

## The Belt of Truth

What is holding you together, right now? The answer to that question could reveal “your truth”. In Ephesians 6: 10-14, Pastor Mike takes a deeper look at the first piece of armor given to us, as God’s children. “Stand firm then, *with the belt of truth* buckled around your waist.”(Eph. 6:14a) This belt of truth holds everything together in our fight to stand firm in the Invisible War against Satan and his lies.

Looking at Old and New Testament passages, Pastor Mike leads us to understand that the belt of truth is a symbolic description of Christ and His Word. Satan hates the Truth, both Christ and His Word. As the deceiver, his war on Truth has been from the beginning. Starting with seeding doubts and distorting the truth God told to Adam and Eve, Satan questions, “Did God really say?” (Genesis 3:1) Adam and Eve were deceived by Satan, but Christ was not. When Satan came to Jesus in the wilderness and tempted him to redefine truth for himself, he stood the test, using God’s Word as his immovable foundation. God’s Truth held his world together and Satan did not succeed. Christ not only is our Truth, he exemplified how to use God’s Word, as the crux of our spiritual armor against the devil’s schemes.

The belt had a pivotal purpose in the armor of a soldier. It was the piece that held everything else in place. Without it the soldier would be at a great disadvantage, easily tripping over his outer garments and gear.

But the belt had to first be fastened in place so that the rest of the armor could be useful.

Pastor Mike ended his message with 5 practical questions to ask ourselves as we seek to live with Christ as our Belt of Truth:

1. Does what I am about to say or do honor Christ as Lord?
2. Does the choice I am making now help me to flee from temptation and sin?
3. Is what I am doing, saying or choosing right now drawing me toward Christ in love and worship?
4. Will others be encouraged to love and pursue Christ more or less by what I am doing and saying?
5. Am I leaning on my own understanding or waiting for God’s?

Colossians 1:17 describes Christ as, “before all things and in him *all things hold together.*” When we accept Christ and His Word as our Truth, He becomes our first and final say in the choices we make. We begin to understand that He is the One holding us together. He is our Belt of Truth. In our invisible war with the enemy, we are helpless without Him.

### Reflections

1. Jesus said to his disciples, “I am the way, the truth and the life.”(John 14:6) How did Christ’s experience in the wilderness, withstanding Satan, put flesh and blood to each of these qualities? (the way, the truth, the life)
2. Using question # 4 from the list above think of a time this past week when something someone has said or done has drawn you to Jesus. What was it? How did it have that effect?