

Remnant Life Church
Sunday, February 3, 2013

“Everyday Armor
Part 1 – The Belt of Truth”

Ephesians 6:14(a)

“Stand firm then, with the belt of truth buckled around your waist,”

Background on Paul’s letter to the church in Ephesus

1. Ephesus is a port city of the Aegean Sea in what is now Turkey
2. One of the 4 “Captivity Letters” (Ephesians, Philippians, Colossians and Philemon) during his detention in Rome
3. Written just 4 or 5 years prior to his death
4. Possibly a circular letter (to the 3 churches)
5. Not a letter in response to a doctrinal or behavioral concern like the others
6. These letters have a fatherly tone to them being encouraging and then stern but always in love
7. Ephesians 1 – 3 is what God did when He saved us through Jesus Christ
8. Ephesians 4 – 6 are how we are to live as a Christian *because* of what He did

The first question with the instruction of verse 14 is “**What is truth?**”

- In the original language – *aletheia* - a manifestation of a hidden reality
- In court you “swear to tell the truth, the whole truth and nothing but the truth”
 - You are agreeing to reveal information to the court that up to now only you know and attest to its authenticity
 - God’s truth is revelatory for our lives
- Many things are said and known to be true but in Ephesians we see the essence of all truth – God is The Truth
 - **Eph. 1:13** *And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit,*
 - Truth is stable, firm and reliable
 - Jesus Christ is the embodiment of God’s truth
 - **John 1:14** - *The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.*
 - God’s Word is the revelation of His truth (the moral compass)
- Truth is not based on our intellectual capabilities but on our relationship with Jesus Christ

- **John 14:6** Jesus says of Himself, *“I am the way, the truth...”*
 - The absolute of truth is God Himself in the person of His Son Jesus Christ
- Truth is the first piece of armor because without it Satan can lead us astray and the rest of the armor will be useless

The Roman Belt - (PHYSICAL)

- Also known as the balteus worn around the waist with strips of leather hanging down
 - Designed to protect the lower abdomen and upper legs but also to support the core of the body
- The belt was the central part of the armor and held the rest together
- During battle -
 - The soldier would tuck any article of loose clothing into his belt to insure freedom of movement
 - The scabbard was held in the belt to carry the sword
 - The lower back was not only protected but supported for long battles fought on the ground hand-to-hand
- Loins can refer to the lower front of the body but in this case the original language word is *osphus* which refers to the lower region of the back.
- The phrase “gird your loins” means to tighten the belt giving support to the lower back – being ready for action as opposed to being in a relaxed state.

Why is the belt of truth the first piece of armor put on? – (SPIRITUAL)

- 4 times in vv 11 – 14 Paul says to “stand”
 - A soldier was going to lose the fight if he ended up on the ground
- In order to stand firm against the enemy (v 11 - *Put on the full armor of God so that you can take your stand against the devil's schemes.*)

1. Put on the core truths of the Word

- a. **2 Cor. 4:4** - *The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.*
- b. Unless we are willing to stand united in the core truths of God’s Word Satan’s demons can and will bring false doctrines to sow division and lead Christians astray (**I Tim. 4:1** - *The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons.*)

- c. If the enemy begins to bring doubt into your mind go back to the basics of the truth of God's Word.
2. Demonstrate the core of truthful behavior
 - a. This is more than just speaking the truth
 - b. How we live, act, react and behave through the course of the week says more about who we are than 90 minutes in church on a Sunday morning
 - i. **Gal. 5:22-23** - *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*
 - ii. Verse 19 chronicles the lusts (plural) of the flesh but it is the fruit (singular) of the spirit
 1. The flesh is always about individuality and self
 2. The spirit is about unity born out of the first – love

John 8:32 "...Then you will know the truth, and the truth will set you free."

Truth not only enables us to stand by knowing who we are in Jesus

- Truth will bring freedom to our lives
- Freedom from sin that will bind our hearts, our minds, and our lives

Pray for the truth to be known in each person's heart – not man's truth but God's truth.