

“Wherefore *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; As obedient children, not fashioning yourselves according to the former lusts in your ignorance.” *1 Peter 1:13-14 KJV*



Men who lift heavy weights “*gird up their loins*” with lifting belts to constrain and protect their muscles while lifting. Without the belts, muscles could rupture or tear while lifting heavy weights. It enables them to lift heavier weights without harm. It channels the muscle’s strength to the load. Many workman that do heavy lifting for a living wear lifting belts. As a meat cutter, I would spend long hours leaning over a butcher block or a saw and I found that if I wore a support belt, My back hurt less and I was more productive. When beef trucks came in, I would have to unload and carry up to two hundred pound beef quarters from the tailgate to hanging rail. A lift belt was more than welcome. Many would scoff or deride my use of it, but would later end up with injury, because they thought they didn’t need it. To apply this thought to our text, how would you, or what would you do to “*gird up the lions of your mind?*” What is it that weighs heavy on our minds? Worry, stress, danger, relationships, or finances? God’s promises and commands equip us to deal with such through faith. Faith allows the fruit of the Spirit to blossom in our lives. “*The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness,[and] temperance.*” The attributes listed are, together, the characteristics of the “*fruit,*” singular. If any one is lacking, the FRUIT is incomplete. These are the character traits of a Spirit led believer; attributes which strengthen us against the storms of circumstance that distract our gaze upon Christ, God’s Word. “*Let us lay aside every weight, and the sin which doth so easily beset us.*” Scripture is replete with examples of ordinary men who did extraordinary tasks, because their minds were girded with Truth. “*Wherefore take unto you the whole Armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with Truth.*” Without the belt of Truth the “*Sword of the Spirit*” falls away, unavailable when the enemy attacks.

The Word of Truth our minds doth gird,
And keeps our thoughts upon God’s Word,
It strengthens us when storms assail,
And keeps us safe within the vale! -CGP

Those whose thoughts are anchored in God’s Word day and night, who pray without ceasing will go “*from strength to strength,*” because they are constantly aware they “*are more than conquerors through Christ!*” We are more than a conqueror, because a conqueror must keep that which he has conquered. Our Saviour, Jehovah, does our keeping for us. There is “*no condemnation*” and no “*separation*” for every believer in Christ!

“*Hast thou not known? Hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? There is no searching of His understanding. He giveth power to the faint; and to them that have no might He increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*” *Isaiah 40:28-31 KJV*