

The Armor of God: *The Belt of Truth*

Stand firm then, with the belt of truth buckled around your waist (Eph. 6:14).

Paul wrote the letter to the Ephesians while under house arrest. It is widely believed that in his daily interactions with Roman guards, his familiarity with their soldier attire helped him in developing his teachings on the Armor of God.

Paul uses the Armor of God as a metaphor for the Christian's fight in **Spiritual Warfare**. Through analogy, he pairs each piece of Roman armor with its spiritual counterpart. So it is important to understand why he pairs what he does with each piece.

The Belt of Truth

- **Wearing the Truth**

The belt was more than functional . It was ornate and decorative and worn both on duty and off marking a man's status as a soldier. **It was a very important symbol of his Identity.**

Philippians 2:12-16

Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. ¹³ For God is working in you, giving you the desire and the power to do what pleases him.

¹⁴ Do everything without complaining and arguing, ¹⁵ so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. ¹⁶ Hold firmly to the word of life.

- Truth Identifies us as Belonging to God and His Kingdom.

- **Enabled by the Truth**

“Augustus was known to have symbolically punished centurions by making them stand at attention outside his tent without wearing their belts. It was humiliating for a soldier to be seen without his belt.”

-Adrian Goldsworthy
The Complete Roman Army

Without a belt a soldier was rendered Useless and Ineffective.

- Military tunics were long and would hang like a dress unless properly cinched at the waist.
- A Belt allowed a soldier the freedom to move quickly, confidently, and effectively in battle.
- A Belt firmly held weapons and tools in place and made them instantly available for any need.

John 8:31-32

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free."

How does God's Truth Help You Move Freely and Confidently in Your Life?

How does the Truth About Jesus Enable and Empower You to Help Others?

- **Protected by the Truth**

The belt attached and stabilized the core body armor of the soldier, reinforcing primary piece of protection

The belt of Truth is so central and crucial to spiritual warfare because the constant theme of the enemy's attacks are to hide, distort, or kill Truth.

Isaiah 59:4-17

No one cares about being fair and honest...So there is no justice among us, and we know nothing about right living. We look for light but find only darkness...We grope like the blind along a wall, feeling our way like people without eyes...Among the living, we are like the dead.

We look for justice, but it never comes. We look for rescue, but it is far away from us. For our sins are piled up before God and testify against us...Our courts oppose the righteous, and justice is nowhere to be found. Truth stumbles in the streets, and honesty has been outlawed. Yes, truth is gone, and anyone who renounces evil is attacked.

The Lord looked and was displeased to find there was no justice. He was amazed to see that no one intervened to help the oppressed. So he himself stepped in to save them with his strong arm, and his justice sustained him. He put on righteousness as his body armor and placed the helmet of salvation on his head. He clothed himself with a robe of vengeance and wrapped himself in a cloak of divine passion.

If You are not in the Word Daily...Using God's Truth to Cinch Up Your Confidence, Purpose, and Understanding -- You are in grave danger!

Everyday you are marinating in the sewage of lies and half-truths our enemy, this world, and Self unleashes on you like a flood:

- The Fear & Anxiety the Father of Lies Sows
- The way this world teaches you to think
- The way media and entertainment shapes your mind and thoughts
- The way Self distracts you with greed and power

} All Intentionally and Violently
Opposing the things of God!

Ephesians 1:15-19

- **Belt of Truth**
- Body Armor of Righteousness
- Shoes of Peace & Good News
- Shield of Faith
- Helmet of Salvation
- Sword of the Spirit
- Air Cover of Prayer