



PREPARING FOR BATTLE

“The Belt of Truth” | Elder Mike Tam | February 15, 2026

the evil one wants to destroy you

- the devil (title): “malicious accuser”
- satan (personal name): “adversary”
- murderer
- father of lies, liar, deceiver
- ruler of this world



1 Peter 5:8 (ESV)

⁸ Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.



satan wants to destroy

- Your **RELATIONSHIP** with Yahweh & others
- Your true **IDENTITY** in **CHRIST**
- Your true **PURPOSE** in **CHRIST**



so satan targets

- Your beliefs, values, rationale (thoughts)
- Your likes, emotions, desires (feelings)
- Your needs and attachments

your sinful nature



John 8:44 (NIV)

⁴⁴ You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.



satan uses the following tactics

- lies
- temptation
- manipulation
- pain, suffering, violence from a fallen world
- the messages, pursuits, & ways of the world



HOW WE WAGE VICTORY



Ephesians 6:10-18a (ESV)

¹⁰ Finally, be strong in the Lord and in the strength of his might. ¹¹ Put on the whole armor of God, that you may be able to stand against the schemes of the devil.



Ephesians 6:10-18a (ESV)

¹² For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.



Ephesians 6:10-18a (ESV)

¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. ¹⁴ Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness,



Ephesians 6:10-18a (ESV)

¹⁵ and, as shoes for your feet, having put on the readiness given by the gospel of peace.

¹⁶ In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one;



Ephesians 6:10-18a (ESV)

¹⁷ and take the helmet of salvation, and the sword of the Spirit, which is the word of God, ^{18a} praying at all times in the Spirit, with all prayer and supplication...



Leader: **The Word of the Lord**
Congregation: **Amen! Praise be to God!**



Romans 8:5-6 (NIV)

⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.



Galatians 5:1 (NIV)

¹ It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.



The Armor of God

- The belt of **TRUTH**
- The breastplate of **RIGHTEOUSNESS**
- Your feet sandalled with the **GOSPEL** of **PEACE**
- The shield of **FAITH**
- The helmet of **SALVATION**
- The **HOLY SPIRIT**'s sword: the **WORD** of **GOD**



The belt of TRUTH



John 8:31-32 (ESV)

³¹ So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, ³² and you will know the truth, and the truth will set you free.”



2 Timothy 3:16-17 (ESV)

¹⁶ All scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, ¹⁷ that the man of God may be complete, equipped for every good work.



John 14:6 (ESV)

⁶ Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.”



John 16:13-14 (ESV)

¹³ "When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. ¹⁴ He will glorify me, for he will take what is mine and declare it to you."



Ephesians 4:14-15 (ESV)

¹⁴ so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.

¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,...



2 Timothy 4:3-5 (ESV)

³ For the time is coming when people will not endure sound teaching, but have itching ears they will accumulate for themselves teachers to suit their own passions, ⁴ and will turn away from listening to the truth and wander off into myths.



2 Timothy 4:3-5 (ESV)

⁵ But as for you, always be sober-minded, endure suffering, do the work of an evangelist, fulfill your ministry.



Application & Reflection

1. In what areas of your life are God's ways & truth not higher than your ways & opinion?
2. Recognize how satan is trying to manipulate your thoughts & feelings so you live into flesh & not truth.
3. Stop thinking of the truth just as facts.
Start engaging with the Truth (God) in a relationship.

