

## The Belt of Truth Ephesians 6:10-17

### Introduction:

The Armor of God, far from being merely a helpful word picture for children, is intended to be applied for the spiritual battle that is human existence on this broken globe. While the idea of spiritual warfare goes against the secular, materialist view that reality is that which can be tested and measured by the senses, it matches our experiences as believers on earth. Thankfully, God has not left us defenseless or uninformed; rather, he has given us the charge to dress ourselves daily in the armor he has provided for us. He also empowers us to fight the good fight of faith!

For this second week in our new series, Pastor Peter explained a central and significant piece of the armor, the belt of truth. More than just a piece of leather that holds pants up, the belt of truth is an adhesive that holds our sin-fractured hearts together. Truth is foundational, and as we see in **John 17:17**, Jesus clearly said that God's word was truth.

However, we live in a culture that is in a narrative and truth crisis. There is no longer widespread belief in an absolute truth that holds all things together, which leaves people writing their own narratives of truth. While this sounds exciting, the weight of such a task is crushing, since humans were never intended to create the truth but to submit under the truths of the Creator God.

As Pastor Peter pointed out, all sin has its origin in unbelief. Just as in the Garden of Eden, Satan planted a seed of doubting the words of God, our Enemy continues to use that same tactic. In his book *You Can Change*, Tim Chester connects our sinful behavior to a failure to believe the following four truths at a fundamental level.

1. God is great, so you don't have to be in control.
2. God is glorious, so you don't have to fear others.
3. God is good, so you don't have to look elsewhere.
4. God is gracious, so you don't have to prove yourself.

The belt of truth is powerful not because of what it is, but because of whose it is. As we see depicted through Isaiah's prophetic writings in **Isaiah 11:5**, this belt of truth is Christ's. It is already bloodied from the battle in which he secured our victory in this spiritual battle. His Word is tried and true, just as He is. When we secure our lives with the belt of Truth, we are securing ourselves to the good God whose very nature is truth.

### Discuss:

1. When you think of the belt of truth what images or feelings come to heart and mind?
2. How does our culture define truth? How does this differ from the Scriptural concept of truth?
3. Pastor Peter mentioned a powerful question from David Powlison's book *Safe and Sound, Standing Firm in Spiritual Battles*: "Who is fathering you in this season?" Attempt to honestly assess if you are allowing yourself to be fathered by the Good Shepherd or the liar (**see John 8:44**).
4. If all sin has its origin in unbelief, which of the four foundational beliefs do you struggle most to believe? (God is great, God is glorious, God is good, and God is gracious). Give an example of how this struggle to believe leads to sinful actions in your life.
5. **Missional Living**: James gives a powerful contrast between those who are tossed about by every wave and whim and those who are anchored into the truth of God's word. In such a stormy season, how might our being anchored in the absolute truth of God's word be a powerful witness to the watching world?

### Apply:

As we think about the belt of truth this week, we must remember that there is a significant difference between knowing and assenting to something intellectually and an intimate, experiential knowledge. Obviously the former is required to experience the latter. This week, seek to focus on one of the four foundational truths that Tim Chester mentioned. Humbly ask God to help that reality drip that long 18 inches between your head and your heart.

At the end of the week, spend a few minutes looking back over your week and try to connect a few moments of sinful behavior back to the unbelief underneath it! Then take a few minutes to remember Jesus who always and entirely believed the Father!