

# STANDING ON TRUTH

June 2, 2024

Stand firm then, with the belt of truth buckled around your waist  
Ephesians 6:14 NIV

The belt of truth is the first element in a believer's armor against evil. The idea of truth as an absolute - as being constant and unchanging - is becoming less and less popular. However, the Word says God is the same yesterday, today and forever. If something is true, it is true for all people for all time in all places.

2 Timothy 4:3 NASB 1995 For the time will come when they will not endure sound doctrine; but wanting to have their ears tickled, they will accumulate for themselves teachers in accordance to their own desires.

Man alters the word of God to fit His own belief system, putting himself above God, and making himself "god". This is catastrophically dangerous for the so-called "teachers" of God's word, as well as those who would follow this type of teaching.

John 8:44 NIV You belong to your father, the devil, and you want to carry out your father's desires. 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.

Titus 1:15-16 NIV To the pure, all things are pure, but to those who are corrupted and do not believe, nothing is pure. In fact, both their minds and consciences are corrupted. <sup>16</sup>They claim to know God, but by their actions they deny him. They are detestable, disobedient and unfit for doing anything good.

2 Thessalonians 2:9-13 ESV The coming of the lawless one is by the activity of Satan with all power and false signs and wonders, <sup>10</sup> and with all wicked deception for those who are perishing, because they refused to love the truth and so be saved. <sup>11</sup> Therefore God sends them a strong delusion, so that they may believe what is false, <sup>12</sup> in order that all may be condemned who did not believe the truth but had pleasure in unrighteousness. <sup>13</sup> But we ought always to give thanks to God for you, brothers beloved by the Lord, because God chose you as the firstfruits to be saved, through sanctification by the Spirit and belief in the truth.

If we, who call ourselves "followers of Christ", don't know what is True, how can we effectively share the Gospel of Jesus? Without the solid foundation of Truth, how can we be defenders of Truth? If truth is defined by personal opinion versus God's inerrant truth in scripture, society will deteriorate, as we are currently experiencing.

"The Ten Commandments is the greatest list of instructions ever devised for creating a good society. But such a society cannot be created or maintained if it is not based on truth." -Dennis Prager

Psalms 119:142 NASB1995 Your righteousness is an everlasting righteousness, And Your law is truth.

## 1. What is the truth?

Short answer: **God is Truth.** It is His nature. Truth transcends all cultures, truth never changes, it cannot be affected by feelings, it is absolute and factual, and truth is knowable by all of humanity. These attributes describe the God of the Bible. Jesus Christ and the Word of God represent absolute truth, goodness, beauty, righteousness, joy and peace.

1 John 5:20 NIV We know also that the Son of God has come and has given us understanding, so that we may know Him who is true. And we are in Him who is true by being in his Son Jesus Christ. He is the true God and eternal life.

John 14:6 NIV Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

John 17:17 NASB 1995 Sanctify them in the truth; Your word is truth.

## 2. Why does Paul refer to truth as a belt?

The belt is where Roman soldiers stored their weapon – without a belt, they could not carry a weapon! For Christians, God's Word is truth, and it serves as our foundation. Just as a belt is worn close to the body, we should hold God's truth close to us and allow it to surround us. When we remain in His Word, we can distinguish what is true from what is untrue. Truth corresponds to reality.

2 Tim 3:16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.

### 3. The Bible reveals how the truth can change lives.

- “The truth will set you free” John 8:31-34 NIV

Sin is a weight that can entrap us and prevent us from following the life that God intended for us. The author of Hebrews described it in terms of a race: Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us. (Hebrews 12:1)

The truth of God’s Word only brings us freedom when it is coupled with action: Therefore, ridding yourselves of all filthiness and all that remains of wickedness, in humility receive the word implanted, which is able to save your souls.

<sup>22</sup> But prove yourselves doers of the word, and not just hearers who deceive themselves. <sup>23</sup> For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; <sup>24</sup> for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. <sup>25</sup> But one who has looked intently at the perfect law, the law of freedom, and has continued in it, not having become a forgetful hearer but an active doer, this person will be blessed in what he does. (James 1:21-25 NASB)

- The truth allows you to be prepared

In Jesus’ day, the belt allowed a man to gather up his robe and tuck it in for swift movement. Being grounded and girded in the truth does the same for a Christian. The belt of truth offers us freedom of movement in difficult situations. We can rely on God’s truth to show us what is right and what is wrong, and then act accordingly.

1 Peter 1:13 NIV Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.

Luke 12:35-36 NIV “Be dressed ready for service and keep your lamps burning, <sup>36</sup> like servants waiting for their master to return from a wedding banquet, so that when he comes and knocks they can immediately open the door for him.

- The truth guides you on to safe paths

Being girded with the belt of truth helps us to see past the deceptions of the enemy and focus on the safe path provided by God. What better defense can there be than following the safe and rewarding path?

John 17:17 Sanctify them by the truth; your word is truth.

Psalms 119:105, 130 “Your word is a lamp to my feet and a light to my path”. <sup>130</sup> “The entrance of Your words gives light; it gives understanding to the simple”.

The belt of truth is designed to encircle us and hold other elements of our spiritual armor. As a support for the scabbard that holds our sword - which is the Word of God - it protects us and keeps us safe. Are you wearing the belt of truth?

When God spoke of the historic nation of Israel, He used a belt for illustration: “For as the sash clings to the waist of a man, so I have caused the whole house of Israel and the whole house of Judah to cling to Me,” says the LORD, “that they may become My people, for renown, for praise, and for glory; but they would not hear”. (Jeremiah 13:11)

The ancient nation of Israel had a choice: to be encircled by the truth of God’s Word, or reject His truth and embrace the deception. They chose poorly, and their nation fell to pieces as a result. But that wasn’t just a decision for Israel - it’s a choice we each have to make. Putting on the armor of God means dedicating ourselves to God’s perfect and eternal truth, and trusting Him to guide our steps along the way.

All truth is God’s truth. In a world full of relativism, lies, and half-truths, it’s good to know that God’s absolute truth exists. To embrace God, as revealed in Jesus Christ, is to embrace truth. Will you put on the belt of truth?

Philippians 4:8 NIV Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.