

“Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God.”
Ephesians 6:10-17

Girding Your Loins?

The Armor of God – The Belt of Truthfulness Ephesians 6

Belts are more of an accessory now, so the idea of girding your loins is somewhat lost. It could be a belt that matches the shoes and purse or a belt that sports the largest buckle, but belts are not a big thing these days, other than for looks. Although, I will admit that belts will be around forever. Do you remember suspenders? They tried to take the place of belts, but now the only place you see them is on clowns.

Brainstorm with me for a bit. What are some of the different ways that a belt can be used?

I am sure there are many more. As a kid I used my belt to pick on my brothers, slap flies, and climb trees. Belts have so many uses. The only use I didn't like was its application to my hind quarters. Memories.

Paul tells us to gird our loins with the belt of truth. His understanding for the use of a belt is a little different from ours. Now take a look at the passage in Ephesians 6. Read verses 10 through 17 and count the number of times Paul uses the word “stand”. Why does Paul make a big deal about standing?

There is a command here that calls us to arms. We are to stand because standing is a position of offense. It is a position of battle or readiness. This may be why he starts with the belt first, because the belt is a piece of armor that denotes readiness. The Roman soldier wore a tunic or outer garment that served as his primary clothing. Since the greatest part of ancient combat was hand-to-hand, a loose tunic was a potential hindrance and even a danger. Before a battle it was therefore carefully cinched up and tucked into the heavy leather belt that girded the soldier's loins. This same belt also held the soldier's sword.

Consider a belt for a moment. When you are wearing a belt there is almost this sense of confidence and readiness. This is more true to the soldier whose battle and life may depend on being ready and confident for battle. There are other times in Scripture where girding was mentioned denoting readiness, strength or confidence.

1. God's instructions to Moses at the Passover - Exodus 12:11
2. Jesus concerning his second coming - Luke 12:35
3. Being girded with might - Psalms 65:6
4. Strengthened for battle - Psalm 18:32
5. Strengthening the mind - 1 Peter 1:18

Girding the loins was a mark of preparedness, and the soldier who was serious about fighting was sure to secure his tunic with his belt.

Alethia means truth.

*“Also righteousness will be the belt about His loins, And faithfulness the belt about His waist.”
Isaiah 11:5*

This wasn't just a belt, but a belt of truth. What do you think Paul was getting at when he said belt of truth?

The belt that girds it all securely together and demonstrates the believer's readiness for war is truth. *Alethia*, translated "truth", basically refers to the content of that which is true. One aspect of truth is the content of God's Word, which is absolutely essential for the believer in his battle against the schemes of Satan. Without the truth of Scripture, as the apostle has already pointed out, we are subject to being "carried about by every wind of doctrine, by the trickery of me, by craftiness in deceitful scheming" (Ephesians 4:14).

Here is a challenge. What was the last thing that you learned about God? Go ahead and write it down, but also include when that was.

Was it awhile ago or just yesterday in your personal time with Him? It is hard to find the time, but we must know the truth and in order to know the truth we must study it.

There is another aspect of *alethia* which refers to the attitude of truthfulness. It is an attitude of readiness and of genuine commitment and the mark of the sincere believer who forsakes hypocrisy and shame. It is a faithfulness and loyalty as seen in Isaiah 11:5.

Paul takes this first piece of the armor to call the believer to readiness in the truth of God's Word and the faithfulness to stand by it.

We are to gird our loins with the belt of truth. Did you but on truth today?

In what ways can you put on the belt of truth in your life? (Example: being more honest with yourself about faults.)

Commit today to put on the belt of truth.

What do you need to do in response to this lesson?
