

The Mental Battle

“Therefore gird up the loins of your mind, be sober, and rest [your] hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming yourselves to the former lusts, [as] in your ignorance; but as He who called you [is] holy, you also be holy in all [your] conduct, because it is written, "Be holy, for I am holy." And if you call on the Father, who without partiality judges according to each one's work, conduct yourselves throughout the time of your stay [here] in fear; knowing that you were not redeemed with corruptible things, [like] silver or gold, from your aimless conduct [received] by tradition from your fathers, but with the precious blood of Christ, as of a lamb without blemish and without spot.” (1 Peter 1:13-19 NKJV)

Gird up the loins of your mind. This is a way of saying get ready for a mental battle. To gird up one's loins meant to gather one's clothing up between the thighs. This was done so that you could be unencumbered by the loose-fitting clothing of the period. Here, our minds are to be sober and rest fully upon the grace of God.

Believers are to rest their hope fully on the grace of God to be holy. It is impossible to be holy without a clear understanding of our need. Without holiness, no one will see the Lord (Heb 12.14).

Unfortunately, the former lust of one's life does not miraculously vanish at salvation. It chases the believer like a bloodhound. It is relentless. When it has victory, fear and doubt plague the mind, and faith must rally the soul to obedience.

Do you really trust God? He calls believers to abandon their former lives and live holy lives unto Him. Why call us to holiness? He is holy? Believers are not purchased with some vain thing, but with the precious blood of Christ, a lamb without blemish and without spot.

God desires your holiness. Does He not deserve your loyalty? Is He not worthy to demand it? He does and He is, and someday He will judge how well you have conducted yourself here in this world. Therefore, as the Scripture says, “conduct yourselves throughout the time of your stay [here] in fear.”

Friends your walk in Christ is not an easy task. Living a holy life requires discipline of mind and body.

When you are young, thoughts of death are few and not very heart-felt. It is easy to push aside the sin that so easily besets you (Heb 12.1). That changes as age pushes you closer to eternity. Fear drives you to obedience.

However, there is no guarantee that you will live another day. Fear Him today! Gird up the loins of your mind, and get in the battle of faith. You never know when you will meet Him.