

Girding Up

“girding up the loins of your mind”

1 Peter 1:13

Girding up—This is the word *anazosamenoī*. It is the word *anazosameonoī*. It is a Greek word that is found only in Peter. This word paints a picture of the Oriental custom of lifting the long robes up with the use of a leather belt when they might get in the way during heavy work or exertion. The loins are the lower five vertebrae of the back. We often support the back with wide belts when we are expecting to do heavy lifting (airports, weight lifting). This is the picture Peter wants us to see. The idiom that we use today is “rolling up your sleeves.” In other words, get things out of the way and support yourself because this will require concentrated effort.

However, it is not physical exercise that Peter has in mind (no pun intended). He tells us that this picture applies to our mind. Peter wants us to realize that the battle we are about to enter begins with actively engaging our thoughts. Believing (an active verb, not a static state) means a change in thinking. Without the active involvement of your mind, faith becomes nothing more than platitudes and it cannot be prepared for victorious living. There is no such thing as “feeling” faith apart from mental concentration for the Christian. Paul makes the same argument when he suggests that we must not be conformed to the pattern of this world but we must be changed by the *renewing of our minds*. Notice that redemption, which is solely the work of God, now becomes an obligation that is our responsibility. Faith is not inactive acceptance. It is tough work. And it begins with what you think about.

Our laziness in behavior begins with laziness in our thoughts. One of the reasons that contemplation of God’s words is so important is that this mental exercise becomes the belt that supports us when life’s burdens get heavy. Think deeply. It’s spiritual vitamins.

How are you preparing for this spiritual warfare today? Is your mind fully engaged? Do you practice “girding up your mind” every morning?