 'roll up the sleeves of your mind' from 1 Peter 1:13.

Sobriety is essential for spiritual perception

Being sober means avoiding anything that dulls the mind - whether alcohol, overeating, or worldly cares - so we can hear and obey God.

Lecture support: Hebrews 5:11 warns against dullness of hearing; 1 Thessalonians 5:6-8 links sobriety with watchfulness.

Hope in Christ's return motivates holiness

Looking forward to the grace and glory to be revealed at Christ's coming encourages believers to live holy lives now.

Lecture support: 1 Peter 1:13 and 2 Thessalonians 1:7-10 describe the revelation of Jesus Christ and the grace to be brought.

Holiness is a daily, lifelong pursuit

Holiness does not happen by accident or a single experience; it requires continual diligence and renewal of the mind.

Lecture support: The speaker emphasizes that holiness involves hard work every day, every hour, and sometimes every minute.

Scripture References

1 Peter 1:13-15

The primary text for the message, commanding believers to gird up their minds, be sober, and hope, and to be holy as God is holy.

Hebrews 12:14

Used to establish the absolute necessity of holiness for seeing the Lord.

Deuteronomy 7:6

Shows God's demand for a holy people in the Old Testament.

Deuteronomy 14:2

Reinforces the Old Testament call to be a holy and peculiar people.

Ephesians 4:24

New Testament command to put on the new man created in true holiness.

1 Thessalonians 3:13

Paul's prayer for hearts to be established unblameable in holiness.

1 Thessalonians 4:7

God has called us not to uncleanness but to holiness.

1 Corinthians 1:2, 30

Believers are sanctified in Christ Jesus, referring to positional holiness.

Philippians 2:12-13

Work out your own salvation, for God works in you; illustrates the connection between positional and practical holiness.

Exodus 12:11

The Passover command to eat with loins girded, illustrating readiness to obey.

Luke 12:35

Jesus' command to have loins girded and lights burning, reinforcing readiness.

Psalms 119:113

David's hatred of vain thoughts, supporting the need for mental discipline.

Jeremiah 4:14

God's question about how long vain thoughts will lodge within, emphasizing the struggle with impure thoughts.

Philippians 4:8

Instruction to think on things true, honest, just, pure, lovely, and of good report.

Proverbs 23:7

As a man thinks in his heart, so is he; underscores the importance of thought life.

2 Corinthians 5:13

Paul's use of 'sober' meaning even-minded, not the opposite of drunk.

1 Peter 4:7

Command to be sober and watch unto prayer because the end is near.

1 Thessalonians 5:6-8

Exhortation to be sober, putting on faith, love, and the hope of salvation.

1 Peter 5:8

Be sober and vigilant because the devil seeks to devour.

2 Thessalonians 1:7-10

The revelation of Jesus Christ from heaven with mighty angels, bringing judgment and glory.

Discussion Questions

1. Why do you think many professing Christians lack a clear understanding of biblical holiness?

Consider: The speaker notes that even genuine Christians often do not understand the essence and demands of holiness.

2. How does the distinction between positional and practical holiness affect your daily walk with Christ?

Consider: The message explains that positional holiness in Christ should lead to personal, practical holiness.

3. What are some practical ways to 'gird up the loins of your mind' in your current life?

Consider: Peter's command involves removing mental distractions and engaging in serious, biblical thinking.

4. In what areas of life do you find it most difficult to remain sober-minded and vigilant?

Consider: The call to be sober includes avoiding anything that dulls spiritual alertness.

5. How does the hope of Christ's return motivate you to pursue holiness?

Consider: Peter connects hoping for grace at Christ's revelation with the diligence required for holiness.

6. Why is it tempting to focus on external holiness while neglecting internal transformation?

Consider: The speaker warns against being like Pharisees who were outwardly clean but inwardly corrupt.

Applications

Cultivate a disciplined thought life

Regularly examine your thoughts and replace vain, worldly thinking with what is true, pure, and scriptural.

Lecture support: 1 Peter 1:13 commands girding up the mind; Philippians 4:8 gives the standard for godly thinking.

Practice spiritual sobriety

Avoid anything that dulls your spiritual senses - whether substances, overindulgence, or worldly distractions - so you can remain watchful and prayerful.

Lecture support: 1 Peter 5:8 and 1 Thessalonians 5:6-8 link sobriety with vigilance against the devil.

Anchor your hope in God's Word and Christ's return

Regularly meditate on Scripture and the promise of Christ's coming to fuel your hope and perseverance in holiness.

Lecture support: 1 Peter 1:13 and Romans 15:4 show that hope comes from the Scriptures and the revelation of Christ.

Pursue internal holiness, not just external conformity

Ask God to cleanse your heart from attitudes like bitterness, resentment, and pride, not just outward sins.

Lecture support: 2 Corinthians 7:1 commands cleansing from filthiness of spirit as well as flesh.

Embrace the daily work of holiness

Recognize that holiness requires continual effort and intentionality; do not expect it to happen automatically.

Lecture support: The speaker emphasizes that holiness involves hard work every day and does not come by accident.

Personal Application and Notes

Which application will you work on, and what specific step will you take?

What Scripture or teaching will you return to as you put this into practice?

Additional notes or questions to discuss

LESSON 2

Pastor John Weaver - Holiness Explained and Encouraged

Part Two of Two

March 05, 2012

Read Chapter 2 in the companion book, pages 23-38.

Major Themes

Holiness Requires Active Diligence

Holiness is not automatic; it demands intentional mental effort, serious thinking, and a lifestyle of obedience. Believers must actively work at holiness by renewing their minds and conforming to God's Word.

Lecture support: Pastor Weaver explains that Peter's command to 'gird up the loins of your mind' means to prepare for hard thinking, and that holiness is a lifestyle and worldview that must be worked at (1 Peter 1:13).

Obedience as the Mark of a Child of God

True obedience is immediate and complete, not delayed or merely intended. Politeness and reverence are meaningless without obedience. God chastens disobedient children, just as earthly parents discipline their children.

Lecture support: Pastor Weaver states, 'Delayed obedience is disobedience,' and uses Matthew 21:28-31 to show that the son who initially refused but later obeyed did the father's will, not the one who politely agreed but did nothing.

Putting Off the Old Man and Putting On the New Man

Holiness involves a continual process of discarding old sinful habits and thought patterns and replacing them with new godly ones, learned through Scripture. This is a practical outworking of salvation.

Lecture support: Citing Ephesians 4:17-24, Pastor Weaver explains that believers must 'put off the former conversation the old man' and 'put on the new man,' which requires learning Christ and being renewed in the spirit of the mind.

Holiness in Every Area of Life

God demands holiness in all manner of conversation - every aspect of behavior and conduct. There are no exceptions or neutral zones; believers must be holy in every sphere of life.

Lecture support: Pastor Weaver emphasizes that 'all manner of conversation' refers to behavior and conduct, and that we cannot claim exceptions for difficult people or situations; God demands holiness in every area.

Reckoning and Yielding as the Path to Holiness

Believers become holy by counting themselves dead to sin and alive to God, and by yielding their bodies as instruments of righteousness. Obedience demonstrates who truly is Lord.

Lecture support: From Romans 6:11-19, Pastor Weaver explains that we must 'reckon' ourselves dead to sin and yield our members to righteousness, giving the same eager obedience to Christ that we once gave to sin.

God's Holiness as the Standard and Source of Holiness

The command to be holy is rooted in God's own holy character. Believers are to be like their Heavenly Father, and this is achieved by obeying His law, which reflects His nature.

Lecture support: Pastor Weaver points out that 1 Peter 1:15-16 says 'as he who hath called you is holy, so be ye holy,' and that God's law is an expression of His holy character; obeying it makes us holy as He is holy.

The Immutability and Totality of God's Law

God's law encompasses all of Scripture, not just the Ten Commandments, and it is unchangeable because God is unchangeable. Conformity to this law is the means of holiness.

Lecture support: Pastor Weaver cites Matthew 22:35-40 to show that the greatest commandments summarize all the law and prophets, and Romans 7:12 to affirm the law is holy, just, and good. He argues that all Scripture is law.

Holiness Defined by God, Not Man

True holiness is determined by God's Word, not human traditions or religious rituals. Practical holiness requires regeneration and the Spirit's power, and it is evidenced by a life of obedience.

Lecture support: Pastor Weaver states, 'Holiness is determined by God and not by man,' and warns that keeping man-made traditions or performing religious acts without obedience to God's Word will never produce holiness.

Key Arguments

Holiness is not passive but requires diligent mental and practical effort.

Peter's command to 'gird up the loins of your mind' indicates that holiness demands serious, intentional thinking and a lifestyle change, not a one-time event.

Lecture support: Pastor Weaver explains that 'gird up the loins of your mind' means to prepare for hard thinking, and that holiness is a worldview and lifestyle that must be worked at (1 Peter 1:13).

True obedience is immediate and complete; delayed obedience is disobedience.

An obedient child of God hears and instantly obeys. Politeness without action is worthless, as shown in the parable of the two sons.

Lecture support: Pastor Weaver states, 'Delayed obedience is disobedience,' and uses Matthew 21:28-31 to illustrate that the son who obeyed, though initially rude, did the father's will.

Holiness requires putting off old sinful habits and putting on new godly ones.

Believers must continually replace their former lusts and ignorance with Christ-like behavior, learned through Scripture and empowered by the Spirit.

Lecture support: Citing Ephesians 4:17-24, Pastor Weaver explains the process of putting off the old man and putting on the new man, which is created in righteousness and true holiness.

Holiness must encompass every area of life without exception.

God demands holiness in all manner of conversation - every aspect of behavior. There are no neutral zones or times when holiness is optional.

Lecture support: Pastor Weaver emphasizes that 'all manner of conversation' means every sphere of life, and we cannot claim exceptions for difficult people or situations.

Reckoning ourselves dead to sin and yielding to God is the practical path to holiness.

By counting ourselves dead to sin and alive to God, and by yielding our members as instruments of righteousness, we demonstrate that Christ is Lord and we become holy.

Lecture support: From Romans 6:11-19, Pastor Weaver explains that we must 'reckon' ourselves dead to sin and yield to God, giving the same eager obedience to Christ that we once gave to sin.

God's law is the expression of His holy character and the standard for holiness.

Since God is holy, His law is holy. Obeying God's law is how believers become holy as He is holy, because the law reflects His nature and will.

Lecture support: Pastor Weaver argues that God's law is a manifestation of His character, and that by obeying it, we conform to His holiness (1 Peter 1:15-16; Romans 7:12).

God's law is immutable and encompasses all of Scripture.

Because God is unchangeable, His law cannot change. The law includes not just the Ten Commandments but all of Scripture, which is the rule for holiness.

Lecture support: Pastor Weaver cites Matthew 22:35-40 to show that the greatest commandments summarize all the law and prophets, and argues that all Scripture is law.

Holiness is defined by God's Word, not human traditions.

Man-made traditions and religious rituals cannot produce holiness. Only obedience to God's Word, empowered by the Spirit, results in practical holiness.

Lecture support: Pastor Weaver states, 'Holiness is determined by God and not by man,' and warns that keeping traditions without obedience to God's Word will never make one holy.

Scripture References**1 Peter 1:13-16**

The primary text of the message, commanding believers to gird up their minds, be sober, hope in grace, be obedient children, not conform to former lusts, and be holy as God is holy.

Hebrews 12:14

Cited to establish the necessity of holiness: 'Follow peace with all men, and holiness, without which no man shall see the Lord.'

Matthew 21:28-31

The parable of the two sons, used to illustrate that obedience is demonstrated by action, not just polite words; the son who initially refused but later obeyed did the father's will.

John 14:15

Quoted to support that love for Christ is shown by keeping His commandments: 'If you love me, keep my commandments.'

Proverbs 22:15

Cited to explain that punitive discipline (the rod) is needed when verbal instruction fails, because foolishness is bound in the heart of a child.

Psalms 89:32

Mentioned in the context of God chastening His children for sin, though the exact verse is not quoted in the transcript.

Micah 6:9

Quoted: 'Hear ye the rod, and him who hath appointed it,' to emphasize that if we do not hear God's words, we will hear His rod of discipline.

Ephesians 2:2-3

Describes the former lusts of believers: walking according to the course of this world, the prince of the power of the air, fulfilling the desires of the flesh and mind.

Ephesians 4:17-24

Explains the process of putting off the old man (corrupt according to deceitful lusts) and putting on the new man (created in righteousness and true holiness), through learning Christ.

Romans 8:29

Cited to show that God's will is for believers to be conformed to the image of Jesus Christ, which requires continual putting off and putting on.

Romans 6:11-19

Key passage on reckoning oneself dead to sin and alive to God, not letting sin reign, and yielding members as instruments of righteousness unto holiness.

Luke 6:46

Quoted: 'Why call ye me Lord, Lord, and do not the things which I say unto you?' to emphasize that obedience demonstrates true lordship.

Revelation 15:4

Cited to affirm God's unique holiness: 'Who shall not fear thee, O Lord, and glorify thy name? For only thou art holy.'

1 Samuel 2:2

Quoted: 'There is none as holy as the Lord,' to emphasize God's absolute holiness.

Psalms 11:7

Quoted: 'For the righteous Lord loveth righteousness; His countenance doth behold the upright,' to show that God's law reflects His righteous character.

Psalms 19:9

Quoted: 'The fear of the Lord is clean, enduring forever: the judgments of the Lord are true and righteous altogether,' to affirm the righteousness of God's law.

Isaiah 8:20

Quoted: 'To the law and to the testimony: if they speak not according to this word, it is because there is no light in them,' to emphasize that all things must be tested by God's law.

Matthew 22:35-40

The greatest commandments: love God and love neighbor, on which hang all the law and the prophets, showing that all Scripture is summarized by love.

Matthew 5:17-18

Jesus came not to destroy the law but to fulfill it; not one jot or tittle will pass from the law until all is fulfilled, affirming the law's permanence.

Romans 7:12

Quoted: 'Wherefore, the law is holy, and the commandment holy, just, and good,' to establish that God's law is inherently holy.

Study notes

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

Discussion Questions

1. What does it mean to 'gird up the loins of your mind' in practical terms, and how can we cultivate this mental discipline daily?

Consider: Pastor Weaver explains that this phrase means preparing for serious thinking and developing a biblical worldview. This question encourages application of the first point.

2. Why is delayed obedience considered disobedience, and how does this challenge our typical excuses for not immediately obeying God?

Consider: The message emphasizes that intending to obey or being polite is not enough; true obedience is instant. This question probes personal tendencies to delay obedience.

3. In what areas of your life are you still 'fashioning yourself according to former lusts,' and what steps can you take to put off those old habits?

Consider: Based on 1 Peter 1:14 and Ephesians 4:22-24, this question prompts self-examination and practical application of putting off the old man.

- 4.** How does the concept of 'reckoning yourselves dead to sin' (Romans 6:11) work in daily temptation, and what does it look like to yield your members to righteousness?

Consider: Pastor Weaver uses the analogy of a dead man not responding to temptation. This question explores the practical outworking of this spiritual truth.

- 5.** If God's law is an expression of His holy character, how should that affect our attitude toward Old Testament laws and the entirety of Scripture?

Consider: The message argues that all Scripture is God's law and is immutable. This question addresses potential misunderstandings about the relevance of the Old Testament.

- 6.** What are some man-made traditions or religious practices that people often substitute for true holiness, and how can we avoid that trap?

Consider: Pastor Weaver warns that traditions and declarations of men cannot make one holy. This question helps identify and reject false standards of holiness.

7. How does the promise that we will be like Christ when He appears (1 John 3:2) motivate us to pursue holiness now?

Consider: The message uses this verse to argue that if we will be like Him then, we should strive to be like Him now. This question connects future hope with present duty.

Applications

Cultivate a disciplined mind for holiness

Believers must intentionally engage in serious thinking and study of Scripture to develop a biblical worldview, as holiness requires mental effort and a renewed mind.

Lecture support: Pastor Weaver explains that 'gird up the loins of your mind' means to prepare for hard thinking, and that holiness is a lifestyle that pervades our thinking (1 Peter 1:13).

Practice immediate obedience to God's Word

When we hear God's instructions in Scripture, we should obey instantly without delay, argument, or mere intention, because delayed obedience is disobedience.

Lecture support: Pastor Weaver states, 'Delayed obedience is disobedience,' and uses the parable of the two sons to show that action, not words, proves obedience (Matthew 21:28-31).

Continually put off old sinful habits and put on new godly ones

Holiness is a process of replacing former lusts and ignorance with Christ-like behavior, learned through Scripture and empowered by the Spirit.

Lecture support: Citing Ephesians 4:22-24, Pastor Weaver explains that we must 'put off the old man' and 'put on the new man,' which requires learning Christ and renewing the mind.

Pursue holiness in every area of life without exception

There are no neutral zones or times when holiness is optional; God demands holiness in all behavior, conduct, and interactions.

Lecture support: Pastor Weaver emphasizes that 'all manner of conversation' means every sphere of life, and we cannot claim exceptions for difficult people or situations.

Reckon yourself dead to sin and alive to God daily

When tempted, believers should consciously count themselves dead to sin's power and alive to God, yielding their bodies as instruments of righteousness.

Lecture support: From Romans 6:11-13, Pastor Weaver explains that we must 'reckon' ourselves dead to sin and not let sin reign, but yield to God as those alive from the dead.

Conform your life to the whole counsel of God's law

Since God's law (all of Scripture) is the expression of His holy character, believers become holy by obeying it, not by following man-made traditions.

Lecture support: Pastor Weaver argues that God's law is holy and immutable, and that obeying it is how we become holy as He is holy (1 Peter 1:15-16; Romans 7:12).

Strive to resemble your Heavenly Father as His child

Just as earthly children resemble their parents, believers should increasingly reflect God's character in thought, word, and deed, motivated by the hope of being like Christ at His appearing.

Lecture support: Pastor Weaver uses 1 John 3:2 and Matthew 5:48 to show that God's children should act like their Father, and that our future transformation should inspire present holiness.

Study notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Personal Application and Notes

Which application will you work on, and what specific step will you take?

What Scripture or teaching will you return to as you put this into practice?

Additional notes or questions to discuss

Online Lecture Resources

Scan a code or select the lecture link in the PDF. The original lecture identifiers and destinations are preserved.

Lesson 1: Holiness Explained and Encouraged - Part One of Two

Lecture JW01285

[Open the formatted lecture online](https://weaverbiblecollege.com/transcript.php?library=weaverbiblecollege&lecture=JW01285&transcript=ai&pc_view=formatted)



https://weaverbiblecollege.com/transcript.php?library=weaverbiblecollege&lecture=JW01285&transcript=ai&pc_view=formatted

Lesson 2: Pastor John Weaver - Holiness Explained and Encouraged - Part Two of Two

Lecture JW01286

[Open the formatted lecture online](https://weaverbiblecollege.com/transcript.php?library=weaverbiblecollege&lecture=JW01286&transcript=ai&pc_view=formatted)



https://weaverbiblecollege.com/transcript.php?library=weaverbiblecollege&lecture=JW01286&transcript=ai&pc_view=formatted

Source information

Study material: existing Major Themes, Key Arguments, Scripture References, Discussion Questions, and Applications from the corresponding Weaver Bible College lecture records. Original lecture titles and provenance are retained in those source records.

Layout upgraded September 30, 2026. Original manuscripts, study-guide data, and previous PDFs have not been changed.