

“GIRD UP YOUR LOINS WITH TRUTH”

Eph. 6:14a

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INTRODUCTION

Paul has told us to “be strong in the Lord” (v. 10); to “put on the full armor of God” so that we “will be able to stand against the tricks of the devil” (11); to recognize that our battle is not against people, but against Satanic forces of wickedness who are attacking us “in the heavenly places” (v. 12); to “take up the full armor of God” so that we will be able “to resist in the evil day, and having done everything to stand firm” (13); and now to “stand firm, having girded our loins with truth.”

Notice that he has already told us **three times** TO STAND, and **two times** to put on the “full armor of God.” Therefore as he now begins to explain in detail the pieces of the armor, he reminds us that:

- 1) We must Stand.
- 2) We must put around us The Belt of Truth.

In relation to our standing, we must *Resist the Devil, not yield to him; Stand in our proper place or rank; and be Alert while standing.*

But, we will never be successful in this effort unless we have *put around us the Belt of Truth.*

I. THEREFORE STAND

A. Resist Satan—don’t yield to him.. (See I Pet. 5:9)

1. We have armor to protect us—why surrender?
2. Our safety is in resisting, not running—our backs are vulnerable.
3. Yielding must be only to God (Jas. 4:7-8).

B. Stand in your Rank.

1. Each of us has an important place. (In your family, church, job, country, etc.)
2. Each of us has an important job to do. (Like Paul told Timothy—give yourself wholly to it.)

“He who does not walk uprightly in his house is a hypocrite at church; he who is not a Christian at work is not one in his closet.”

3. Each must keep in his rank—private, sergeant, lieutenant, etc.

So the husband and wife, parent and child, boss and employee, minister and People, etc.

C. Be alert while you stand

Soldiers often executed for sleeping while on guard.

Satan is always awake and walking his rounds.

Our sleeping time is Satan’s tempting time.

What happened when Samson slept? Noah? Saul? Eutychus?

The Christian life is not easy; the path is narrow.

Our work is too important.

Watch Constantly; Watch Everything

But our standing will be impossible without the BELT OF TRUTH.

II. WEAR THE BELT OF TRUTH.

“Gird up”—explain the process

“Girding the loins” speaks of **preparedness** and **commitment**.

The Roman soldier would not and could not enter into the battle with his tunic flapping in the wind. If he did, his enemy would pull it over his head, and that would be the end of him!

Paul shows us here that the way to be strong and prepared for the battle is to gird ourselves with **truth**.

A, What is the Belt (truth) here?

1. It is not the Word of God objectively—the Bible; **the Word of God is the sword of v. 17.**
2. Nor is it merely sincerity of mind and heart—sincerity can be a mere natural virtue; **this is God’s armor.**
3. It is *truth subjectively considered*—**truthfulness, integrity, and sincerity** in the believer which is based on God’s Word. It is the *assured conviction of what we believe in God’s word—that is truth.*

Similar passages:

See Is. 11:5—Yahweh wears the belt of righteousness.

Is. 59:17—Yahweh wears a breastplate of righteousness and a helmet of salvation.

I Thes. 5:8—Believers wear the breastplate of faith and love, and as a helmet the hope of salvation.

B. Why Should Christians be Assured of Truth?

1. Because false doctrine is deadly (II Pet. 2:1-2)
2. Because impostors are so deceptive (II Pet. 2:3—“false words”; serpent in the garden). Those seduced are “*simple ones*” (Rom. 16:18), “*children*” (Eph. 4:4), and “*unstable*” (II Pet. 2:14).
3. Because truth has a powerful effect upon our whole person—mind, affections, will.

C. How Can Ordinary Believers Attain Doctrinal Certainty?

1. We must fear the Lord—the beginning of wisdom and knowledge.
2. We must learn to distinguish between fundamental and secondary truths.

D. How Can We Become Certain of the Truth?

- A. A sincere aim in embracing truth (John 7:17)
- B. Be active in attending teaching and preaching sessions.
- C. Don’t become a slave to any one person or teacher.
- D. Beware of curiosity or novelty (II Tim. 4:3—itching ears).
- E. Beg God for Certainty of Beliefs (Avoid pride; God is light!)
- F. Don’t be offended by different views held by others.
- G. Don’t Be Content until every truth you hold **controls your heart.**

CONCLUSION—Be a Berean Christian (Acts 17:11) **Prize Truth!**

Don’t think that Leah is Rachel! (That’s what happens when you work in the dark!)

What good is a bag of gold unopened or used? Someone stole and filled with rocks—he never knew the difference!