

GOOD NEWS - DAILY

Eph 6:14

Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

GIRD YOUR LOINS



Luk 12:35
“Let your waist be girded and your lamps burning;”

Jhn 8:32
“And you shall know the truth, and the truth shall make you free.”

Definitions:
Loins/waist

- The hip, a place where a girdle/belt was worn. serving not only to gird on flowing garments but also, since it was hollow, to carry money in.
- Procreative power, the generative power (semen) resided, fruit of the loins, offspring

Gird

- To put on armor or a belt.
- With truth as a girdle, to equip one with knowledge of the truth

Truth

- The word denotes **what is true in things about God and the duties of man.**
- Truth as a personal excellence; that candor of mind which is free from affectation, pretence, simulation, falsehood, deceit. Sincerity of mind and integrity of character, or a mode of life in harmony with divine truth

2 John 4

I rejoiced greatly to find some of your children walking in the truth, just as we were commanded by the Father.

John 14:6

Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

John 1:17

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

Ephesians 5:1

Therefore be imitators of God as dear children.

John 16:13

However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.

Tools

Clarity, skill, understanding, discernment, perception, and wisdom—these are not merely intellectual traits, but spiritual qualities that come through the Word of God. They lead to personal excellence and sharpen the integrity of one’s character.

To walk in truth is not simply to know what is right, but to live it out. It is a lifestyle—a daily commitment to align our actions, attitudes, and decisions with the truth revealed in Scripture. Jesus is our model; through His life, we learn not only what truth is, but how to embody it.

Equipping ourselves with the knowledge of truth means more than acquiring information. It means allowing that truth to shape our behavior, influence our choices, and guide our relationships. When we apply biblical truth to our daily lives, we are actively walking in truth.

To “keep the belt on,” therefore, is symbolic of holding the covering in place to protect us from deception and shame. When we neglect to belt up with truth, we risk exposure (nakedness) that leads to vulnerability, confusion, and open doors for the thief to steal kill and destroy.

Prayer, Psalms 15 The Character of Those Who May Dwell with the Lord

I thank you Lord for grace and truth, let me walk in truth. Holy Spirit, guide me into all truth. Lord, let me walk uprightly, let me work righteousness, and speak the truth in my heart; I shall not backbite with my tongue, nor will I do evil to my neighbor, I will not take up a reproach against my friend; My eyes shall despise the vile, but honor those who fear the Lord. I will not put money at usury, nor does he take a bribe against the innocent.

In the name of Jesus Christ. AMEN