

1 Pet. 1:13,21 (ESV)

"Therefore, preparing your minds for action, and being sober-minded, set [rest] you **hope** fully on the grace that will be brought to you at the revelation of Jesus Christ. ...(21)who through Him are believers in God, who raised Him from the dead and gave Him glory, so that your faith and hope are in God."

How to Gird Up Your Loins





1. The tunic wouldn't allow you to do heavy labor or fight in battle, necessitating the "girding" of one's loins.



2. First, hoist the tunic up so that all the fabric is above your knees.

This will give you mobility.



 Gather all the extra material in front of you, so that the back of the tunic is snug against your backside.



4. Once the excess fabric is gathered in front, pull it underneath and between your legs to your rear. This feels much like a diaper.



5. Gather half of the material in each hand, bringing it back around to the front.



6. Finally, tie your two handfuls of material together, and you're all set for both battle and some hard labor.
Go forth, be ye men, and gird up your loins!

Matt. 16:24 (ESV)

"If anyone would come after Me, let him deny himself and take up his cross and follow Me."

Ps. 16:9 (NKJV)

"Therefore my heart is glad, and my glory rejoices; my flesh also will rest in hope."

Acts 2:26 (NKJV)

"Therefore my heart rejoiced, and my tongue was glad;

Moreover my flesh also will rest in hope."

Rom. 15:13 (ESV)

"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."

John 1:12 (ESV)

"But to all who did receive Him, who believed in His name,
He gave the right to become children of God."

Gal. 3:6 (ESV)

"For in Christ Jesus you are all sons of God, through faith."

Lev. 11:44 (ESV)

"For I am the LORD your God. Consecrate yourselves therefore, and be holy, for I am holy..."

1 Pet. 2:11-12 (ESV)

"Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul. (12) Keep your conduct among the Gentiles honorable, so that when they speak against you as evildoers, they may see your good deeds and glorify God on the day of visitation."

2 Cor. 5:10 (ESV)

"For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil."

Matt. 11:28 (NIV)

"Come to Me, all you who are weary and burdened, and I will give you rest."

John 10:10

"I came that [you] may have life, and have it abundantly"!

John 8:36

"If the Son sets you free, you will be free indeed."

Col. 3:2 (ESV)

"Set your minds on things that are above, not on things that are on earth."