



Tablet of my Heart

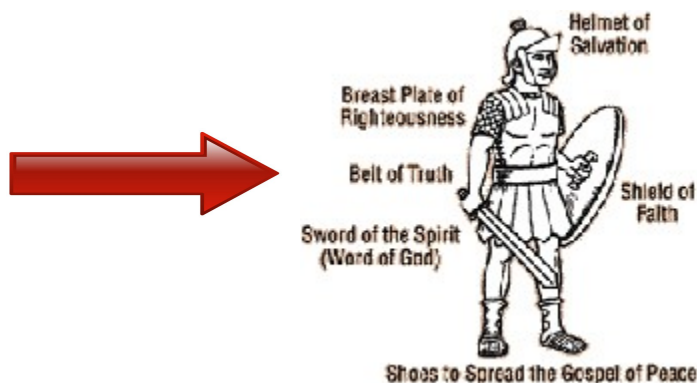
Beth Jones, Christian Wife, Mom, Speaker and Writer

An Overview Of The Armor Of God Part 2: The Belt of Truth by Beth Jones

“Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 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.

“Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.” (Ephesians 6: 11-18, NKJV)

Yesterday (we discussed that as Christians, we are in a spiritual war each day with Satan and that God has instructed us to keep on the armor of God each day. (<http://www.bethjones.net/armor-of-god-article-series/>) I gave you a general overview of the armor, and we discussed how almost the entire body is covered by the armor and the most vital parts of the body are well-protected. Today's article is on the belt of truth. (Image source: <http://www.tgm.org/aogWholeArmor.htm>)



It's interesting that this scripture lists "truth" as the first piece of the armor, indicating its importance. I believe the reason it's first is because the truth is what will set us free. (John 8:32, NLT) It won't do us any good to fight in the battle if we don't even know what or who we're fighting for. How can we fight effectively if we're deceived and don't know what the truth really is?

Are you taking off truth?

The word "girded" in the original language of the scriptures is *perizonnym*. which means to fasten or to be equipped with. If something is fastened, it can also be unfastened. It's your choice and mine whether we walk in God's truth. Every day we make decisions, big and small, and it's up to us whether we obey His word.

The same word for girded, *perizonnym*, is used 8 times in the Greek concordance of the KJV Bible. One of those scriptures is Revelation 1:13, in the letter the apostle John wrote to the 7 churches in Asia. He described his vision of seeing God and Jesus in heaven. Jesus (the "Son of Man") was clothed with a long garment to his feet and *girded with a golden girdle or belt*.

Don't you want to be dressed like Jesus? :) Jesus is our example for everything. He is the way, the truth, and the life; no one comes to the Father except through Him. (John 14:6, NLT) Jesus spoke and lived the truth while He was here on earth. We're to follow His example.



Before makeover



After makeover

What NOT to wear

Have you ever seen the American reality t.v. show hosted by Stacy London and Clinton Kelly, *What NOT To Wear?* ¹A woman is nominated by friends, co-workers, or relatives for the show because she needs "fashion help." (How insulting!) During her surprise visit by the crew, the woman is offered a \$5,000 card for the purpose of buying a new wardrobe. She must turn over her entire wardrobe to Stacy and Clinton, and go by their "rules" (guidelines tailored for her age, body shape, and

¹ What Not To Wear, American t.v. reality show, <http://tlc.howstuffworks.com/tv/what-not-to-wear>

profession). She goes to New York for a week of evaluation, shopping, hair and makeup styling. The transformation with some of the women is incredible.

Well, we as Christians know that we're to "clothe yourselves with love" (Colossians 3:14, NLT), and we know what NOT to wear – Satan's lies and character!

We don't want to be like Satan, who's a liar. "For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies." (John 8:44, NLT)

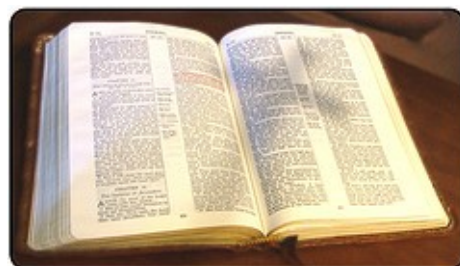
We as Christians are to be children of light, children who walk in truth like our Father, God. I want to be known as a person of truth, don't you? We need to walk in the truth and speak the truth – not words that are lies, half-truths, distortions, exaggerations, etc. Nor words that are unkind. We're to represent God's truth to others so that they, too, can come to a saving, intimate knowledge of Jesus Christ, and spend eternity with God.

Why a belt?

The apostle Paul describes the important armor of God by first talking about...a belt?

"Why, of all things, a belt? He could have started with the mighty sword of the Spirit, the towering shield of faith, the shining breastplate of righteousness—anything but some measly old belt. But he didn't. So that begs the question—why? What was the belt used for in the Roman army? The belt—known as the *cingulum* or *balteus*—played a crucial role in the effectiveness of a soldier's armor. It was the belt that held the scabbard, without which there would be no place to put a sword. Imagine an overzealous soldier, fired up and charging out into battle—but without his belt, and consequently without a weapon! The Nelson Study Bible says from the belt "hung strips of leather to protect the lower body." The Matthew Henry Commentary says the belt "girds on [secures] all the other pieces of our armor." Truth should cleave to us as a belt cleaves to our body."²

I'm afraid all too often that we as Christians charge out ahead without having on the belt of truth. Discussions of politics and religion come to mind instantly. (Sometimes it's best to not say anything at all!) But if we do say something, we need to make sure that we know what we're talking about – that it's true!



2 Series 3: *The Great Teachings Of The Bible and What They Mean For You: The Armor of God*, <http://www.freebiblestudyguides.org/bible-teachings/armor-of-god-belt-of-truth.htm>

How do we KNOW if something is true or not? The Bible is our basis for truth. All truth is found in the Word of God. We can rest assured in its promises, because they last forever!

“The sum of Your word is truth [the total of the full meaning of all Your individual precepts]; and every one of Your righteous decrees endures forever.” (Psalm 119:160)

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.” (2 Timothy 3:16, NLT)

Everything hangs on God's truth!

Again, all the other armor hung on the belt, including the sword. Can you imagine a Roman soldier without his sword – or in modern terms, a soldier without his gun or other weapons?

He wouldn't be able to fight well without it. It would put him – and others around him – in danger. And if a Roman soldier wasn't wearing the belt, he wouldn't be able to carry his weapon(s) to be able to fight. Truth carries the weapons we need in spiritual warfare!

The belt, then, is a VITAL piece of the armor. Everything in our lives and in this world – and beyond - is suspended and hung upon the truth. As Christians, we're to test all things and hold onto only what is good (the truth), like the Bereans who “searched the scriptures daily to find out whether these things were so.”³ Are you searching the scriptures daily to discover and know God's truth?

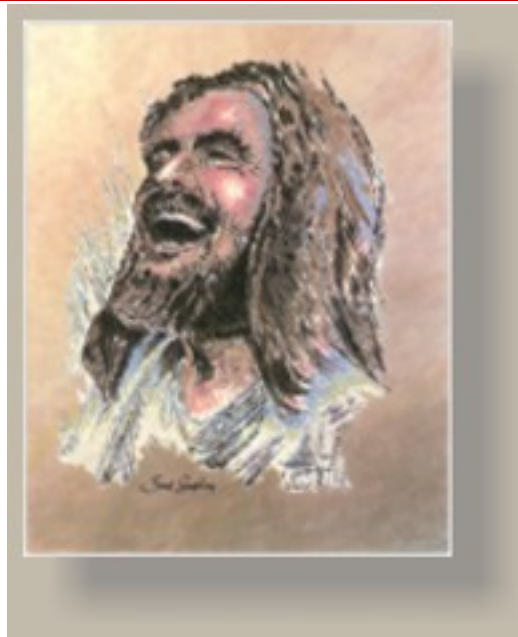
Even as you're reading this article, you should ask yourself, “Is this true?” The Bible is our grid for truth.

Truth makes our faith in Jesus Christ valid. If Jesus wasn't who He said He was, then we're believing a lie and our faith is vain!

“For if there is no resurrection of the dead, then Christ has not been raised either. And if Christ has not been raised, then all our preaching is useless, and your faith is useless. And we apostles would all be lying about God—for we have said that God raised Christ from the grave. But that can't be true if there is no resurrection of the dead. And if there is no resurrection of the dead, then Christ has not been raised.”

“And if Christ has not been raised, then your faith is useless and you are still guilty of your sins. In that case, all who have died believing in Christ are lost! And if our hope in Christ is only for this life, we are more to be pitied than anyone in the world. But in fact, Christ has been raised from the dead. He is the first of a great harvest of all who have died.” (1 Corinthians 15:14-18)

3 Series 3: The Great Teachings Of The Bible and What They Mean: The Armor of God, <http://www.freebiblestudyguides.org/bible-teachings/armor-of-god-belt-of-truth.htm>

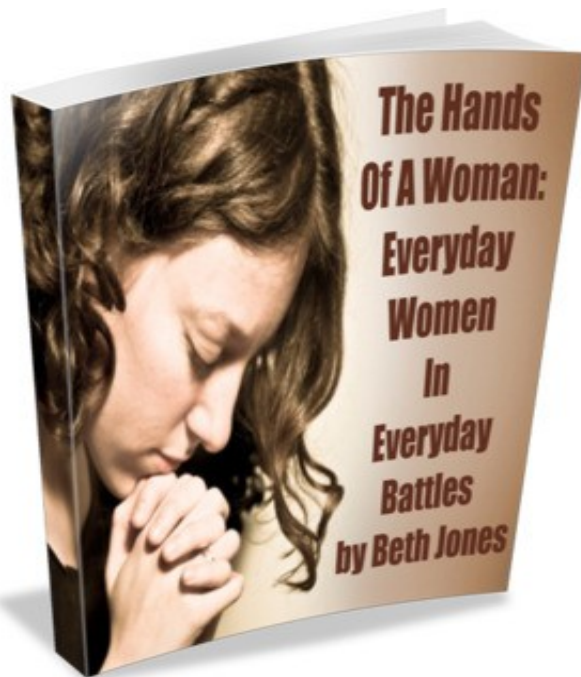


Yes, Christ has been raised from the dead, Christ is coming again soon, and Christ is our hope. His word, His truth, is what we can hold onto today in times that are so uncertain and frightening....yet times that are exciting because “our redemption is drawing near.” (Luke 21:28, ESV)

Ask yourself these questions:

- Do I believe what the Bible says?
- Have I accepted Christ as my Savior and Lord?
- Am I walking in God's truth? Am I obeying His word each day?
- Am I spending time (at least a few minutes a day) in prayer and in God's word daily?
- Am I producing the fruit of the Spirit in my life as a result, growing more like Him?
- Do I speak the truth only? Or do I tend to lie, distort the truth, exaggerate, or hide the truth from others?
- Do I speak the truth in love? Do I speak with kindness and gentleness, even if I have to speak correction or to exhort someone?
- Do I think thoughts of truth – what's true, honorable, right, pure, lovely, admirable, excellent, things that are worthy of praise? (Philippians 4:8, NLT)
- Is my life and everything in it suspended on the truth of God's word – or am I walking my own way?

In the next article, we'll talk about the breastplate of righteousness.



Did you enjoy this article? Do you want to learn more about spiritual warfare? My new ebook, **The Hands Of A Woman: Everyday Women In Everyday Battles**, has eight women's true, inspirational stories of their greatest spiritual battles and shares how they obtained victory through faith in Christ. Right now you can purchase this ebook at **a special 25% discount and complimentary gifts**, when you sign up for my update list here. <http://womensbattles.com/free-report.html>



Beth Jones
<http://www.bethjones.net>
elizabethdjones@gmail.com