

## **Stewardship:**

*Philippians 4:16-19* <sup>16</sup> *for even when I was in Thessalonica, you sent me aid more than once when I was in need.* <sup>17</sup> *Not that I desire your gifts; what I desire is that more be credited to your account.* <sup>18</sup> *I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God.* <sup>19</sup> *And my God will meet all your needs according to the riches of his glory in Christ Jesus.*

## **Girding Up Your Mind**

### **The Ark Church 6-10-2020**

*When you receive Christ Jesus as Savior the Spirit of God comes to give life and live in your spirit. (2 Cor. 5:17 If any man be in Christ he is a new creation; old things have passed away; behold all things have become new. 18 Nor all things are of God.)* Your spirit is secure, however, the enemy still attacks your mind and emotion. All our spiritual warfare begins and ends in our mind and emotion:

*2 Corinthians 10:4 NKJV For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds.*

*5. Casting down arguments (imagerations) and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.*

**Tonight I want to talk about a little verse about our mind:**

**1 Peter 1:13** *Therefore gird up the loins of your mind to be sober and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ.*

“Gird up” – To prepare oneself to face or contend with something. To summon up one’s inner resources in preparation for action. To strengthen oneself.

The "loins" of the mind = **region of strength and creative power.**

**Ephesians 6:10-18 speaks of our warfare and our armor.**

*Ephesians 6:14 Stand therefore, having your loins girt about with truth and having on the breastplate of righteousness.*

Here “loins” refers to that part of the body between the neck and legs, which contains your vital organs. Some translations say “waist” rather than loins.

**Truth** = The Word (Ephesians 6:17b and the sword of the Spirit, which is the **word of GOD; 18. PRAYING always with all prayer and supplication in the Spirit.**)

**Peter is clear in his epistle that the “loins” of your mind also need protection.** Nothing is more vital to your natural wellbeing than your brain. Therefore, we must take special care with our thought life.

The “loins of the mind” is that region of strength and creative power.

Peter’s instruction to “gird up” implies that **we need to get ready to do something that may be difficult or demand strength.**

**When you are experiencing a problem, that is the moment you need to “gird up the loins of your mind.”:**

- **Prepare yourself to face or contend with something**
- **Summon up your inner resources in preparation for action.**

### **An example**

The New Testament uses a number of athletic metaphors in discussing Christianity, especially in the Pauline epistles and the Epistle to the Hebrews.

The term “gird up” is frequently used to depict a runner who is running a race. To run freely and without hindrance, he would reach down to gather the long, dangling ends of his garments and tuck them up under his belt. This took the loose ends out of the way, he could then run freely and without distraction. However, the runner would get in trouble if he allowed his garments to fall down and become entangled in his legs. Even though he may have been picking up his stride and running a good race up to that point, the encumbrance of dangling, loosely hanging clothes would hinder his steps. If he allowed those loose ends to keep dangling, it would be a sure way to lose the race.

Peter was not talking about garments made of natural material, but of the “loins of our mind.” This is a very important part of our spiritual warfare.

*2 Corinthians 10:3-5 For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal, but mighty in God for pulling down strongholds. Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.*

Peter is telling us if we don't:

- Deal with the loose ends that exist in our minds and emotions;
- Correct those parts of our thinking that we know are wrong
- Grab hold of all those dangling areas in our thinking and put them out of the way
- Remove them by the authority of the Word of God

We are choosing to permit things to exist in our lives that will hinder our steps and slow us down in our race and in our ability to successfully walk with God.

Peter is actually calling us to spiritual maturity and discipline.

**1 Peter 1:13** *Therefore gird up the loins of your mind to be sober and rest your hope fully upon the **grace** that is to be brought to you at the revelation of Jesus Christ.*

*14. As obedient children, not conforming yourselves to the former lusts, as in your ignorance;*

*15. But as He who called you is holy you also be holy in all your conduct.*

*16. Because it is written “Be holy, for I am holy”.*

If we want to be successful in our spiritual lives and truly walk with God, we must start by dealing with the “loins of our mind”. We must seek to deal with the loose ends of our thinking that haven’t yet been submitted to the Word of God or surrendered to the Holy Spirit’s power.

If we deliberately allow wrong thinking and wrong believing to continue in our lives, we are making the same kind of mistake the runner makes who deliberately allow his garment to hang down and get caught in his legs. This is why Peter admonishes us to “Gird up the loins of our mind.”

So what are you going to do about those loose ends in your life today?

If you will open your heart to the Holy Spirit’s help,

- He will assist you in identifying every area that needs your attention,
- He will help you grab hold of those loose ends and move them out of your way forever!

