Lesson #43 *Journey of Sanctification & Preparation* Nov. 18, 2026

Goal: Israelites journey to enter covenant with God & be called the Wife of Jehovah.
Rebekah's journey to become bride of Isaac, son of promise, the heir.
Our journey to become the bride of Jesus Christ. We are now betrothed to Him.

When God redeemed the Israelites from the bondage of Egypt, He gave specific instructions for their journey to Mt. Sinai where He would enter a covenant with them.
Jehovah was the "Husband" of Israel as described in Jer. 31:31-32, Isa 54:5 [Hos 2:2, 19, 20]
Ex. 12:9 Eat The Whole Lamb: Head, Legs & Inward Parts.
We must take Christ in His entirety: The Complete Word Of God [II Tim. 3:16-17]

- With His wisdom the head of the lamb
- His activity, walk and move the legs of the lamb
- His inward affection and feeling the inward parts of the lamb

The people of Israel had to prepare and eat the flesh of the entire lamb with the unleavened bread and the bitter herbs: so they would be inwardly supplied for the journey and to fulfill God's purpose.
Key: The Eating Of The Whole Lamb Was For Their Life Supply. Ready For Their Journey.

Ex. 12:11 Now you shall eat it in this manner: with your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it in haste—it is the LORD's Passover.
[Like eating in an airport knowing your flight is almost ready for departure.]
Consider: God said He would deliver them. Eating while wearing traveling clothes: act of faith.
Faith is acting on the revealed Word of God.
Ex. 13:21-22 And the Lord went before them by day in a pillar of a cloud, to lead them the way; and by night in a pillar of fire, to give them light; to go by day and night: He took not away the pillar of the cloud by day, nor the pillar of fire by night, from before the people.

Rebekah's journey to become Bride of Isaac, son of promise, the heir.

The testimony of Abraham's servant sank down into her ears, and into her heart, and entirely detached her heart's affections from the scene of things around her.
She was ready to leave all and follow after, in order that she might apprehend that for which she had been apprehended. [the bride of the son of promise, the heir]
It was morally impossible that she could believe herself to be the subject of such a high destiny and yet continue amid the circumstances of nature. If the report concerning the future were true, attachment to the present would be the worst of folly.
If the hope of being Isaac's bride, joint-heir with him of all his dignity and glory, if this were a reality, then to continue to tend Laban's sheep would be practically to despise all that God had, in grace, set before her. [think it is of no value]

But, no, the prospect was far too bright to be thus lightly given up. True, she had not yet seen Isaac, nor yet the inheritance, but she had believed the report, the testimony of him, and had received, as it were, the earnest of it, and these were enough for her heart; and hence she unhesitatingly arises and expresses her readiness to depart in the memorable words, "I will go."

- The HOPE of being Isaac's Bride led Rebekah to say, "I Am Willing To Go."

Leaving Chaldea is only the beginning of the journey of sanctification and preparation to meet the groom.

What will the journey entail before she meets her bridegroom face to face?

This was not an easy journey through innocuous land. Josephus, a Jewish historian described travel through this area like this: "It requires much time to pass through Mesopotamia, in which it is tedious travelling, both in winter for the depth of the clay, and in summer for want of water; and, besides this, for the robberies there committed, which are not to be avoided by travelers but by caution beforehand."

John 10:10a The thief comes only to steal and kill and destroy…

- Rebekah had no map. She had to take a long dangerous journey through the wilderness.
- Most of it was over the trackless desert.
- She had not made this journey before, nor did she know how soon she would meet Isaac.

"She was fully prepared to enter upon an unknown path in companionship with one who had told her of an object far away, and of a glory connected with him, to which she was about to be raised. "I will go," said she, and "forgetting the things which were behind, and

- reaching forth toward the things which were before, she pressed toward the mark
- for the prize of her high calling." [to be the bride of Isaac, son of promise, the heir]

Gen. 24:59, 61 So they sent away Rebekah their sister and her nurse, and Abraham's servant and his men. [61] Then Rebekah and her maids arose, and they rode on the camels and followed the man. So the servant took Rebekah and departed.

The damsels, or serving maids, speak of the service of submission. As Rebekah's attendants, it would continue to emphasize that the Spirit Of Submissive Obedience that had marked her as Bethuel's daughter went with her now as the future bride of Isaac.

Truth: The Success of our Sanctification Journey requires Obedience + Submission.

I Pet. 5:5b-6 and all of you, clothe yourselves with humility toward one another, because GOD IS OPPOSED TO THE PROUD, BUT HE GIVES GRACE TO THE HUMBLE.
Therefore, humble yourselves under the mighty hand of God, so that He may exalt you at the proper time,

This speaks against two common spiritual dangers:

1. The pride that refuses to bow under God's ordering of life.

Pride often expresses itself as the need to manage everything, to carry every outcome, to control every perception.

2. The despair that assumes nothing good can come from a low place.

Key: God exalts, but he exalts in His time, and the road there is humility.

I Pet. 5:7 having cast all your anxiety on Him, because He cares about you.

- Humility is not only outward submission; it is inward release.

It is a decisive, intentional act of shifting or throwing a burden from your shoulders onto another who is able to bear it. It is not denial of trouble; it is transfer of weight.
The act of casting care is itself a form of faith. It assumes that God is near enough to receive what you cannot carry and strong enough to do something wise with it.
The word "all" is uncompromising. Peter does not limit the invitation to spiritual anxieties only, nor does he say to cast only the acceptable cares. The whole load—the fear, the uncertainty, the grief, the daily pressure, the consequences you cannot fix—belongs on God.
for he careth for you. Peter does not argue believers into peace by minimizing suffering; he anchors peace in God's character.

- The God whose hand is "mighty" is also the God whose heart is engaged.

In the larger flow of the chapter, this surrender of care stands right beside sober vigilance against the devil, suggesting that anxiety and self-reliance make believers vulnerable, while humble dependence steadies them.

The word nursemaid [Hebrew: meaning a female attendant or caregiver] refers to a personal servant or nurse entrusted with the care of someone who may be weak, vulnerable, or in need of assistance. The term is sometimes translated as *nurse*, *attendant*, or *handmaid*.

- The presence of the nursemaid highlights the cultural and practical realities of long journeys in Biblical times. It was common for a young woman to be accompanied by a trusted attendant for care, protection, and companionship.
- The nursemaid's presence can be understood as a providential provision for care and support during a significant life transition.
- This points to God's providence in providing care and protection even in uncertain circumstances.

Gen. 35:8 The Bible specifically tells us that Rebekah's nurse was named Deborah which means "bee" in Hebrew.
The name shares root letters with the Hebrew word "dabar" which means "to speak" or "word". The Hebrew word for *nurse* is primarily related to suckling or feeding. When we put feeding and speaking together the spiritual significance is immediately apparent. This nurse portrays the written Word which nourishes the believer through its words. As Deborah accompanied Rebekah on the journey across the desert to meet Isaac, so is the Word to accompany us on our journey through the desert of this world to the meeting with the bridegroom, Jesus Christ.

The importance of discipleship and following Jesus' teachings.
I Peter 2:2-3 Desire for spiritual formation: "Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment, now that you have had a taste of the Lord's kindness.
The longing is directed toward the Means of Grace that Mature the Soul.
A further lesson being taught in Deborah's going with Rebekah:
The leading of the Holy Spirit is not apart from the written Word. The measure in which He fills us in direct proportion to the measure of our obedience to The Word.

Gen. 24:61c "The servant took Rebekah and went his way." He took charge of her.
Joshua 3:4 you have not passed this way before: referring to the Israelites' journey across the Jordan River. It signifies a new and unprecedented experience, highlighting the need for trust in God and reliance on His guidance when facing the unknown.

- Follow the Ark of the Covenant, a symbol of God's presence, to guide them.
- The long journey was often wearisome, but the reward at the end of the journey was more than sufficient to keep her going. She was going to meet her husband to be, whom she already loved because of the descriptions given to her by the servant.

Rebekah Made A Commitment of Faith when she got on that camel and agreed to a 500-mile journey. She had to depend completely upon Abraham's servant and take his word for the Wealth and Glory of the Kingdom awaiting her.
She must be willing to follow the unnamed servant [type of the holy spirit] in the journey. She is surrendering to follow him. He will prepare her to be the bride for the son.

- This is not a decision that one should make lightly. A covenant spouse is worth a difficult journey. It is worth expending great effort to find one.

Our Journey To Become The Bride Of Jesus Christ. We Are Now Betrothed To Him.
When we are born-again, we are delivered from the power of darkness and translated into the kingdom of his dear Son: Col. 1:13. We are betrothed to Jesus Christ to be a chaste virgin. We are to immediately begin our journey of sanctification and allow the Holy Spirit to prepare us to meet our bridegroom.
Journey of Sanctification: "Deliverance gets you out of Egypt,
but discipleship gets Egypt out of you."
I Thess. 4:3 For this is the will of God, your sanctification…
II Cor. 11:2 For I am jealous for you with godly jealousy. For I have betrothed you to one husband, that I may present *you as* a chaste virgin to Christ.
Eph. 5:25-27 Husbands, love your wives, just as Christ also loved the church and gave Himself for her, **26** that He might sanctify and cleanse her with the washing of water by the word, **27** that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.

John 8:31–32: *If you* abide in My word*, you are My disciples indeed.*
[32]And you shall know the truth, and the truth shall make you free."

After our justification, we require traveling clothes for our journey of sanctification.

- Our flesh is the first enemy to hinder our progress in our walk of sanctification.

Take off the old man and put on the new. Put on Jesus Christ. Whole armor of God.

The long journey was often wearisome, but the reward at the end of the journey was more than sufficient to keep her going. She was going to meet her husband to be, whom she already loved because of the descriptions given to her by the servant.
I Pet. 1:8 Whom having not seen, you love, and though you do not see Him yet,
still you rejoice with a joy that is indescribable and full of glory.
The bridegroom Isaac must have always been in her heart and before her eyes.
Her trust in God is evidenced by her willingness to go to an unknown land to fulfill His plan.
Rebekah began well because she was willing to pursue the future God held for her.
God's called out ones, His church, while on the journey, are to be in the charge and keeping of the Holy Spirit. We do not know how long the journey towards the meeting place may last.
Heb. 12:2 Looking unto Jesus, the author and finisher of *our* faith,
who for the joy that was set before Him endured the cross,
despising the shame and has sat down at the right hand of the throne of God.

... and followed the man: This speaks of her willingness to follow His leading.

- We should be willing to yield the same obedience to the Holy Spirit's leading.
- Rebekah wasn't compelled to follow, nor are we.
- Obedience, to have any value, must be given willingly.

Note: The Divine Order. Rebekah followed the man. Then the servant took Rebekah.
First came her willingness to follow. Then came his implied control. This is always God's order.
Truth: The Holy Spirit will control the man who desires that control,
but He will never direct a believer along a path which that believer isn't willing to travel.
... and went his way. It was *His* way that would bring Rebekah to Isaac.

- Only the Spirit's way brings men to Christ and then sanctifies them.
- His way prepares us to be the Bride of Christ.

Consider: All believers are children of God. tekna = children

- Sons of God huios = mature son

Rom. 8:14, 16-18 For as many as are led by the Spirit of God, they are the sons of God.
The Spirit Himself bears witness with our spirit that we are children of God,
[17] and if children [tekna], then heirs—heirs of God and
joint heirs with Christ, if indeed we suffer with *Him*, that we may also be glorified together.

- Being "led by the Spirit" means following that inner guidance instead of the flesh.

Consider: This outcome costs and involves a life of discipleship.
Rev. 21:7 He who overcomes will inherit these things, and I will be his God and he will be My son.

- We arrive at the state of full sonship [huios] by a life of obedience and faithfulness.

"Having your loins girded and your shoes on your feet and your staff in hand"
picture the individual's complete preparation for a long and arduous journey.

I. Eat The Passover Meal With Your Loins Girded. [1st Mention]

In Israel a person wore as the basic garment a long shirt of linen or wool that reached to the knees or ankles. Over this a mantle [like a poncho] might be worn, but the mantle was laid aside for work. The shirt was usually worn long, but for active service, such as work or war, it was tucked up into a belt at the waist to leave the legs free.
The runner would be in trouble if he allowed his garments to fall down and become entangled in his legs. If he allowed those loose ends to keep dangling, he would surely lose the race.
Heb. 12:1b let us lay aside every weight, and the sin which doth so easily entangle us,…

- Be ready to engage or work in battle: "Man up!" You are starting a new journey!
- How you finish this journey is critically important!

A. Running Our Race of Faith: *I Must Gird Up My Mind To Guard My Hope*

I Pet. 1:13 Therefore, gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

"Therefore . . . fix your hope completely." "Therefore . . . hope fully." This word makes Peter's first command dependent on All The Grace he has exulted in for the 12 verses.
V. 1: Since God has chosen you according to the foreknowledge of God the Father
V. 3: Since God has caused you to be born again to a living hope.
V. 4: Since God is keeping an inheritance for you imperishable, undefiled, and unfading.
V. 5: Since God is protecting you through faith so that you won't lose that inheritance.
V.6–7: Since God is refining your faith by fire so that it will receive praise and glory and honor.
V. 8: Since you are swimming with the strokes of love and faith and joy in Christ.
V.10–13: Since prophets and angels are on tiptoe to see all what God's grace is going to do in your life, THEREFORE, FIX YOUR HOPE FULLY IN THIS GRACE.

Note: The imperatives of Christian living always begin with "therefore." Peter does not begin to exhort Christian pilgrims until he has celebrated the wonders of God's salvation in Jesus Christ.
I Peter 1:13 serves as a hinge [hinges help open doors!] to connect:

- I Pet. 1:1-12 assurance of future glory through new birth in Christ with
- I Pet. 1:14-5:11 expectation of righteous behavior in spite of unfair circumstances

Running Our Race of Faith: *I Must Gird Up My Mind To Guard My Hope*

I Pet. 1:13a Wherefore gird up the loins of your MIND,

B. Diligent Mind: I Pet. 1:13a Therefore, gird up the loins of your mind,
[Remove anything that will impair your spiritual growth or progress; Prepare Your Minds For Action; roll up the sleeves of your mind; Mindset: Prepare to engage in a battle or race]

"Pull your thoughts together! Have a disciplined mind!" The image is that of a robed man, tucking his skirts under the belt, so he can be free to run. When you center your thoughts on the return of Christ and live accordingly, you escape the many worldly things that would encumber your mind and hinder your spiritual progress.
The renewing of one's mind by these incredible truths should transform our walk [Rom 12:2].

- In the NT doctrine is always inseparably linked with practice.
- What you believe should manifest itself in how you behave.

Spurgeon: Doctrine may become dangerous if it be not reduced to practice. All the doctrines of God's Word may readily be turned to good and practical account if we are willing so to employ them. Those who regard doctrine simply as a subject for debate, an opportunity for displaying one's argumentative powers, miss the mark altogether.
Key: We are taught the truth in order that it may lead us to holiness of life.
No man ever became holy by chance. There must be a resolve, a desire, a panting, a pining after obedience to God, or else we shall never have it! [Spurgeon]

C. Readiness For Action is seen in virtually every other instance of the expression.
a. I Kings 18:46 Elijah girded up his loins and outran Ahab to Jezreel.
b. II Kings 4:29 Gehazi was told by Elisha to gird up his loins, take Elisha's staff and hurry to the Shunammite's son who had died.

D. Girding Your Loins: Includes Courage & Resolve
Jeremiah was commanded to gird up his loins and prophesy.

- It was not an easy task and would bring persecution.

Jer. 1:17 Thou therefore gird up thy loins, and arise, and speak unto them all that I command thee: be not dismayed at their faces, lest I confound thee before them.
Luke 12:35-40 Let your loins be girded about, and your lights burning;

1. Girding up the loins of the mind corrects a too casual attitude toward the Lord's coming which will prevent us from being caught unaware and unprepared at His coming.
2. Our attitude determines our action. A Christian who is looking for the return of Jesus Christ has a greater motivation for present obedience than a Christian who ignores the Lord's return. [Titus 2:13]

Spurgeon: This is Peter's practical application of the great truths of which he had been writing. "Look ahead and expect great things. Live in the future. Project your thoughts beyond the centuries that are passing away into the ages which will never die. Pull yourself together; be not mentally and spiritually in dishabille [state of being dressed in a casual or careless style; deliberately careless or casual manner] but, be girt ready for holy running. Gird up the loins of your mind. Be ready to depart to your inheritance. Do not let your garments flow carelessly and loosely, as though you had no journey before you, but gird up the loins of your mind."

E. I Pet. 1:13 Therefore gird up the loins of your mind, be sober,
Sober: to be calm, steadfast, self-controlled, clarity of mind, moral decisiveness
Sober Mind: Remove anything that would hinder your spiritual growth and obedience.
cause you to trip up
Clear, focused mind on the task that is set before me; not numb with intoxicating influences.
Why do we need to keep sober? Our old nature continually desires to rule and reign [Rom. 6:12]
Our adversary prowls around continually and "doth seek to devour us." [I Pet. 5:8].
Without sobriety vigilance is impossible.

II. Ex. 12:9 Eat The Whole Lamb: Head

I Cor. 1:24 Christ the power of God, and the Wisdom Of God.

- Christians must feed on the mind of Jesus Christ.

Rom. 12:2a And be not conformed to this world: but be ye transformed by
the renewing of your mind, [Also see: Eph. 4:21-23; Heb. 8:10]
I Cor. 2:16 For who hath known the mind of the Lord, that he may instruct him?
but we have the mind of Christ. Position: what we already possess in Christ.
The Mind We Possess: This mind is imparted by the Holy Spirit [I Cor. 2:10–13),
granting insight into God's thoughts and plans.
Phil. 2:5 Let this mind be in you, which was also in Christ Jesus:
The Mind We Practice: The verb points to continual, active choice
how we are to live out that possession.
Phil. 2:6-8 Humble, obedience to the Father, servant-hearted living is
the visible proof that we truly "have the mind of Christ."
Wiersbe: To "have the mind of Christ":

- To look at life from the Savior's point of view, having His values and desires in mind.
- We have the ability from God to estimate the true value of things.
- Having the mind of Christ enables us to see life increasingly from God's perspective.

This isn't instant or automatic, but since it is God's desire, having a transformed mind is within the reach of every believer.....

- It will not happen by accident. It does not happen overnight.
- It cannot happen without the Holy Spirit; happens when we make a personal commitment.

Obey Paul's command in Col. 3:16 [present imperative = this is to be our habitual practice!]
"Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God."
"Lord, open the eyes of my heart so that I will know you better.
Renew my mind so that I will estimate the true value of everything in the light of eternity."

III. Ex. 12:9 Eat The Whole Lamb: Legs of The Lamb: Speak of Our Walk

Col. 2:6 As ye have therefore received Christ Jesus the Lord, so walk ye in Him:
Rom. 6:4 Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.
Ephesians 6:15 "And your feet shod with the preparation of the gospel of peace,"
Being Ready: Comes from the good news of the Gospel of Jesus Christ which gives the peace of God. Apostle Paul thinks this peace is like the heavy hob-nailed boots that the legionaries wore, by which they could stand firm, whatever came against them.

- The Gospel is a peace-bringing power in the warfare; causes us to stand firm.
- The Gospel of peace in our hearts will prepare us for the journey.

Consider: Troubled hearts cannot focus on the task because much of their energy is taken up in steadying or quieting themselves or is dissipated in going after a hundred other things.

- The steam engine is said to be a very imperfect machine which wastes more power than it utilizes.
- True with many Christians: They possess the POWER, but do not rest in the peace and tranquility of God. They waste much of the power that is theirs.
- A peaceful heart makes us ready for duty: Steadfast, unmovable.
    - Unless my footing is firm, I will be tumbled over by the onset of an unexpected circumstance or trial. The sudden assaults can work disastrously against us.
- "Gospel shoes" allow us to stand when we face the difficult circumstances.

Phil. 4:7 And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.
[shall garrison *and* mount guard over your hearts and minds in Christ Jesus.]
Command: Bind On The Shoes: Soaking our minds and hearts in the Gospel of Jesus Christ. Keep near Jesus Christ from whom all the fullness of the spiritual life flows. If my vessel is full of Him, I will realize the fulfillment of the promise: "He will not suffer thy foot to be moved."

Eager Beaver: Stay Focused Be Zealous Be Diligent Follow God's Plan