Worcester F 80 Distinctiones

5 To be girded up (*Accingi*)

Travelers are accustomed to being girded up lest through the mud they be defiled, swimmers lest in the deep they drown, fighters lest they be hindered. Thus, also we are tucked up by the belt of chastity and cleanness, lest we be defiled by the vice of the flesh; by the tunic of poverty and patience,[[1]](#endnote-1) lest we be endangered by a worldly shipwreck; by the corselet of charity and constancy, so that we are not overcome in the assault.

¶ Concerning the first, Luke 12[:35]: “Let your loins be girt.”

Concerning the second, 4 Kings 1[:8]: “A hairy man with a girdle of leather,” that is said of Elias, who was poor in food and clothing.

Concerning the third, [1] Macc. 3[:3]: “Juda put on a breastplate like a giant.”

1. Cf. *Vita B. Aelredi* 3.22 (PL 195:204): Sed oblitus infirmitatis, et charitatis memor, praecepit illis abbas, dicens: «Nolite, quaeso, nolite, filii, Patrem vestrum tunica patientiae spoliare. Non sum commotus, non sum laesus. [↑](#endnote-ref-1)