

“When we really love truth, we love even the unpleasant truths” - G. K. Chesterton

Ephesians 6:14a

Stand therefore, having fastened on the belt of truth,

Q: Why does the armor of God begin with a belt?

A: For the Roman soldier, the belt was a foundational piece of the armor and identified him as a soldier.¹

“Because the sword itself was worn in a sheath, and the sheath was fixed to the belt to carry it, both sheath and belt were seen as belonging to the sword, the three items forming a unit.”²

Ephesians

1:13 *listening to the message of **truth**,*

4:15 *but speaking the **truth** in love,*

4:21 *just as **truth** is in Jesus,*

4:24 *holiness of the **truth**.*

4:25 *Therefore, having put away falsehood, let each one of you speak the **truth** with his neighbor,*

5:9 *goodness and righteousness and **truth**,*

6:14 *Stand therefore, having fastened on the belt of **truth**,*

1 Peter 1:13

Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

Isaiah 11:5

Righteousness shall be the belt of his waist, and faithfulness the belt of his loins.

Truths about Truth

1) What is truth? Truth is what corresponds to reality.

Hebrew – נֶחֱמָה: ‘firm’

Greek – ἀλήθεια: ‘hiding nothing’

2) Why does truth matter?

a. We were made for truth.

John 8:44b

When he [Satan] lies, he speaks out of his own character, for he is a liar and the father of lies.

- b. We all have the capacity to be deceived.

Satan's most effective lies

1. Satan isn't real.
2. Satan is all-powerful.
3. As long as you feel it's right, it must be right.

Psalm 139:23-24

Search me, O God, and know my heart! Try me and know my thoughts! ²⁴And see if there be any grievous way in me, and lead me in the way everlasting!

4. Others probably matter, but not as much as you.

Philippians 2:3-4

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴Let each of you look not only to his own interests, but also to the interests of others.

5. If you can find the right relationship, job, or town, then you'll be happy.
 6. You're good enough without Jesus Christ.
 7. You'll never be accepted by Jesus Christ.
- 3) How should we share the Truth?

- a. Recognize that not everyone understands the truth.

1 Corinthians 2:14 The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned.

- b. Be gentle when helping others see the truth.

Galatians 6:1 Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.

¹ "[T]he main statement of the military belt – that its wearer was a soldier or a veteran." Stefanie Hoss, "The Roman Military Belt – a Status Symbol and Object of Fashion," *Dress and Society: Contributions from Archaeology*, 1st ed. Toby F. Martin and Rosie Weetch eds. (Oxford: Oxbow Books, 2017), 105.

² *Ibid.*, 103.