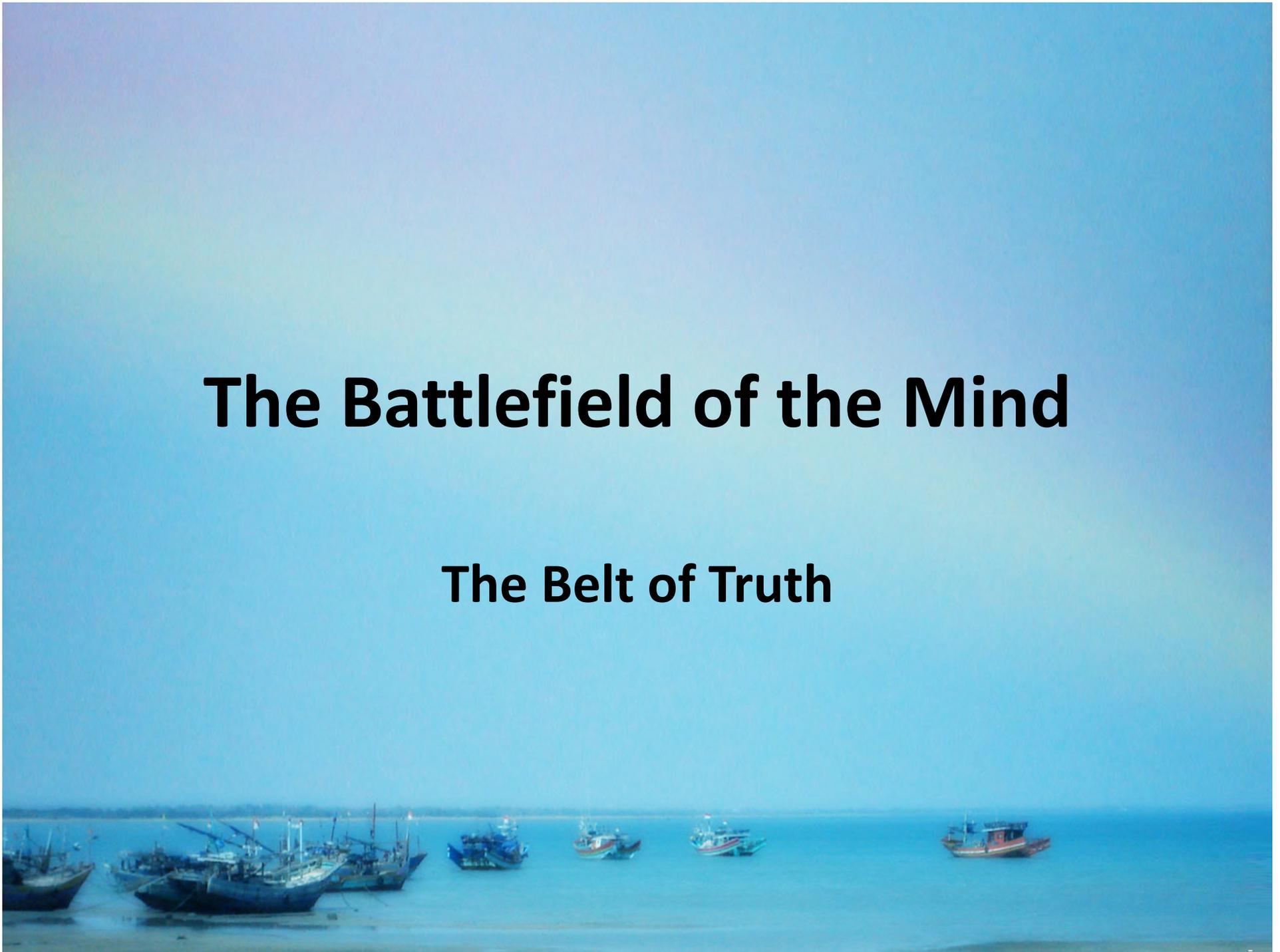


# **The Battlefield of the Mind**

## **The Belt of Truth**



# Introduction/Review

- II Corinthians 10:4 (1237)—last week in our study titled *The Whole Armor of God* we began looking at “the weapons of our warfare” and how they are not carnal.
- Ephesians 6:14-17 (1255)—in these verses Paul identifies six pieces of armor that believers are to “put on.” We studied how believers need to make a conscious decision to put it on or else we will not be able to stand against the wiles of the devil. They include the following
  - Belt of truth—verse 14
  - Breastplate of righteousness—verse 14
  - Sandals of peace—verse 15
  - Shield of faith—verse 16
  - Helmet of salvation—verse 17
  - Sword of the Spirit—verse 17
- Each piece of armor is associated with a spiritual truth or reality. Paul is using physical armor to illustrate spiritual realities. This is doctrinal armor that fortifies the soul and spirit of the believer and provides protection against Satan’s plan of attack.

# THE ARMOR OF GOD

## EPHESIANS 6:10-18

"... Be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes." v. 10, 11

### The Shield of Faith (Eph. 6:16)

Faith is being sure that God will keep His promises. Faith in God protects you when you are tempted to doubt.



### The Helmet of Salvation (Eph. 6:17)

Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

### The Breastplate of Righteousness (Eph. 6:14)

Righteousness is being honest, good, humble, and fair to others. It means standing up for weaker people.

### The Belt of Truth (Eph. 6:14)

Truth keeps us from giving in to the world's beliefs. Compare your beliefs and actions to the truth of the Word of God.

### The Sword of the Spirit (Eph. 6:17)

which is the Word of God. God's Word is our offensive weapon. When we tell others what the Bible says, the Holy Spirit helps people see their bad thoughts and actions, and makes them want to be forgiven.

### Feet Prepared with the Gospel of Peace (Eph. 6:15)

The Gospel of Peace is being right with God and being contented in troubled times. Jesus said peacemakers were blessed.

# The Belt of Truth

- Ephesians 6:14—Paul instructs us to “stand therefore, having your loins girt about with truth.” This first question regarding this piece of armor is what are the loins? According to *Webster’s 1828 Dictionary* “the loins are the space on each side of the vertebrae, between the lowest of the false ribs and the upper portion of the os ilium or haunch bone, or the lateral portions of the lumbar region; called also the reins.”
- In modern times we might call this your mid-section, trunk, six-pack, or core. Anatomically speaking this region of the body is comprised of layers of muscles that allow the body to move from side to side as well as up and down. In other words they are foundational for all body movement.

### Transverse abdominis

Located under the obliques, it is the deepest of the abdominal muscles and wraps around your spine for protection and stability.

### Internal abdominal oblique

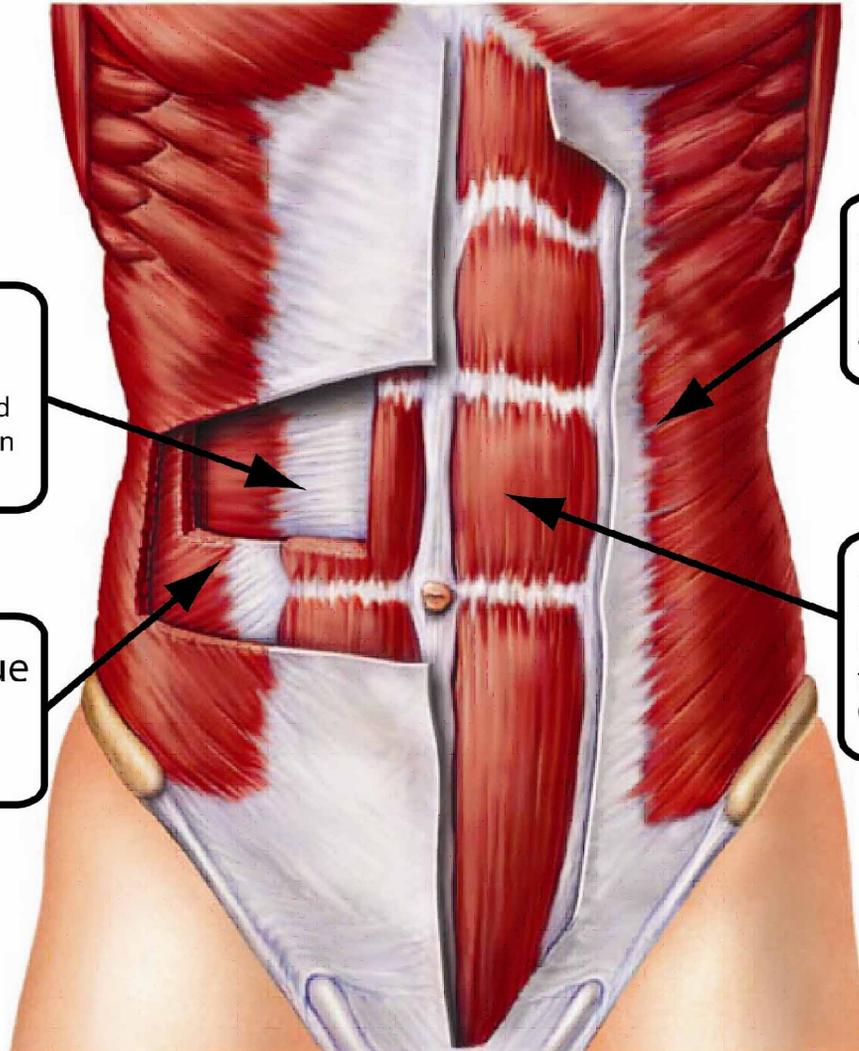
Located under the external obliques, running in the opposite direction.

### External abdominal oblique

Located on the side and front of the abdomen.

### Rectus abdominis

Located along the front of the abdomen, this is the most well-known abdominal. Often referred to as the "six pack."



# The Belt of Truth

- Ephesians 4:14—if someone is going to come and move you off a fixed position you are going to have to engage your core muscles to resist the tension and pressure. Metaphorically speaking, when the winds of doctrine begin to blow you are going to need to engage the core muscles to withstand.
- Why do people wear belts? To keep their garments in place. Weightlifters wear belts to keep everything tightly compressed while they are lifting heavy weights. H.A. Ironside in his commentary on Ephesians comments the typical dress of people in the Mediterranean world in the 1<sup>st</sup> century, “long flowing garments in which he is perfectly comfortable when just moving about at leisure; but if going on a journey or engaged in any kind of conflict, he must draw them up about his waist holding them in by a girdle, so as not to impede his efforts or hinder progress.
- This is why athletes typically wear form fitting clothing they don't want their movement impeded by loose fitting clothing.

# The Belt of Truth

- Ephesians 6:14—much more important than the physical aspects of the belt of truth are the spiritual realities. We are instructed to stand having our loins girt about with truth.
- I Peter 1:13 (1312)—Peter tells his readers to gird of the loins of their mind. Likewise Paul is not primarily speaking about a physical belt that goes about one mid-section because the weapons of our warfare are not carnal. Paul also wants us to girt up the loins of our minds, to fortify our minds with the truth of God.
- II Corinthians 10:4-5 (1237)—the battle is in the mind and thought life of the believer. Our minds need to be girt, cinched, and reinforced with the truth.
- Ephesians 6:14 (1255)—the truth is the most important part of this piece of armor. This of course implies that truth does exist and that it is knowable.

# The Belt of Truth

- John 17:17 (1139)—thy word is truth.
- John 14:6—Jesus Christ is the truth. Truth is not relative, subjective, or individually determined truth is absolute.
- In the context of Ephesians 6 it is safe to say that Paul's general use of the word truth refers to those truths revealed to him for the church the body of Christ during the dispensation of Grace. Paul uses the word truth 50 times in 48 verses, so there are many aspects or categories of the truth we could talk about from the Pauline perspective in the time we have left I would like to talk about three: Paul's gospel, the believer's security, and the believer's hope.
- II Corinthians 11:3 (1237)—remember that the winds of doctrine are designed to corrupt our minds from the simplicity that is in Christ. The winds of doctrine are going to say and do to primary things: 1) complicate matters, 2) cause you to think that Christ is not enough.

# The Belt of Truth

- Galatians 2:1-5 (1242)—the Judaizers were seeking to complicate matters by teaching that the Gentiles that need to be circumcised in order to be justified. In verse five Paul says that he did not give place to that teaching “that the truth of the gospel might continue with you.” What was the truth of Paul’s gospel:
  - Acts 13:38-39 (1166)—we don’t need to keep the law to be justified
  - Ephesians 2:8-9 (1251)—we are saved by grace through faith in the finished work of Christ.
- Galatians 2:14—by removing himself from the gentiles when the men came from James Peter was not walking uprightly according to the truth of Paul’s gospel because he had caused those watching him to think that Christ was not enough but they needed to be religious.
- Ephesians 1:13 (1250), 4:30—the moment you heard and trusted the word of truth you were sealed with the Holy Spirit into Christ.

# The Belt of Truth

- I Corinthians 12:13 (1223)
- I Corinthians 6:11—we already are sanctified in Christ.
- Colossians 2:10 (1264)—the winds of doctrine will blow and try to get you think that what Christ did for you was not enough. What do you do when that happens? Engage the core muscles. Remind yourself that is not who I am. I am complete in Jesus Christ.
- Colossians 1:5-6—the believers hope is in heaven according to the “truth” of the gospel.
- I Thessalonians 1:10 (1267)—our attention and gaze is to fixed heaven word as we wait for his from heaven.
- Titus 2:13 (1284)—Satan would like nothing more than to rob us of our hope by causing to think and function as though we are nation of Israel.

# Conclusion

- “For the loins of our mind to be “girt about with truth” means that first of all our minds are to be occupied with the truth. Just as the belt or cinch would encircle the soldier’s loins surrounding them on all side and firmly gripping them, so also should the word, “the word of truth, “be doing with our minds. Our minds should be encompassed by the word of God. . . Therefore, serious, diligent, and on-going study of “the word of truth” needs to be taking place in our lives.”
- “The primary protection that this piece of the armor affords us against the “wiles” and tactics of Satan’s first line of attack is obvious. With the first line of attack being against the message of God for and about this dispensation, and being bent upon producing doctrinal corruption and a misunderstanding of what God is doing today, the importance of having our “loins girt about with truth” is clear. If we are occupied with “the word of truth” and it encompasses our minds, then we are occupied with the doctrine of the word of God and are not going to be so easily fooled and deceived by things contrary to them.”

