

# *“Girded with Truth”*

**Ephesians 6:14; 2 Corinthians 4:3-4; 11:13-15**

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## Introduction

- The Power of an Idea
- Our Adversary knows the power of a germinated idea—Genesis 3
  - Genesis 3:4b-5-- *“You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil.”*

## ***Girded with Truth!*—Ephesians 6:14**

- Ephesians 6:14-- *“Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness.”*

### **A. What is “truth”?**

- John 18:37-- *“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.”*
1. “Truth” by definition is, “that which conforms to or accurately describes reality.”
  2. Many today balk at the idea of “absolute truth”, believing that truth is relative.
  3. But biblically, the opposite of absolute truth is not relative truth, but mythology or a lie!
    - Romans 1:25-- *“they have exchanged the truth of God for a lie, and worshiped and served the creature rather than the Creator, who is blessed forever.”*
    - 2 Timothy 4:4-- *“will turn their ears away from the truth, and be turned aside to myths!”*

### **B. What does it mean to be “girding your waist with truth?”**

1. Roman’s soldier heavy metal belt
2. *“Girding your waist or your loins”* means to *“prepare your mind for action”*
  - 1 Peter 1:13-- *“Therefore, gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is brought to you at the revelation of Jesus Christ.”*
  - John 17:17-- *“Sanctify them through thy truth; Thy Word is truth!”*

### **C. Why must we prepare our minds with the truth?**

1. **Because our adversary is a master liar**
  - John 8:44 (NKJV)-- *“You are of your father the devil and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.”*
  - John 8:44 (NIV)-- *“You belong to your father, the devil, and you want to carry out your father’s desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.”*
- a. “No truth in Satan”, that is, he has had a “break with reality”. He’s psychotic!
  - Isaiah 14:13-14-- *“I will ascend into heaven; I will exalt my throne above the stars of God, I will sit on the mount of the congregation, on the farthest sides of the north: I will ascend above the heights of the clouds; I will be like the Most High!”*
- b. Lying comes natural to him! It’s his native language.

2. **Because our adversary seeks to influence our thinking by...**
  - a. **Distorting our view of REALITY so that we LIVE a lie! How does he do that?**
    - 1) **By blinding us to the truth.**
      - 2 Corinthians 4:4-- *"But even if the gospel is veiled, it is veiled to those who are perishing, whose mind the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them."*
    - 2) **By injecting false thinking or ideas into our minds to act upon.**
      - a) All of us talk to ourselves constantly. And we are either telling ourselves the truth or lies.
      - b) Three easy steps in "Misbelief" therapy:
        - (1) Locate your misbelief, the lies you are telling yourself.
        - (2) Remove the lies by arguing against them with the truth.
        - (3) Replace the misbelief with the truth.
      - c) Knowing and believing the truth sets us free.
        - John 8:31-32-- *"If you abide in My word, you are my disciples indeed. And you shall know the truth, and the truth shall set you free."*
  - b. **Distorting our view of THEOLOGY so that we BELIEVE a lie!**
    - 1) Satan sows doctrinal confusion through infiltration.
      - 2 Corinthians 11:13-15-- *"For such are false apostles, deceitful workers, transforming themselves into apostles of Christ. And no wonder! For Satan himself transforms himself into an angel of light. Therefore, it is no great thing if his ministers also transform themselves into ministers of righteousness, whose end will be according to their works."*
    - 2) Satan's "ministers" disguise themselves as "men of the cloth"
      - 1 Timothy 4:1-3-- *"Now the Spirit expressly states that in the latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons, speaking lies in hypocrisy, having their own conscience seared with a hot iron, forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth."*
    - 3) False teachers and preachers today are preaching what is contrary to God's word, sharing a different gospel than the truth.
      - Ephesians 2:8-9 --*"For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works lest anyone should boast."*
      - Titus 3:4-7-- *"For when the kindness and the love of God, our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Jesus Christ our Savior, that having been justified by His grace we should become heirs according to the hope of eternal life."*

## **D. How can we prepare our minds with the truth?**

1. **By saturating our minds with the word of God!**
  - 2 Timothy 2:1-- *"You, therefore, my son, be strong in the grace that is in Christ Jesus."*
  - Ephesians 6:10-- *"Finally, my brethren, be strong in the Lord and in the power of His might."*
  - 2 Timothy 2:3-- *"You therefore must endure hardship as a good soldier of Jesus Christ. No one engaged in warfare tangles himself in the affairs of this life, that he may please him who enlisted him as a soldier."*
  - 2 Timothy 2:11-- *"Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth."*
  - Acts 17:11-- *"they were more fair-minded than those in Thessalonica, in that they received the word with all readiness, and searched the Scriptures daily to find out whether these things are so."*

2. **By evaluating every thought against the standard of Christ and His Word.**

- 2 Corinthians 10:3-5-- *“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”*

3. **By consciously and constantly thinking the truth.**

- Philippians 4:8-- *“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is an virtue and if there is anything praiseworthy—meditate on these things.”*