

GIRDING

Meaning: GIRDING: The act of preparing oneself mentally or physically for a challenge or confrontation.

1. Girding her loins, she prepared for the challenging debate ahead.
2. The soldiers were girding their swords before heading into battle.
3. He felt a surge of determination, girding himself for the tough task that lay ahead.
4. Girding the landscape with a sense of urgency, the storm clouds rolled in.
5. She spent the morning girding her mind with knowledge for the upcoming exam.

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