

Get Your Girdle On

How many times have you read Proverbs 31 and wondered, “How can I possibly be this woman?” Well I have good news for you! The Bible is like a mirror, as you look into it, and start appropriating what it is reflecting back to you, you begin to resemble more and more what the Word says you are! In light of this, I want to share with you one of the “reflections” God has shown me.

Proverbs 31:17 (Amplified Bible) says, “She girds herself with strength [spiritual, mental, and physical fitness for her God-given task] and makes her arms strong and firm.”

While reading Proverbs 31 countless times, I continually found myself feeling like this verse was a speed-bump. I would be reading along, but would come to verse 17 and feel like God was trying to get me to slow down and hang out on this verse for a while. The word “girds” captivated me and I knew the Holy Spirit wanted to reveal something to me. The word gird means: to enclose, to surround, to equip, to clothe. It’s where we get the word girdle. It means to invest, which is to furnish w/power, privilege & authority! Honey, when you get your girdle on, you are furnishing or clothing yourself with God’s power, privilege and authority!!!

As I read this verse, God directed me to something I had not paid much attention to before. It says, “She girds herself.” So who does the girding? The godly woman that is being described. You see, it’s my job to gird myself! It’s not someone else’s job to gird me! It’s not my pastor’s job to gird me! And guess what?! It’s not even God’s job to gird me! It’s my job! Have you ever tried to put on a girdle? Let me tell you it takes some effort! Now imagine trying to put it on one of your sisters! I don’t think so! You know, there are just some things you have to do for yourself! I love that God did not make us robots, obeying pre-programmed commands, but instead, as a loving Father calls us to a loving relationship based on us choosing Him.

In the Amplified Bible, the strength she girds herself with is described as 3-fold, it says “spiritual, mental, and physical fitness for her God-given task”. She doesn’t neglect any of these areas because she understands that all 3 have a part in her fulfilling everything that God has for her.

Listen to this definition of gird: to prepare oneself for action. She prepares herself for action so she will be ready for God’s use!

She prepares physically – she strengthens her body – why? Well it’s not only so she can be looking and feeling good, although that is a benefit of physical fitness. No, her 1st reason for physical fitness is to be strong for her God-given task. You know it’s going to take some physical strength and stamina to fulfill God’s assignment for you.

She prepares mentally – strengthening her mind. She understands learning doesn’t end with graduation! We should constantly be growing & learning as long as we have breath.

She prepares spiritually – how? Here are 2 ways: first, getting God’s Word in you, and speaking that Word out; and second, developing a daily prayer time, praying in the spirit and in your understanding.

Girls, one of the best investments we will ever make is in a good girdle! Only you can make that investment, nobody else can do that for you. Let me encourage you that whatever the cost of investment of your time, your talent, your heart to your Creator will have eternal benefits for both you, and everyone God wants your life to touch. So come on girlfriend! Get your girdle on!