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**“GIRD UP YOUR LOINS AND MIND WITH DIVINE TRUTH”**

*‘By prayer you receive spiritual energy, strength, guidance, and reality.’*

I Thessalonians 5:16-18 The will of God for you in Christ Jesus.

Ephesians 6:11-12 Gird your loins with Divine Truth.

I Peter 1:13-15 Gird you mind with Divine Truth.

How do we gird up the loins of our mind:

1. A most important technique of good and Godly mental health is to rid the mind of unhealthy thoughts.
2. We must have the discipline to use the “put off” and “put on” technique.
3. Have a Scripture for every challenge.
4. Imagination is the picturing power of the mind. “Your perception is your reality.”
5. Consider the importance of the prayer-thought, “*thy will be done.*”

The words we habitually use are reflections of strongly held thoughts, and thoughts can affect every aspect our being.

When we pray and read the Bible, we link ourselves with an inexhaustible mature power..., that power that comes from God.

I Thessalonians 5:16-18 The will of God for you in Christ Jesus.

Jude vs. 20-22 Pray in the Holy Spirit.

The world knows *God*, but not everyone *knows* God.

Gird up our minds..., as one person..., as One people..., in Christ Jesus!