

Armor Up: The Belt of Truth *(Ephesians 6:14a & Various Texts)*

A Belt as Armor

- Belts had several purposes in the ancient world
 - Could refer to the leather apron used by soldiers to protect their legs
 - Could be used to hold a sword and other gear
 - The most common use was to fasten clothing securely around one's waist
 - Preparation for vigorous activity (Luke 12:35, 37; 17:8)
 - In this case, readiness for battle (compare 1 Pet. 1:13a, NKJV & ESV)

Truth with a 'T'

- Just like the strength we need to wield God's armor must be from God Himself
 - The Truth that protects us must be centered in Jesus
- Jesus is the source of Truth (John 14:6; 1:14, 17)
- We need to know Jesus to determine what is truth & falsehood (1 John 4:1-3a)

Truth as a Belt

- Truth acts as a belt because when we let it surround us:
 - It protects us from the lies & schemes of the devil (John 8:44b; Eph 6:11)
 - It prepares us for the battle ahead
 - Every piece of God's armor is a divine character trait that He wants to instill in us
 - God is trustworthy & has unflinching integrity
 - We are called to the same integrity (Prov. 2:7; Compare Isa. 6:5)
 - Integrity allows us to be in the thick of battle without faltering

So What?

- Are we girding ourselves with Truth?
- Are we living with Integrity?

Meditation Verse: *Ephesians 6:14a*