
The Belt Of Truth (Holding It All Together)

Keys To Our Spiritual Armory

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Sermon: Keys To Our Spiritual Armory: The Belt Of Truth (Holding It All Together)

Lesson Text

Ephesians 6:14 (KJV) ¹⁴ Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

John 14:1–6 (KJV) ¹ **Let not your heart be troubled: ye believe in God, believe also in me.** ² **In my Father's house are many mansions: if *it were* not so, I would have told you. I go to prepare a place for you.** ³ **And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, *there* ye may be also.** ⁴ **And whither I go ye know, and the way ye know.** ⁵ Thomas saith unto him, Lord, we know not whither thou goest; and how can we know the way? ⁶ Jesus saith unto him, **I am the way, the truth, and the life: no man cometh unto the Father, but by me.**

Introduction

As Paul was apparently looking at a roman soldier and seeing how he was arrayed with an arsenal of weapons (the belt, breastplate, shoes, shield, helmet, and a sword); he envisioned the Christian soldier prepared for battle with his spiritual weapons of warfare:

- The sword of the spirit, the power of prayer, the shield of faith, the breastplate of righteousness, and the shoes of the preparation of the Gospel of peace, the helmet of salvation, and what we will look at today, the belt of truth.

For the Roman soldier, the belt was absolutely necessary because it is what held together all of the other pieces of armor.

The military belt or gird is the first piece of armor mentioned by Paul. Not simply because we must hold the truth, but because the truth must hold us.

Some folklore stories tell of battles won because the enemy soldiers cut the belts of the sleeping army, so when they awoke they couldn't fight because they had to hold their armor together.

We live in a world where truth is just becoming obfuscated. With AI, social media, and political and religious leaders that just lie, and truthers - you don't know what to believe.

John 8: ⁴⁴ **Ye are of *your* father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.**

It is not an ornament, but an armament. Truth is revealed in the Word of God; it is light from heaven and dispels darkness.

Without truth, nothing else matters. It is the belt or gird that holds all the other armor together. We must apply it to our daily lives to get our strength and protection in combat.

Series and Sermon: Keys To Our Spiritual Armory: The Belt Of Truth (Holding It All Together)

(Holding on to your Mind, Holding on to your Liberty, Holding on to Your Life)

I. Holding On To Your Mind (Don't Lose Your Way)

John 14: ⁶ Jesus saith unto him, ***I am the way, the truth, and the life: no man cometh unto the Father, but by me.***

The first thing the belt of truth does is it keeps your mind.

John 14: ¹ ***Let not your heart be troubled: ye believe in God, believe also in me.***

Now Jesus was pre-warning the disciples that they were about to go through a very troubling experience that would shake their very soul. He was about to leave them, and He tells them to not let what's about to happen to throw you, to cause them to lose their heart or mind.

And without the belt of truth, the enemy will engage in Gaslighting your mind – making you think you're crazy.

When your mind becomes troubled with fear, anxiety, anger, or depression, you can lose your way, lose your sense of direction, forget what you're going, or even forget who called you.

The truth is we all go through troubling experiences that try our souls; challenges to faith, questions about your calling, or even the God who called us.

- Psalm 22: ¹ My God, my God, why hast thou forsaken me? *why art thou so far from helping me, and from the words of my roaring?*
- Matthew 27: ⁴⁶ And about the ninth hour Jesus cried with a loud voice, saying, ***Eli, Eli, lama sabachthani?*** that is to say, ***My God, my God, why hast thou forsaken me?***

And if we're not careful, we'll start making permanent decisions based on temporary situations.

Luke 22: ³¹ And the Lord said, ***Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat: ³² But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren.***

Loss, betrayal, hurt, pain, depression, fear, or failure can all cause us to lose it.

But when we have on the Belt of Truth, it holds our minds together when life would destroy it.

Philippians 4: ⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

How do we get this protection, by keeping our minds on Truth!

Isaiah 26: ³ Thou wilt keep *him* in perfect peace, *whose mind is stayed on thee*: because he trusteth in thee.

Philippians 4: ⁸ ***Finally, brethren, whatsoever things are true***, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely,

whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, **think on these things**.

What's true about your God? What's true about your calling? What's true about your testimony? What's true about God's Love? What's true about God's Joy? What's true about God's Peace?

II. Holding On To Your Liberty (Don't Lose Your Truth)

John 14: ⁶ Jesus saith unto him, **I am the way, the truth, and the life: no man cometh unto the Father, but by me.**

The next thing that the best of truth does is it keeps your freedom.

John 8: ³⁶ **If the Son therefore shall make you free, ye shall be free indeed.**

When we accepted Christ, we all became free but some of us were Gaslighted into going back into bondage.

Some were gaslighted into thinking they were still slaves. Some did it to themselves and stayed on the plantation. Others were never told the truth and thought they were still slaves.

Christ made us free from the very moment we accepted Him, but if we are not careful, we can come out of the bondage of the sin and the world, only to fall back into the bondage of deception or ignorance.

Some people are in bondage because of ignorance, they just don't know the truth: 2 Corinthians 2: ¹¹ Lest Satan should get an advantage of us: for we are not ignorant of his devices.

Then some people are in bondage because of deception: Matthew 24:11–12 (KJV)¹¹ **And many false prophets shall rise, and shall deceive many. ¹² And because iniquity shall abound, the love of many shall wax cold.**

But when you have on the Belt of Truth, you don't lose it because you know it.

Psalms 119: ¹¹ Thy word have I hid in mine heart, that I might not sin against thee.

We are not wishing or hoping that we're free, we know that we know that we know we are free.

John 8: ³¹ Then said Jesus to those Jews which believed on him, **If ye continue in my word, *then* are ye my disciples indeed; ³² And ye shall know the truth, and the truth shall make you free.**

And when we get free, we stay free!

Galatians 5: ¹ Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

III. Holding On To Your Life (Don't Lose Your Light)

John 14: ⁶ Jesus saith unto him, **I am the way, the truth, and the life: no man cometh unto the Father, but by me.**

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- We don't lose our mind because we hold on to the truth that keeps us in peace
- We don't lose our liberty because we hold on to the truth because it makes us free
- Finally, we don't lose our life because we hold on to the light of our salvation.

John 1: ⁴ In him was life; and the life was the light of men.

John 9: ⁵ *As long as I am in the world, I am the light of the world.*

Matthew 5: ¹⁴ *Ye are the light of the world. A city that is set on an hill cannot be hid.*

But the enemy is trying to kill our light.

John 10: ¹⁰ *The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have *it* more abundantly.*

He wants to steal the light of your vision and dreams. He wants to kill the light of your calling and your works. And He wants to keep the light of your purpose and destiny.

But when you have on the Belt of Truth, God's light overcomes the world's darkness.

Genesis 1: ¹ In the beginning God created the heaven and the earth. ² And the earth was without form, and void; and darkness *was* upon the face of the deep. And the Spirit of God moved upon the face of the waters. ³ And God said, Let there be light: and there was light.

John 1: ⁵ And the light shineth in darkness; and the darkness comprehended it not.

Ephesians 5: ⁸ For ye were sometimes darkness, but now *are ye* light in the Lord: walk as children of light:

Psalms 27: ¹ The LORD *is* my light and my salvation; whom shall I fear? The LORD *is* the strength of my life; of whom shall I be afraid? ² When the wicked, *even* mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell. ³ Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this *will I be* confident.

Psalms 119: ¹⁰⁵ Thy word *is* a lamp unto my feet, and a light unto my path.

Psalms 118: ¹⁷ I shall not die, but live, and declare the works of the LORD.

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Midweek Study Lesson Plan (Sermon: The Belt Of Truth (Holding It All Together))

Lesson Text

- Ephesians 6:14, John 14:1-6

Sermon Outline

- I. *Holding on to Your Mind (Don't Lose Your Way)***
- II. *Holding on to Your Liberty (Don't Lose Your Truth)***
- III. *Holding on to Your Life (Don't Lose Your Light)***

Questions: (What was your main takeaway from this message?)

I. Getting to Know “Me”

1. Are you a morning person or a night owl?
2. What's one clothing item that you own and will never get rid of even if it becomes outdated?

II. Into The Bible

1. What does it mean to be “children of light” vs. “works of darkness,” and how does truth help us distinguish between them? (Reference: Ephesians 5:8)
2. How do we “wake up” from spiritual slumber and “shine brightly” as light in the world? (Reference Ephesians 5:14)

III. Life Application

1. How does fastening truth to your life steady your thoughts and free you from fear, and which truth from Jesus in John 14:1-6 will you rehearse this week?
2. Since Jesus is the way, the truth, and the life, what step will you take this week to keep your heart guarded by righteousness and your path aligned with His way?