

Loins Girt with Truth Pt. 2

Joshua Strelecki, Pastor-Teacher

Ephesians / Truth; Armor; Spiritual Warfare; Loins / Ephesians 6:10–20

Scripture Reading

Ephesians 6:10–20

Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

Introduction

- God is the God of truth, He is truth, and He communicates truth
- His environment is truth, His ways are truth, and truth is everlasting
- Stands in contrast error, lie, and deceit
- God of truth, Christ is truth, Spirit of truth

Armor made with hands, armor made without hands

Lexham Geographic Commentary on Acts through Revelation Training and Equipment in the Roman Army

Training and Equipment in the Roman Army

Roman soldiers won so many battles because they were well trained and highly disciplined. They were first and foremost fighting men, and physical fitness was essential. New recruits were drilled in the rigors of running, jumping, climbing over obstacles, and marching. Paul recognized the hard training of Roman soldiers when he wrote to Timothy, “Suffer hardship with me, as a good soldier of Christ Jesus” ([2 Tim 2:3](#)).

Roman soldiers practiced the actual movements they would use in battle. They learned how to march in straight lines, turn from a column to a battle line, open and close ranks, form a wedge to break through enemy lines, and form a circle or “orb” (orbis) with their shields if surrounded by the enemy. One of the most famous of the Roman soldiers’ formations was the testudo, which enabled them to advance slowly with protecting shields on all sides and over their heads. Soldiers practiced hand-to-hand combat with wicker shields and wooden swords to avoid injury. Their constant drill with swords, shields, and spears made the Roman soldiers experts in the art of warfare.

Roman Testudo (Tortoise) Formation

The Jewish historian Josephus lauds the peacetime training for Roman soldiers. He writes:

For their nation does not wait for the outbreak of war to give men their first lesson in arms; they do not sit with folded hands in peace time only to put them in motion in the hour of need. On the contrary, as though they had been born with weapons in hand, they never have a truce from training, never wait for emergencies to arise. Moreover, their peace maneuvers are no less strenuous than veritable warfare; each soldier daily throws all his energy into his drill, as though he were in action. Hence that perfect ease with which they sustain the

shock of battle; no confusion breaks their customary formations, no panic paralyses, no fatigue exhausts them; and as their opponents cannot match these qualities, victory is the invariable and certain consequence. Indeed, it would not be wrong to describe their maneuvers as bloodless combats and their combats as sanguinary maneuvers.

A few paragraphs later, Josephus adds:

This perfect discipline makes the army an ornament of peace-time and in war welds the whole into a single body; so compact are their ranks, so alert their movements in wheeling to right or left, so quick their ears for orders, their eyes for signals, their hands to act upon them ... no wonder that the empire has extended its boundaries on the east to the Euphrates, on the west to the ocean, on the south to the most fertile tracts of Libya, on the north to the Ister and the Rhine. One might say without exaggeration that, great as are their possessions, the people that won them are greater still.

In addition to his weapons and shield, a fully equipped Roman soldier carried about ninety pounds of tools and military gear. Most important was the soldier's helmet, which was made of bronze over a leather skullcap. The helmet had hinged cheek pieces and a curved extension that provided protection for the soldier's neck. Wearing a helmet was a distinct advantage, since their enemies had no such protection. Body armor protected the upper part of the soldier's body, front and back. Strips of metal were secured with leather cords to create something like a vest—with the front and back buckled together, allowing the soldier's arms to move freely. Around his waist, the soldier wore a wide belt with thick leather strips hanging down in front. The belt protected the soldier's groin and thighs while allowing for freedom of movement. Sturdy sandals were especially important for soldiers, who traveled on foot. A legionary wore sandals with thick leather soles and hobnails to help avoid slipping in a muddy and bloody battlefield. Strips were worn inside the sandals during wintry conditions. For protection, Roman soldiers had shields, which consisted of laminated wood covered with tough leather and trimmed around the edges with iron or bronze.

Shields were curved, offering protection not only in front but on the sides of the soldier. The apostle Paul uses the familiar images of the Roman military equipment to teach the Ephesians lessons of spiritual warfare ([Eph 6:10–17](#)).

1. Loins Girt About with Truth

1. with Truth

- Ephesians Context

2. Loins Girt About

i. Loins

ii. Girt

2. The Wile(s) against Truth

Sermon

[Ephesians 6:14](#) “Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;”

1. “with truth”

1. Truth in Ephesians

- [Ephesians 1:13](#) “In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise,”
- [Ephesians 4:15](#) “But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:”

- [Ephesians 4:21](#) “If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:”
- [Ephesians 4:25](#) “Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.”
- [Ephesians 5:9](#) “(For the fruit of the Spirit is in all goodness and righteousness and truth;)”

1. “having your loins girt about with truth”

1. “your loins” - girt about - holds everything else up and together

i. Physical Loins - Spiritual Loins

ii. The Vitality of the Loins

1. Life

- [Genesis 35:11](#) “And God said unto him, I am God Almighty: be fruitful and multiply; a nation and a company of nations shall be of thee, and kings shall come out of thy loins;”
- Generative Power
 - [Exodus 28:42](#) “And thou shalt make them linen breeches to cover their nakedness; from the loins even unto the thighs they shall reach:”
 - Behemoth - [Job 40:16](#) “Lo now, his strength is in his loins, And his force is in the navel of his belly.”

2. Death

- [Deuteronomy 33:11](#) “Bless, Lord, his substance, And accept the work of his hands: Smite through the loins of them that rise against him, And of them that hate him, that they rise not again.”

2. Spiritual Loins

- [Job 38:3](#) “Gird up now thy loins like a man; For I will demand of thee, and answer thou me.”
- [1 Cor. 16](#) - quit ye like men
- [1 Peter 1:13](#) “Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;”
- Where the Spirit works - [Rom. 8](#)

3. Loins without Truth

- [Psalm 66:11](#) “Thou broughtest us into the net; Thou laidst affliction upon our loins.”
- Fear - [Psalm 69:23](#) “Let their eyes be darkened, that they see not; And make their loins continually to shake.”
 - [Jeremiah 1:17](#) “Thou therefore gird up thy loins, and arise, and speak unto them all that I command thee: be not dismayed at their faces, lest I confound thee before them.”
- Strength - [Proverbs 31:17](#) “She girdeth her loins with strength, And strengtheneth her arms.”
 - [Nahum 2:1](#) “He that dasheth in pieces is come up before thy face: Keep the munition, watch the way, make thy loins strong, fortify thy power mightily.”
- Righteousness - [Isaiah 11:5](#) “And righteousness shall be the girdle of his loins, And faithfulness the girdle of his reins.”

- Pain - [Isaiah 21:3](#) “Therefore are my loins filled with pain: Pangs have taken hold upon me, as the pangs of a woman that travaileth: I was bowed down at the hearing of it; I was dismayed at the seeing of it.”
- Cleaves - [Jeremiah 13:11](#) “For as the girdle cleaveth to the loins of a man, so have I caused to cleave unto me the whole house of Israel and the whole house of Judah, saith the Lord; that they might be unto me for a people, and for a name, and for a praise, and for a glory: but they would not hear.”

2. The Wile(s) Against Truth

1. Ignorance - [Romans 1](#); [Ephesians 4](#); [2 Cor. 4](#)

- [Hosea 4:6](#) “My people are destroyed for lack of knowledge: Because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: Seeing thou hast forgotten the law of thy God, I will also forget thy children.”

2. Zeal of God, not according to knowledge

- [Romans 10:2](#) “For I bear them record that they have a zeal of God, but not according to knowledge.”
- [Isa. 29:13](#); [Matt. 15:8](#)

3. Devilish Doctrine

- [1 Timothy 4:1](#) “Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils;”
- [James 3:15–18](#) “This wisdom descendeth not from above, but is earthly, sensual, devilish. For where envying and strife is, there is confusion and every evil work. But the wisdom that is from above is

first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace.”

- Form and no power
- Mind in vanity

4. Devices

- Beguile, bewitched, subtility

1. [2 Corinthians 11:14](#) “And no marvel; for Satan himself is transformed into an angel of light.”

- Old error in new light

2. Question Authority and Embrace Substitutes

- [Colossians 2](#)
- [1 Cor. 6:13](#), [18](#)