



The Battle of the Mind

1 Peter 1:7-13 (KJV)

⁷ That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:

⁸ Whom having not seen, ye love; in whom, though now ye see *him* not, yet believing, ye rejoice with joy unspeakable and full of glory:

⁹ Receiving the end of your faith, *even* the salvation of *your* souls.

¹⁰ Of which salvation the prophets have enquired and searched diligently, who prophesied of the grace *that should come* unto you:

¹¹ Searching what, or what manner of time the Spirit of Christ which was in them did signify, when it testified beforehand the sufferings of Christ, and the glory that should follow.

¹² Unto whom it was revealed, that not unto themselves, but unto us they did minister the things, which are now reported unto you by them that have preached the gospel unto you with the Holy Ghost sent down from heaven; which things the angels desire to look into.

¹³ Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

We are in a war every day – the battle in our mind. You become what you think.

Proverbs 23:7 (KJV)

⁷ For as he thinketh in his heart, so *is* he: Eat and drink, saith he to thee; but his heart *is* not with thee.

Each day our minds are bombarded with a constant stream of nagging thoughts, suspicions, doubts and fears. Our thought life can take a downward spiral in just a matter of a moment leading us to a feeling of hopelessness.

1 Peter 1:13 gives 3 solutions for when we are losing the battle in the mind.

YOUR CHALLENGE – GIRN UP THE LOINS OF YOUR MIND

1 Peter 1:13 (KJV)

¹³ Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

The phrase, “Gird up the loins of your mind” is the act of gathering up around the waist, the long, loose robes which would impede one’s progress when running a race. Allowing those loose ends to keep dangling would have been a sure way to lose the race!

Application: if we don’t deal with the loose ends that exist in our minds and emotions, if we don’t correct those parts of our thinking that we know are wrong and that we allow to drift and control our attitudes and actions, we will be hindered from being the kind of Christian that God wants us to be. The war of the mind rages!

For some, it’s a mind battle over the past, it’s a mind battle about your mate, it’s a mind battle of being paranoia, it’s the mind battle with bitterness, it’s a mind battle with worry or anxiety, it’s the mind battle of self-condemnation, or the mind battle of negativity, it could be a mind battle of comparison, it’s the mind battle of dealing with imaginations and lies, it’s the battle of the mind where we are in warfare over God’s voice or Satan’s voice – confusing thoughts. Some face the battle of thinking their sin is no big deal in the eyes of God and that continuing in it is ok.

The battle of the mind is raging in the lives of believers. Often time we fail to identify the battlefield, and therefore, we fail to identify the enemy.

YOUR CHOICE – BE SOBER

1 Peter 1:13 (KJV)

¹³ Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

“Be Sober” means to be free from wine in the sense of self-controlled rather than controlled by wine. It means to be free from every form of mental and spiritual “drunkenness” or excess.

The great problem with drunkenness is that it distorts reality by making the mind insensitive to what is true and real and valuable.

Drunkenness makes a person unstable. It causes them not to make clear minded decisions. Drunk people don’t generally have good balance.

Rather than being controlled by outside circumstances, believers should be directed from within.

The command given to believers is to discipline your mind, to control your thoughts.

2 Corinthians 10:5 (KJV)

⁵ Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Don't let your mind drink in things that numb the mind (and heart) to the value of God's grace. Don't let your mind entertain thoughts that cause you to think wrong about God. Don't let your mind magnify trouble and minimize God. Don't let your mind think evil of others.

Being sober requires me to properly exercise my mind on truth and not ‘junk food’ on a diet of God’s Word, and not Satan’s poison.

YOUR COMFORT – HOPE TO THE END

1 Peter 1:13 (KJV)

¹³ Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

The emphasis is not hold out to the end, but rather rest in the fact that your hope is complete. Hope is not an action of the body. It is an experience of the soul.

Romans 5:2 (KJV)

² By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.

We as believers stand in God’s grace and therefore, we can rejoice in hope. Our hope is sure and steadfast.

2 Corinthians 9:8 (KJV)

⁸ And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work: