

1Peter 1:13 Therefore, gird your minds for action, keep sober [in spirit,] fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.

Because of the great privileges you have in Christ, act accordingly. Make it count, use what is available, keep your mind set on the Truth. We have been entrusted with a valuable gift, and we are expected to care for it.

♥ **How is your life affected by God's mercy?**

♥ **How is your life effective for God's message?**

Three responses are highlighted –

1. Gird your minds for action,
2. Keep sober [in spirit],
3. Fix your hope completely on grace.

The KJV of 1 Peter 1:13 uses the phrase, “gird up the loins of your mind”. This refers to the garments typically worn in the culture of that time. When they traveled or worked, people needed to secure their long robes in order that they did not get in the way. This is the idea of preparation for what is at hand. Picture an individual pushing up the long sleeves of their shirt as they prepare to tackle a project.

♥ **Is your mind ready for action, fortified with Truth?**

God's love is real, trials will come, keep yourself prepared! In present culture this would be like saying 'keep your head in the game', stay focused, be cool. Be ready with the blessings God has provided. When we do not remain focused on Christ, we do not function according to His will.

Isaiah 11:5 Also righteousness will be the belt about His loins, and faithfulness the belt about His waist.

Ephesians 6:14 Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS,

Our current day definition of the verb 'gird' means to prepare oneself for a military confrontation. The word fortify is a good synonym. We are given a challenge to respond correctly to the benefits of our salvation – persevere, take effort to honor God in all things. Those before us payed close attention to the truths that were revealed to them. *Family Bible Notes* poses this question:

♥ **Are you attentive and steadfast in your faith and practice of the gospel?**

When you prepare for something, it is a common practice to think ahead of the obstacles that may get in the way. While on this earth as a follower of Jesus, you are being prepared for heaven, your eternal life in God's presence. There are many things that can hinder your walk with God and your growth in His truths. You must take the necessary steps to avoid those things that will cause you to lose your focus. We need to think ahead of how we will respond to adversity. We have an inheritance reserved for us (1 Peter 1:4); we have a race to run.

Hebrews 12:1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance, and the sin which so easily entangles us, and let us run with endurance the race that is set before us,

1Corinthians 9:24 Do you not know that those who run in a race all run, but [only] one receives the prize? Run in such a way that you may win.

The girdle was effectively used to tuck in long robes so that there was no physical hindrance to the work at hand. We need to be ready physically and mentally, hence the wording 'gird up the loins of your mind'. The word mind is used for understanding and clarity. **Matthew 22:37** says, "You shall love the Lord your God with **all** your heart, and with **all** your soul, and with **all** your mind". Notice the word all in this scripture. All your mind is to be engrossed with truth from God's word, then as you find yourself in the midst of trials (**1 Peter 1:6**), you will remain steadfast. Read *Matthew Henry's Commentary* on girding up your mind, "Wherefore, since you are so honoured and distinguished, as above, Gird up the loins of your mind. You have a journey to go, a race to run, a warfare to accomplish, and a great work to do; as the traveller, the racer, the warrior, and the labourer, gather in, and gird up, their long and loose garments, that they may be more ready, prompt, and expeditious in their business, so do you by your minds, your inner man, and affections seated there: gird them, gather them in, let them not hang loose and neglected about you; restrain their extravagances, and let the loins or strength and vigour of your minds be exerted in your duty; disengage yourselves from all that would hinder you, and go on resolutely in your obedience".

After setting a course of action to be watchful, vigilant, and prepared, our text goes on with the exhortation to "keep sober [in spirit]. When we consider being sober, it is often associated with the effects of a chemical substance which leaves one lacking in their ability to think or act correctly. To be sober also means to be "dignified and somber in manner or character committed to keeping promises", according to *WordWeb Dictionary*. To keep sober is to see things as they are, having the ability to respond accordingly.

♥ **Do you have an accurate awareness of the spiritual dangers and enemies that threaten to derail your efforts?**

♥ **Do you show restraint against the thoughts, cares, and affections of this world?**

One commentary gives this action, "Be sober-minded in opinion, as well as in practice, and humble in your judgment of yourselves" (*MHCC*).

Luke 21:34 "Be on guard, that your hearts may not be weighted down with dissipation and drunkenness and the worries of life, and that day come on you suddenly like a trap;

2Timothy 4:5 But you, be sober in all things, endure hardship, do the work of an evangelist, fulfill your ministry.

1Thessalonians 5:6 so then let us not sleep as others do, but let us be alert and sober.

1Peter 4:7 The end of all things is at hand; therefore, be of sound judgment and sober [spirit] for the purpose of prayer.

In light of the on-going events in our nation, with the Covid 19 pandemic, protesting, unrest, and restrictions, we, as Believers, have a charge to careful, concise, and controlled actions that are well-thought and purposed for God's honor. Here is a quote from the commentary of *Thomas Scott* regarding **1 Peter 1:13**, "... laying aside all carnal prejudices and superfluous cares, with such occupations, desire, and pursuits, as might prevent their clearly understanding, cordially choosing, and cheerfully obeying, the word of truth; and using all means of removing impediments, of invigorating holy affections, and of animating themselves and each other, in diligently serving and patiently suffering for Christ".

♥ **Are you practicing holiness in your thoughts, responses, and actions in the current situation?**

It is fitting to take a moment and look a bit deeper into the thought of “laying aside all carnal prejudices and superfluous cares ...”. There is a need to act according to what God’s word says regardless of feelings or how something may inconvenience us. There are times when choosing to follow God will set you apart from what might be expected. We cannot allow popular opinion or the threat of being chided to cloud our thinking and decisions. To be sober means we are not allowing any influence other than the Holy Spirit to affect our thoughts, words, and actions. When we practice this, we will inevitably find ourselves asking the question ‘What does God’s word say’.

We keep sober by “[fixing our hope completely on the grace to be brought to us at the revelation of Jesus Christ](#)”. Our complete confidence is in God’s grace and the fulfillment of His promises. The hope a believer has is certain. It is trusting with a knowledge of God’s absolute consummation of His word. It is expectation and assurance without exception that your eternal destination is established and secure. Perhaps a good visual is thinking of the difference between nearsightedness and farsightedness. Hope that is fixed on Christ moves our focus from overwhelming concern for the troubles at hand to the overpowering peace of our future.

♥ Are you near-sighted or far-sighted?

You have heard the phrase ‘tunnel vision’. According to one website, it is the tendency to focus exclusively on a single or limited goal or point of view. We do need to be aware of others as we serve, encourage, and share Truth. However, while we do live in this world, we are citizens of Heaven and our focus needs to be centered on Christ alone. We are to fix our hope completely, meaning without wavering, remaining secure and steadfast in the knowledge and understanding of the Gospel.

The only way it is possible to have certain hope that absolutely cannot fail is through God’s grace – His divine influence upon the heart and its reflection in the life of one who believes. Your salvation is secure therefore your hope will be continuous and steady as it remains fixed on the only thing that will never change, Jesus our Lord and Savior. *Adam Clarke’s Commentary* uses this explanation, we are to “continue to expect all that God has promised, and particularly that utmost salvation, that glorification of body and soul, which ye shall obtain at the revelation of Christ, when He shall come to judge the world”. This truth is a great answer for the question, ‘How can an individual be joy filled in the midst of trials?’ Because the foundation of faith in Christ does not change, the benefit of salvation remains certain.

We are to remain strong in the hope we have in the gospel. When circumstances seem topsy-turvy, when promises are broken, when poor decisions wield their consequences, and even amidst pandemic outbreaks, rioting, county-wide curfews, and all other opposition and temptations, we can still hold close to our hope. This was the charge given to those who were suffering because they had followed the Truth, and it is our charge given from the Word. *Hall’s Explication of Hard Texts* says, “perfectly and constantly hope for the full accomplishment of that grace and happiness, which partly is and perfectly shall be brought unto you in the revelation of Jesus Christ”.

Back up to 1 Peter 1:3, [Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead](#). We have a living hope! It is not dead, but active. Fix your hope completely, without wavering.

♥ Are you confident in the promises of Christ?

Hebrews 3:5 Now Moses was faithful in all His house as a servant, for a testimony of those things which were to be spoken later; but **Christ [was faithful] as a Son over His house whose house we are, if we hold fast our confidence and the boast of our hope firm until the end.**

Romans 15:4, 13 For whatever was written in earlier times was written for our instruction, that **through perseverance and the encouragement of the Scriptures we might have hope** ... Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

1Thessalonians 5:8 But since we are of [the] day, let us be sober, having put on the breastplate of faith and love, **and as a helmet, the hope of salvation.**

Hebrews 6:19 **This hope we have as an anchor of the soul, a [hope] both sure and steadfast** and one which enters within the veil,

2Timothy 4:8 **in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day;** and not only to me, but also to all who have loved His appearing.

Heb 10:35-36 Therefore, do not throw away your confidence, which has a great reward. For you have need of endurance, so that when you have done the will of God, **you may receive what was promised.**

Apply It!

- *Keep your mind centered on Christ.*
- *Be careful to respond according to God's Truths.*
- *Stay focused on the fulfillment of God's promises and your future in Him.*

♥ **What actions will you take to ensure you are prepared?**