

STAND

Stand in Truth and Righteousness

Today, we're looking at the belt of truth and the breastplate of righteousness.

"Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.." Ephesians 6:14

1) Stand Firm with the _____ of Truth

When Paul begins listing the armor of God, he doesn't start with the most impressive or noticeable pieces.

- He starts with something foundational.
- He starts with the often overlooked – the belt.

It was functional.

- It held the tunic in place so the soldier wouldn't trip.
- It supported the breastplate.
- It provided the sheath for the sword.

Everything else was anchored to it. Without the belt, a soldier was vulnerable, disorganized, and ineffective.

In the same way, truth is what holds your spiritual life together. Without the truth of God, you're left stumbling, unprepared, and wide open to deception.

"Sanctify them by the truth; your word is truth." John 17:17

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

Truth is under attack in our world. God's truth isn't subjective or situational. It's eternal and unchanging.

"The grass withers and the flowers fall, but the word of our God endures forever." Isaiah 40:8

"Your righteousness is everlasting and your law is true." Psalm 119:142

You must anchor your life to what is eternally true:

- To the Word of God
- To the person of Jesus
- To the promises He's made

Then you can stand strong no matter what lies the enemy throws your way.

"Jesus answered, 'I am the way and the truth and the life.'" John 14:6

"Every word of God proves true; he is a shield to those who take refuge in him." Proverbs 30:5

If you try to stand without truth, your spiritual armor will fall apart when the pressure hits.

When you buckle on the belt of truth, you're not just believing in a concept. You're anchoring your soul to the One who is Truth Himself.

2) Protect Your Heart with the _____ of Righteousness

In battle, no soldiers would go out without a breastplate. Without it, a single strike could be fatal.

Spiritually speaking, the heart is just as vulnerable. That's why Paul says we need to wear the breastplate of righteousness.

Righteousness is our defense. Righteousness protects our vital organs.

What kind of righteousness?

Scripture shows us there are two kinds that work together:

- Positional Righteousness

This is the righteousness of Christ credited to us at salvation.

- It's not earned.
- It's received.

"God made him who had no sin to be sin for us, so that in him we might become the righteousness of God." **2 Corinthians 5:21**

It comes from Christ's goodness, given freely to you.

You are covered in His righteousness like a bulletproof vest.

- Practical Righteousness
 - This is our daily obedience.
 - This is our response to grace.

Positional righteous will NOT shield you from sins pain. Practical righteousness does.

- It's choosing what's right.
- It's walking with integrity.
- It's resisting compromise.

"Whoever claims to live in him must live as Jesus did." **1 John 2:6**

"Do not merely listen to the word and so deceive yourselves. Do what it says." **James 1:22**

We don't earn God's love by being good. We do guard our hearts by walking in what is good. When we walk in righteousness, by grace and through the Spirit, our hearts are protected from shame, fear, pride, and lies.

"Above all else, guard your heart, for everything you do flows from it." **Proverbs 4:23**

Righteousness is not about being perfect. Righteousness is about relationships.

It's about being aligned.

- Aligned with God's Word.
- Aligned with God's heart.
- Aligned with God's Spirit.

When you're aligned, you're protected. When you're protected, you can stand regardless of what pressure comes.

3) _____ and _____ Work Together

They are deeply connected and mutually reinforcing.

Because what you believe always shapes how you live. What you THINK determines what you DO, and what you DO determines how you FEEL.

When your beliefs are rooted in lies, your life will start to reflect those lies. When your beliefs are anchored in God's truth, your actions begin to align with His will.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
Romans 12:2,

Transformation starts in the mind with truth.

When you renew your mind with God's Word, you begin to discern His will and walk in it.

This is the power of wearing both the belt of truth and the breastplate of righteousness.

- The belt of truth shapes what you believe.
- The breastplate of righteousness shapes how you live.

When those two are working together, your life becomes both anchored and guarded.

That's why he always attacks both truth and righteousness. This is his strategy:

- Twist the truth to weaken your convictions.
- Tempt your righteousness to fracture your witness.

God gives us armor for a reason. He wants us to stand daily – not just once.

"Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching..." Ephesians 4:14,

God's truth gives us stability. Righteousness gives us strength.

When we stand on the truth of God's Word and walk in the righteousness of Christ, we become immovable. Don't just strap on truth and righteousness for Sunday. You need to wear them on Monday, Tuesday, and every day.

They're not just protection. They're formation.

They shape you into the kind of person who can stand firm, no matter what comes.

What Are You Wearing at the Core?

In a world full of pressure, lies, and spiritual conflict, the question isn't if the battle will come, it's when. When it does, what will be holding you together? What's protecting your heart?

We've seen today that standing firm in spiritual warfare starts with what we put on at the core:

- The belt of truth wraps us and gives shape to our lives. It holds everything else together. When you're grounded in the truth of God's Word, Who He is, what He's done, who you are in Him, you're not easily shaken by the lies of the enemy or the drift of culture.
- The breastplate of righteousness guards your heart – your desires, your identity, your affections. This isn't about being perfect. It's about being protected. Christ's righteousness covers you, and your daily obedience reinforces your defense.

Righteousness doesn't earn God's love. It helps keep you standing in the heat of battle.

- Together, truth and righteousness form the foundation of a life that endures. Right belief and right living are inseparable. You can't live rightly without truth. You can't claim truth while living in compromise. That's why preparation matters.

Because in the moment of trial, we don't rise to the occasion, we fall to the level of our preparation. So, how are you preparing? Are you strapping on truth each morning, or are you wrapping yourself in the ever-changing narratives of this world?