

Dear

GOD

MIND THE GAP

1 Peter 1:13 NLT

¹³ So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world.



1 Peter 1:13 NKJV

¹³ 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;



How to Gird Up Your Loins



4 Things to consider

- 1] What is the intensity of the storm?
- 2] What is the duration of the storm?
- 3] What is the frequency of the storms?
- 4] What are you standing on in the storm?



Cognitive Behaviour

A] Activating event

B] Belief

C] Consequent emotion

D] Dictated behaviour

E] Effect



Genesis 37:4 NLT

⁴ But his brothers hated Joseph because their father loved him more than the rest of them. They couldn't say a kind word to him.



2 Corinthians 10:4-5 NLT

⁴ We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. ⁵ We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.



Ephesians 6:16 NIV

¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.



3 Steps

A] Acknowledge your emotions

I] Identify your reality

D] Define yourself by truth



Ephesians 6:14 NLT

¹⁴ Stand your ground, putting on the belt of truth and the body armour of God's righteousness.



Ephesians 6:14 NKJV

¹⁴ Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,



Philippians 4:8 NLT

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

