

The Belt of Truth

Intro

- **We are continuing our study through Eph 6:10–17 to understand...**
 - How to operate in God's strength, rather than our own

Today's Scripture

Ephesians 6:14 CSB

¹⁴ Stand, therefore, with truth like a belt around your waist...

- **What does a belt do? It holds everything together**
- **In the same way, whatever we accept as “true” becomes an anchor for...**
 - Our thoughts
 - Our emotions
 - Our actions

Our common problem...

- **We prefer to define our own truth**
 - If we like the way it sounds and the way it makes us feel, then we accept it as the truth
 - 2 Timothy 4:3 *“For the time will come when people will not tolerate sound doctrine, but according to their own desires, will multiply teachers for themselves because they have an itch to hear what they want to hear.”*

- Our pride and ego cause us to prefer to figure out truth for ourselves, rather than learn it from others
- We conform to the truth of our culture, to minimize resistance and maximize acceptance
 - *We even accept contradictions between “our truth” and “other peoples’ truth,” to avoid confrontation and appear tolerant*
- **The truth we define for ourselves, isn’t truth at all, and it crumbles when tested**
 - Because our truth is constructed from...
 - *Insufficient experience*
 - *Limited vision*
 - *Incomplete information*

We must accept that real truth comes only from God

- **Jesus said...**
 - John 8:31–32 ...*“If you continue in my word, you really are my disciples. 32 You will know the truth, and the truth will set you free.”*
 - It’s not just any “truth” that sets you free. The truth that you learn from Jesus will set you free. And from what? Sin and lies that imprison you.
 - Luke 6:47–48 *“I will show you what someone is like who comes to me, hears my words, and acts on them: 48 He is like a man building a house, who dug deep and laid the foundation on the rock. When the flood came, the river crashed against that house and couldn’t shake it, because it was well built.”*

- **Only God has...**
 - Sufficient experience
 - Limitless vision
 - All the information
- **Furthermore, God is the author of truth by the very nature of His perfection and power**
 - Psalm 18:30 *“God—his way is perfect; the word of the Lord is pure. He is a shield to all who take refuge in him.”*
 - James 1:17 *“Every good and perfect gift is from above, coming down from the Father of lights, who does not change like shifting shadows.”*

We must reject what we think is true and go to God to learn the truth

- This requires humility and an open heart

Today’s challenge

- **Identify how you may be building your own truth**
 - Do you rely on the lessons of your family of origin, culture, your personal experience and values?
 - Do you rely on second-hand Bible knowledge? Popular Christian sayings? Favorite preachers?

If we can learn to reject our own truth and learn the truth from God...

- We will have less confusion

- We will make wiser choices

REFLECT

Let's take a moment to pray

Ask the Holy Spirit to guide our attention and lead our conversation, helping us see and understand what He wants us to apply in our lives.

APPLY

Process the passage together with these questions:

- How does the function of a physical belt illustrate the spiritual importance of truth in a believer's life?
 - *Why do you think the Apostle Paul lists the Belt of Truth as the very first piece of the Armor of God?*
- Why does "our truth" eventually crumble when it is tested by life's difficulties?
- According to Jesus in John 8:31-32, what role does obedience play in experiencing the freedom that truth brings?

Where we want to "land the plane"

- In a world that encourages us to define our own reality based on feelings and limited perspective, we often find our foundations crumbling under pressure. To stand firm, we must fasten the Belt of Truth by rejecting the shifting sands of cultural or personal truth and humbly accepting God's objective standard. True freedom and stability are found only when we stop relying on our own understanding and build our lives on the solid rock

of Jesus' teachings. By surrendering our intellect and emotions to God's perfect Word, we gain the clarity and strength needed to navigate life's spiritual battles.