

## THE ARMOR OF GOD

### 1. BELT OF TRUTH

Let's read **Ephesians 6:14-18**

Let's look again at verse 14 again AMP

“So stand firm and hold your ground, HAVING TIGHTENED THE WIDE BAND OF TRUTH (personal integrity, moral courage) AROUND YOUR WAIST...”

FN: *girded your loins, a phrase often found in the Bible, is an urgent call to get ready for immediate action or a coming event. When preparing for battle, the belt would have been the first piece of protective equipment put on by a soldier. It clung closely to the soldier and shielded some of the most vulnerable areas of his body, it held everything together. The phrase is related to the type of clothing worn in ancient times. Before any vigorous activity the loose ends of clothing (tunics, cloaks, mantles, etc.) had to be gathered up and tucked into the wide band worn around the midsection of the body. The band (usually about six inches wide) also served as a kind of pocket or pouch to carry personal items such as a dagger, money or other necessary things. The call to have your loins girt about with truth is a call for mental or spiritual preparation for a coming challenge.*

So the belt is a very pivotal piece of armor because it holds everything together.

Jesus said, “Thy Word is truth”, so, spiritual warfare starts with being rooted in God's Word, His revelation, and living, walking in the Truth.

#### **I. Why do we need the Belt of Truth?**

- **The Word of God (the Truth) is what keeps all of our armor intact.**
- **The Word of God (the Truth) washes us**, it keeps us pure, it keeps us clean. David said, “Your Word I have hid in my heart that I might not **sin** against You.”
- **The Word of God (the Truth) empowers us to be obedient to God.**  
We know sin is disobedience and rebellion towards God, but we also always think of sin as murder, adultery, pornography; and yes that is sin but that's not where it starts. So that belt of truth puts His Word in us, it hides the Word in our hearts so it empowers us to be obedient to God.  
As Christians we are facing new challenges every day. A practical way to prepare our hearts for the battles we face is to hide God's word in our heart so that we might not sin against Him. We need to make it a habit to walk in truth.

#### **Quote from Francis Frangipane:**

“The Lord corrects us when we sin not just because He hates sin but because sin separates us from His presence. He loves us and purifies us so we can see Him. We might have grown content with the illusion of distance, yet God is not content. He created us to live in steadfast union with His presence. The sense of distance between the Almighty and ourselves is a deception. The church has gotten so conditioned by the lack of God's presence that the lack of God has become “orthodox Christianity.” We have made a closed heaven normal.”

We sometimes wonder: Why is the Holy Spirit not showing up? Why is there's no power? Why don't we sense His presence? It's because we are giving our authority and righteousness away because we are not wearing the most important part of our armor – TRUTH. We need to walk in God's uprightness and truth.

- **The Word of God (the Truth) helps us to overcome.**

We hear people say that they are struggling with this, can't get free from this, keep doing that... And we ask, are you reading your Bible? Are you getting into the word? And we find out that they are not and they're usually living by their feelings. Feelings deceive. Feelings come and go. God's Truth exposes and defeats every lie!

*The Holy Spirit doesn't train and equip your flesh, He trains and equips your spirit unto the righteousness of Christ. The flesh is required to be crucified so Christ can be glorified.*

- **The Word of God helps us to be prepared**

**1Peter 3:15** “Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.”

We as Christians always need to be ready to defend ourselves against non believers, against the powers of darkness and we are not to be caught unaware. We can be prepared by making certain that you are a person of truth.

This includes:

1. Knowing the good news about Jesus and explaining why you believe in him? And
2. Living as a person of integrity and someone who is honest and trustworthy.

## II. What is TRUTH?

The truth doesn't come from Washington, DC, from movies, from books, from Hollywood, from memes or from people's opinions—It comes from the Word of God.

**John 1:1-5, 14 + 1John 1:1 + Revelation 19:13** NLT “He wore a robe dipped in blood, and his title was the Word of God.”

Approximately 70 times, Jesus says I tell you the truth.

And Jesus said in **John 14:6** AMP “Jesus said to him, “I am the [only] Way [to God] and the [real] Truth and the [real] Life; no one comes to the Father but through Me.”

**So Truth is a person.**

### Quote from Francis Frangipane:

“Beloved, to see Jesus is to behold God. But first, we must renounce every perception of the Almighty other than what we have found proved true in Christ. Therefore, study the life, teachings, and deeds of Jesus Christ, and you will remove the veil of mystery surrounding the nature of God.

Jesus said, “He who has seen Me has seen the Father” (John 14:9, NKJV).

What truth could be more profound? Each time we read what Jesus did, we behold the nature of God. Every time we listen to what Jesus taught, we hear the voice of the living God.

Jesus is the image of the invisible Father **Hebrews 1:1-2** NLT “Long ago God spoke many times and in many ways to our ancestors through the prophets. And now in these final days, he has spoken to us through (in) his Son.”

He mirrored on earth those things He saw His Father doing in heaven; He echoed the words the Father whispered to Him from eternity.

Do you truly desire to see God? Christ's words are windows through which the pure in heart behold the Almighty.

The teachings of Jesus Christ are not to be blended into the Scriptures as though He were one of many equally important voices used by God. He is, in truth, the living revelation of God Himself, the sole expression of His invisible glory.

- Prophets point the way; Christ is the way.
- Teachers expound on the truth; Jesus is the truth.
- Apostles proclaim the life; Jesus is the life.
- Yes, all speak the Word, but the Son of God is the Word.

When Christ speaks, we are listening to God unfiltered, unbiased, and unveiled.”

When Christ speaks we are listening to Truth.

Think about it, not only can we truly know God, but also He desires to show Himself to us. Jesus desires us to know Him, to know truth, because Jesus knows the Truth will make us free.

### III. Our Perspective of Truth

**John 18:37-38** NLT “Pilate said, “So you are a king?”

Jesus responded, “You say I am a king. Actually, I was born and came into the world to testify to the truth. All who love the truth recognize that what I say is true.” “What is truth?” Pilate asked. Then he went out again to the people and told them, “He is not guilty of any crime.”

**What is truth:** Pilate’s cynical question showed he thought Jesus claim to be a King of Truth was foolish. Probably, Pilate did not mean that there was no truth, but that there was no truth in the kind of spiritual kingdom Jesus represented. Not truth to Pilate himself. For Pilate, soldiers and armies were truth, Rome was truth, Caesar was truth, and political power was truth.

#### Quote from Francis Frangipane:

“The problem with the disciples is that they didn’t see Him. If you look at John 14:8, the disciples said, “Lord, show us the Father, and it is enough for us.” And Jesus said, “Have I been with you so long and still you don’t know Me?” He said, “He who has seen Me has seen the Father.” We think that with that kind of statement, the next verse would read, “And they all fell on their faces and trembled.” But they didn’t. Instead, they all just sat there. “What do you mean, if I see You, I see the Father?” They couldn’t grasp that God was in Christ, reconciling the world to Himself.”

Many in our day ask Pilate’s question, but from a different perspective. Noting that many things are true only on the basis of personal preference or perspective, they think all truth is personal and individual. They think there is no true truth about God; there is only my truth and your truth and one is as good as the other. Though this thinking is strong in our day, it denies the One who said: “For this cause, I was born, and for this cause I have come into the world, That I should bear witness to the truth.”

Jesus is the Truth that doesn’t change. Culture may change, feelings may change, but Jesus is the same yesterday today and forever. We are not wrestling against people, culture, or politics, or anything in the natural realm. We have to address the spiritual powers operating behind the scenes. He doesn’t change, therefore, we can always rely and trust in Him.

Jesus said, “Thy Word is Truth” not Thy Word has Truth.

The belt is God’s Word which is absolute truth and has, should have, the final authority in our lives.

#### IV. We are to walk in Truth

**John 8:32**, "You will know the truth, and the truth will set you free." (KJV + NASB says **MAKE** you free.)

**Colossians 3:9** NLT "Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds."

**Proverbs 12:19** NLT "Truthful words stand the test of time, but lies are soon exposed."

**Zechariah 8:16-17** AMP — 'These are the things which you should do: speak the truth with one another; judge with truth and pronounce the judgment that brings peace in [the courts at] your gates. 'And let none of you devise or even imagine evil in your heart against another, and do not love lying or half-truths; for all these things I hate,' declares the LORD."

**Ephesians 4:25** AMP "Therefore, rejecting all falsehood [whether lying, defrauding, telling half-truths, spreading rumors, any such as these], **SPEAK TRUTH EACH ONE WITH HIS NEIGHBOR**, for we are all parts of one another [and we are all parts of the body of Christ]."

**Ephesians 6:14** AMP "So stand firm and hold your ground, **HAVING TIGHTENED THE WIDE BAND OF TRUTH** (personal integrity, moral courage) **AROUND YOUR WAIST**"

So that we are not governed by our feelings and so that we are not deceived even by our own hearts, we must wrap the belt of truth around the core of our very being to protect us against deception.

Truth holds us together when the world falls apart, and it sets, makes, us free, protecting us from the lies that would

divide or distract us. The belt of truth means more than knowing doctrinal facts about God. While the right doctrine is important, right doctrine includes walking in the truth, loving the truth, committing our hearts fully to trust Christ, His work, to live and speak according to what God reveals through Jesus and the Bible.

It keeps us faithful when we deal with temptations or false teachings.

**Without the belt, the armor can't hold together.**

#### **Note: We must speak truth in love**

If we speak or have love without truth we end up being woke, worldly and out of balance.

If we speak or have truth without love, we end up being legalistic and dogmatic.

We can walk in truth but if we have lost our love for God and for people then we're out of balance.

We must speak the truth and balance it with love, justice, faith, and mercy.

It takes both. We need to speak truth and we need to speak it in love. We need to resist evil and adhere to the Word. We need to protect our love.

Here's just a few awesome things about the Word of God, about His truth:

- It's powerfully alive and active. (Hebrews 4:12).
- It's necessary in forming faith, correcting misunderstandings, and training in righteousness. (2 Timothy, 3:16-17).
- It's 100% reliable. (Proverbs 30:5).

- It's life giving. And nourishment for our souls. (Matthew 4:4).

When we accept Christ, He, The word, The truth, comes and lives inside of us through the Holy Spirit. And the Holy Spirit never moves in a way that contradicts the Word of God. We do not seek encounters or experiences, we seek Jesus. And in seeking Jesus, we have godly encounters and experience. The Holy Spirit always glorifies Jesus + the Holy Spirit always points to the Word of God, so then ground yourself in the Word of God and don't stray from it.

Here's a recent statistic. From Lifeway Research. 45% of those who attend church regularly read the Bible more than once a week. 40% of the people attending read the Bible occasionally, maybe once a month. And almost one in five churchgoers say they never read the Bible—Essentially the same number who read it every day.

>Here's a quote from Pastor David Hernandez, "Here's the issue, we have many Christians today that are spiritually weak because they're not daily taking in the word. I'm not saying this to tear you down, it's not a criticism, it's a challenge. It's a warning, because if you're not in the word you will be swept away by deception, it's inevitable. If you're not grounded in the word then anything that has any form of power will capture your attention, your mind and your heart. And far too many Christians neglect the riches of God's Word. In the Word we come to know His mind, His nature, His glory, His power, His wisdom. Within the word there are treasures untold. Within the word there is deeper depths and higher heights; God himself speaking to you and yet we trade the Word of God for the latest episode in the series that we're watching, we trade the Word for the endless scrolling on social media, we trade the Word for distractions of this world. Now, there's nothing wrong with social media in and of itself but if these things are removing us from the Word if these things are crowding out time in the Word then you will not recognize the true work of the Holy Spirit."

This is sad and dangerous. Without a growing knowledge of God's Word, we remain baby Christians, we never fully understand God's plans and purposes for our lives. We'll be unable to understand how biblical truths fit together. And will be easily taken in by half-truth lies. You will not recognize His voice clearly or know His ways. You will not know how to walk God's way, let alone know how to fight God's way.

**2 Timothy 2:15-19** NLT "**Work hard** so you can present yourself to God and receive His approval. **Be a good worker**, one who does not need to be **ashamed and who correctly explains the word of truth**. Avoid worthless, foolish talk that only leads to more godless behavior. This kind of talk spreads like cancer, as in the case of Hymenaeus and Philetus. They have left the path of truth, claiming that the resurrection of the dead has already occurred; in this way, they have turned some people away from the faith. But God's truth stands firm like a foundation stone with this inscription: "The LORD knows those who are his," and "All who belong to the LORD must turn away from evil."

15 (AMP) **Study** and do your best to present yourself to God approved, a workman [tested by trial] who has no reason to be ashamed, accurately handling and skillfully teaching the word of truth.

Tell me, how are we going to rightly, accurately, and skillfully teach and explain the word of truth if we don't read it? If we don't study it? If we don't listen to it? If we don't meditate on it?

## V. \*How do we do this?

### —Meditate

**Psalm 1:2** AMP "But his delight is in the law of the LORD, And on His law [His precepts and teachings] he [habitually] meditates day and night."

**Joshua 1:8** NLT "Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do."

**Psalm 119:14-15** NLT “I have rejoiced in your laws as much as in riches. I will **study** (meditate-AMP) your commandments and reflect on your ways.”

We are told to meditate on His word day and night, and the purpose of that is to transform our thinking so that we are no longer thinking the human way, the old way, the worldly way, when we think in accordance with scripture we are walking in the power of the Holy Spirit, the power of God. Many want success and victory but they are not willing to read the Word, let alone meditate on the Word.

When we saturate our lives with the Word of God, we are building an impenetrable wall of truth around our minds and our spirits. When we are filled with the spirit and saturated in the word of God, the counterfeit is exposed and what is hidden in the shadows is brought to light, even the hidden things in our own heart.

In **1 John 1:5** it says that God is light and in Him there is no darkness at all. Let us stay in the light so that nothing will remain hidden and we will walk in victory.

The Lord wants us to gird our loins with truth. His word. We will then be brave to speak up about the truth in this dark world that is so hostile to the truth.

Let’s pray and ask God to open our eyes so we can see, and open our ears so that we can hear and let us not be ashamed to ask God for wisdom and revelation. Let’s meditate, declare, and apply the word until it becomes our life.

#### —Memorize

It’s a discipline. It seems more necessary today because the messages we get from the world are inconsistent, confusing, and drifting further and further away from godliness. But God’s Word never changes, and it will always draw us closer to Him. His Word is perfect, trustworthy, and right. It is clear, and true. It will revive our souls. It will teach us wisdom. It will give us insight for living. It will teach us reverence for the Lord. I want to encourage you to read it, memorize it, and let it guide you every day. You can start by memorizing this simple verse. Psalm 19:7. “The instructions of the Lord are perfect, reviving the soul.”

#### —Mangiare

It means to eat. God wants us to ingest His Word. And have it become part of our very being.

**Jeremiah 15:16** AMP — “Your words were found and I **ate** them, And Your words became a joy to me and the delight of my heart; For I have been called by Your name, O LORD God of hosts.

**Jeremiah 15:16** NLT — “When I discovered Your words, I **devoured** them. They are my joy and my heart’s delight, for I bear Your name, O LORD God of Heaven’s Armies.”

**Ezekiel 3:3** Amp. “He said to me, ‘son of man, eat this scroll that I’m giving you and fill your stomach with it.’ So I ate it, and it was as sweet as honey in my mouth.”

What if there was a food that guaranteed physical health. A food that we could eat as often as we wanted without gaining weight? In fact, the more we ate it, the better our health.

Obviously, we would eat this food everyday and we’d enjoy it. But there is no such food. Not for our physical bodies. But there is such a food for our spiritual bodies. And the more we ingest it, the healthier our souls become. That’s why Jesus said in Matthew 4:4. “Man shall not live by bread alone, but by every word that comes from the mouth of God.” Actually, that is how Jesus defeated Satan when he was tempted in the wilderness. With every temptation Jesus said, “it is written.” And He also rightly divided the Word. Because Satan knows the Word and Satan Spoke scripture out of context to Jesus, But Jesus rightly divided the Word, came back with the truth of the Word, and overcame the temptation. Psalm 119 tells us. His word is sweeter than

honey, is fully trustworthy, full of wonderful things, strengthens us when we're weary guides us with its light, gives us understanding and so much more.

Many of us are spiritually starving. We are anorexic in the spirit. We are dying spiritually. Let's make sure we are healthy and growing in God. Let's "eat" God's Word. Let's make sure we put His Word on our daily menu. We could start with an appetizer from Proverbs, like Proverbs 3. And enjoy a dessert In the evening from Psalms, like Psalms 19.

**Prayer:**

Heavenly Father, We are ready to take our stand against the powers of darkness. Lord, please help us to stand against the spiritual forces of evil that want to destroy us, our family, and the church. I buckle the belt of truth around my waist. Thank you for Your Word, for its truth, its power and authority. May it take root in our hearts and guide our days. Teach us to love and walk in Your truth, living by Your Word. Protect us from the deceitful messages of the enemy that aim to destroy us. Grant us your wisdom and discernment. Help us to be a people of truth and reliability. Help us to stand and walk in Your freedom. Please give us the words to say when people ask us why we follow Jesus. Help us to tell about Jesus's death and resurrection and your promise of eternal life to those who believe in Jesus. Holy Spirit help us in our discipline to study the Word and to rightly divide it, give us the desire to read and the time. In Jesus' name, amen.