



Armor of God

Session 6— The Belt of Truth

March 22, 2022

Ephesians 6:11 - 17: Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

Schemes of Satan

Let's review the schemes of Satan that we've talked about so far.

- He plants lies in our hearts and minds to convince us we are not loved by God, we are not worthy, we are nothings.

What piece of armor protects us from this scheme?

- He puts obstacles in our way to discourage us or distract us from doing God's will or staying on God's path. He wants to lead us into ways that will make our lives meaningless and empty.

What piece of armor protects us from this scheme?

- He wants us to live in chaos, confusion, fear and anger and to be constantly on guard and doubt God.

What piece of armor protects us from this scheme?

- He will tempt us to sin, to do what we know is wrong, and to cause us to live in unrighteous ways.

What piece of armor protects us from this scheme?

Think of how Satan tempted Eve. Satan presented a new way to look at the forbidden tree. He made a lie sound good. Eve fell for his lies, she was deceived and she paid the price.

John 8:44:

You are of your father the devil, and your will is to do your father's desires. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies. (ESV)

The Bible talks about Satan's strategies a great deal, using words like "illusion," "deception," "to deceive," "to be deluded," "to make a fool of," "delusion," "worthless," and "fantasy."

Examples:

Hosea 10:13:

*But you have planted wickedness, you have reaped evil, **you have eaten the fruit of deception.** Because you have depended on your own strength and on your many warriors.*

Isaiah 44:20:

*Such a person feeds on ashes; **a deluded heart misleads him**; he cannot save himself, or say, "Is not this thing in my right hand a lie?"*

Satan spins lies that appeal to "the lust of the flesh, the lust of the eyes, and the pride of life" (1 John 2:16).

The Bible speaks of these worldly attitudes – these lies – as "the world," which might be better rendered for us as "human culture." Our culture is under the control of the evil one:

1 John 5:19:

We know that we are children of God, and that the whole world is under the control of the evil one.

What are some of the lies our culture tells us?

The Belt of Truth

Stand firm then, **with the belt of truth buckled around your waist...** (vs14)



This Roman armor "belt" is certainly larger than the belts we wear today and once you put it on, you really couldn't put much of the other armor on – like the shoes or the breastplate. It's heavy and would restrict your movement to some degree.

So, what is the analogy of "belt of truth" as part of our spiritual armor? The Greek in verse 14 literally says, "Stand, having girded your loins with truth." You will find that terminology used in the older translations:

Ephesians 6:14 KJV: Stand therefore, **having your loins girt about with truth**

Ephesians 6:14 NKJV: Stand therefore, **having girded your waist with truth**

Ephesians 6:14 Amplified: So stand firm *and* hold your ground, **having tightened the wide band of truth around your waist**

"Girding one's loins" was a common expression in Bible times.

Exodus 12:11 KJV: *And thus shall ye eat it; with your loins girded, your shoes on your feet, and your staff in your hand; and ye shall eat it in haste: it is the LORD's passover.*

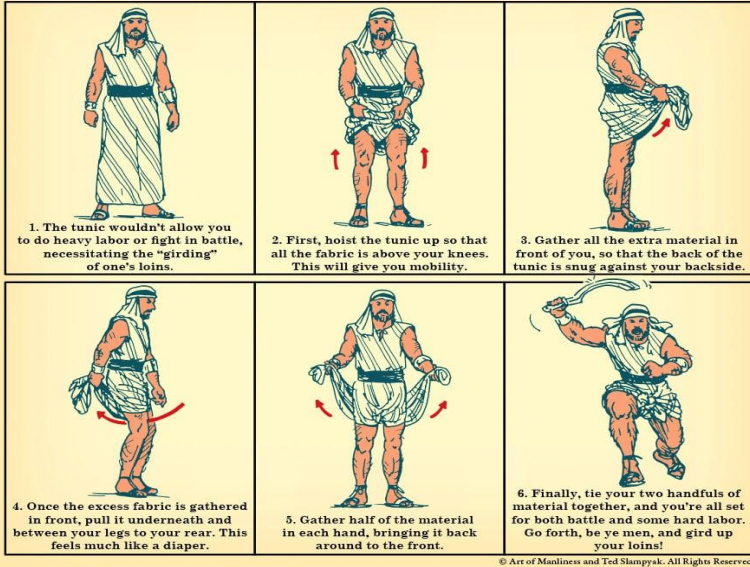
1 Peter 1:13 NKJV: *Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ...*

Luke 12:35 KJV: Let your loins be girded about, and your lights burning...

1 Kings 18:46 NKJV: *Then the hand of the LORD came upon Elijah; and he girded up his loins and ran ahead of Ahab to the entrance of Jezreel.*

How to Gird Up Your Loins

The Art of
MANLINESS



Back in the days of the ancient Near East, both men and women wore flowing tunics. Around the tunic, they'd wear a belt or girdle. While tunics were comfortable and breezy, the hem of the tunic would often get in the way when a man was fighting or performing hard labor. So when ancient Hebrew men had to battle the Philistines, the men would lift the hem of their tunic up and tuck it into their girdle or tie it in a knot to keep it off the ground. This provided more freedom of movement. Thus to tell someone to "gird up their loins" was to tell them to get ready for hard work or battle. It was the ancient way of saying "man up!"

So, it would be more accurate to call this piece of armor "Girding yourself with truth."

So, being girded with truth is the first step in putting on God's armor, for truth is key to wearing the rest.

- The helmet of salvation protects us only as we live out our true identity in Christ.
- The shield of faith enables us to advance despite adverse circumstances only as we rely on the trustworthiness of the God revealed in Scripture.
- We strap on the sandals that bring inner and interpersonal peace only as we commit our cause to the justice of God and forgive those who sin against us.
- The breastplate of righteousness wards off the devil's thrusts only as we identify and reject sin in order to live godly lives."*

*From The Full Armor of God, page 116

Ephesians 5:8 – 6:9

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret. But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. This is why it is said: "Wake up, sleeper, rise from the dead, and Christ will shine on you."

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Submit to one another out of reverence for Christ. Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but

they feed and care for their body, just as Christ does the church— for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Children, obey your parents in the Lord, for this is right. “Honor your father and mother”—which is the first commandment with a promise—“so that it may go well with you and that you may enjoy long life on the earth.” Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord. Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. Obey them not only to win their favor when their eye is on you, but as slaves of Christ, doing the will of God from your heart. Serve wholeheartedly, as if you were serving the Lord, not people, because you know that the Lord will reward each one for whatever good they do, whether they are slave or free. And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him.

God has given us that light that shines bright into our darkness. It is his word.

Ephesians 5:13:

But everything exposed by the light becomes visible—and everything that is illuminated becomes a light.

Jesus is both the Light and the Truth:

John 1:4-5:

In him (Jesus) was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.

John 1:17:

For the law was given through Moses; grace and truth came through Jesus Christ.

John 8:12:

When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”

John 12:46:

I have come into the world as a light, so that no one who believes in me should stay in darkness.

John 14:6:

Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.

John 8:32 is often quoted and misapplied: “Then you will know the truth, and the truth will set you free.” Jesus never taught that accurate information sets anyone free. He did say, however, that if we put his teaching into practice, we will experience the truth and that will free us.

John 8:31-32:

To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”

When you and I live a life illuminated by God's Word, we are then set free because we are living by truth. The light of Jesus has shined into our lives.

Psalm 97:11:

Light shines on the righteous and joy on the upright in heart.

2 Corinthians 4:6:

For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ.

Girding Ourselves with Truth

The belt of truth—or girding yourself with truth—represents putting God's Word into practice in your life. Paul then addresses what was considered then a "household code," which were familiar and accepted in those days. These codes specified the duties and responsibilities of everyone in the household. But as Paul lays it out here in Ephesians, it is quite different from the secular "household codes" of his day.

Why did Paul include a household code here?

This code begins with verse 21: "Submit to one another out of reverence for Christ." What do you think Paul was telling the church in Ephesus?

Philippians 2:3 – 8:

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

Submission in the context of a Christian relationship includes the idea of putting someone else and their needs above ourselves. And we do this out of reverence for Christ:

Submit to one another out of reverence for Christ. (Ephesians 5:21)

This is the upside-down way we are to live in this world because it stands in stark contrast with worldly wisdom. Paul is showing these new believers a better and higher way. It begins in the home, so let's look at what Paul has to say about relationships in the family and at work.

Husbands and Wives

- Husbands, love your wives, just as Christ loved the church
- The wife must respect her husband.

Women have a deep need to be loved and to know they are loved. We need words, actions, anything that says "I love you." Men need respect and to know that they are held in esteem and appreciated. They need to hear "You did a great job."

If these relationships in a Christian home are not based on these truths, you open a door for the enemy to attack your marriage.

Children and Parents

- Children are to obey their parents
- Children are to honor their parents
- Parents are to educate and raise their children to know the Lord
- Parents are not to exasperate their children—irritate or frustrate them

Teaching your children to obey is our responsibility when they are still under our roof. To fail to do that is inviting the enemy to get a foothold in your family and a foothold in the lives of your children.

If a child sees that God is real to Mom and Dad, the Lord will be real to them as well. Living by Christian principles at home is the way to impact your children more than any other way.

Older children should always honor their parents. How do you honor your parents? What if your parents were not good parents—were neglectful or abusive? Are you supposed to honor them?

Exodus 20:12:

Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

Workers and Managers

- Employees are to obey those in authority over them
- Employees are to have a good attitude: respect, sincere heart
- Employees are to do their job well whether they are overseen or not
- Employees are to do their work as good as they possibly can
- Managers are not to threaten employees
- Managers are to treat them with equality and no favoritism
- Managers are to treat their employees “in the same way” – with respect and a sincere heart

Conclusion

It just makes sense that Paul emphasized the importance of girding on the belt of truth first and beginning at home and with the people closest to you. We can't overlook the other admonitions Paul gave us in Ephesians 5:15 – 20:

- Make the most of every opportunity because the days are evil. Don't waste time; don't waste your life.
- Do not get drunk
- Be filled with the Spirit
- Encourage each other with psalms, hymns and songs from the Spirit
- Make music in your heart
- ALWAYS give thanks to God for everything, in the name of Jesus

When we live in this way, we shut the door to our enemy. We are girding our loins with truth and that truth sets us free from the onslaught of Satan.