



**FIGHT  
THE  
GOOD  
FIGHT**

**Message #6**  
**The Belt of Truth**

## Ephesians 6



10 Finally, my brethren, be strong in the Lord and in the power of His might.

11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil.

## Ephesians 6

12 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.

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.



## Ephesians 6

14 Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace;



## Ephesians 6

16 above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God;



## Ephesians 6

18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints-- 19 and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, 20 for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.



# Be strong

.... in the LORD (not “for”)  
.... in the power of His might

- The power & might of Jesus resisted and overcame the enemy.
- We are being invited to live in this power.
- Tragedy: very few believers walk in this power.





## What are we fighting for?

- The Honor of King Jesus.
- The Harvest of People who are being held captive by the enemy.
- To live Holy lives that honor the King & His Kingdom.

# What are we fighting for?



- To **stand against** the wiles of the devil
- To **wrestle against** principalities, powers, rulers of darkness, spiritual wickedness
- To **withstand** in the evil day
- To **stand** (stand confident, stand strong, stand your ground)
- Not yielding or fleeing, but resisting and pushing back



“put on the whole armor of God”

“Take up the whole armor of God”

- Paul is giving us a way to visualize & memorize some of the blessing we have as followers of Christ.
- Human strength and human skills are not enough.
- We’ve got to upgrade our technology to supernatural grade weapons.

## The Whole Armor

- Belt of Truth
- Breastplate of Righteousness
- Shoes of the Gospel of Peace
- Shield of Faith
- Helmet of Salvation
- Sword of the Spirit
- Prayer

(maybe easier to memorize going from head to toe)



# Put on the whole armor of God

Think of this phrase...

If you put on this armor who do  
you look like in battle?



Ephesians 6:14

Stand therefore, having  
girded your waist with truth

## The Belt of Truth



- Paul starts at the center, the **core** of the warrior and works his way out.
- It **secures** the breastplate, holds the sword, has a hanger for the shield.
- Helps the warrior be **ready** and **confident**.
- The belt helps bring everything **together**.
- This is arguably the most important piece.

## Spiritually Speaking



- The **Truth** is what holds us together.
- Without all this being True – it all falls apart.

**Truth = reality or what's real**

- what is accurate about God and life

## 2 Sources

- Truth is revealed through 2 sources...
  - The Word of God - The Scriptures
  - The LORD Jesus Christ
- This is why the enemy attacks these with lies & doubts.
- If he can get you to let go of The Truth, he knows your life will fall apart.



## Jesus & Pilate

### John 18

33 Then Pilate entered the Praetorium again, called Jesus, and said to Him, "Are You the King of the Jews?" 34 Jesus answered him, "Are you speaking for yourself about this, or did others tell you this concerning Me?"

## Jesus & Pilate

### John 18

35 Pilate answered, "Am I a Jew? Your own nation and the chief priests have delivered You to me. What have You done?" 36 Jesus answered, "My kingdom is not of this world. If My kingdom were of this world, My servants would fight, so that I should not be delivered to the Jews; but now My kingdom is not from here."

## Jesus & Pilate

### John 18

37 Pilate therefore said to Him, "Are You a king then?" Jesus answered, "You say rightly that I am a king. For this cause I was born, and for this cause I have come into the world, that I should **bear witness to the truth**. Everyone who is of the truth hears My voice." 38 Pilate said to Him, "**What is truth**?" And when he had said this, he went out again to the Jews, and said to them, "I find no fault in Him at all.

## What is Truth?

- There is a battle to how this question is to be answered. Always has been. Since Gen 3
- Today's philosophy is...there is your truth, my truth, his truth, her truth...
  - Called Cultural Relativism, situational ethics
  - Can that be true? Can two conflicting ideas both be true? Can all religions be true? Can all ideas be true?
- Certainly not! There is reality and then there is everything else.
  - There is truth and then there are lies.

# Our Conviction

2 Timothy 3:16-17

16 All Scripture is given by **inspiration of God**, and is profitable for doctrine (**teaching**), for reproof (**conviction**), for **correction**, for **instruction** in righteousness, 17 that the man of God may be complete, thoroughly **equipped** for every good work.

- The Word of God holds **everything together**, including us!
- The Word of God is the Truth!

## Psalm 119

(vs 142) Your righteousness is an everlasting righteousness, and **Your law is truth.**

(vs 151) You are near, O LORD, and all **Your commandments are truth.**

(vs 160) The **entirety of Your word is truth,** and every one of Your righteous judgments endures forever.

## Proverbs 3:3-4

Let not mercy and truth forsake you; Bind them around your neck, write them on the tablet of your heart, 4 and so find favor and high esteem in the sight of God and man.

## Proverbs 23:23

Buy the truth, and do not sell it, also wisdom and instruction and understanding.

## Our Conviction

### John 1:14

And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.

### John 14:6

Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me.



# The Belt of Truth holds us together!

- What are our 2 main sources of Truth?