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|  | By **Martha Rodman** on June 19, 2025 |

*Stand therefore, having girded your waist with truth....Ephesians 6:14. NKJV*Our Life Group has been studying the book of Ephesians. It is such an encouraging and yet challenging book to try to apply. Most of us were looking forward to Ephesians 6. We were eager to explore the exhortation to "*put on the whole armor of God, that you may be able to stand against the wiles of the devil.*" We finally made it this week. I have been studying the belt of truth for several days. I am even more convinced why it is such an important and foundational part of our armor.If we don't know the truth, then we are in danger of believing a lie. It is that simple. Unfortunately, there are people who prey on others by propagating lies, we call those scammers. My friend confessed to me the other days, she was a victim of a internet scam. She believed the lies they told her and lost money. Money she really couldn't afford to lose. It is God's intention that every believer know the truth, so they can be set free. Satan is the original scammer. He tries to scam us out of anything He*Jesus said to the people who believer in him, "You are truly my disciples if you remain faithful to my teaching. And you will know the truth and the truth will set you free. John 8:31-32. NLT. "* I know this is obvious. The only way we will know the truth to gird ourselves with is to "know the truth". This belt is a defensive weapon, covering our most sensitive parts. Paul's example of what Roman soldiers wore to battle is significant. The belt they girded themselves with was more than just a piece of leather that surrounded their waist. It had a piece of leather than hung down over their private parts. They used their belt to hang their sword and other tools. The whole armor works together for our good. We are focusing on the belt of truth. However, it also works together with the other parts. These include the Sword of the Spirit.Knowing the truth protects us. It causes us to grow and mature as believers. *Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like truth. Instead we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. Ephesians 4:14-15. NLT.*This is God's desire and plan for every believer. Oh my friends, *do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.*No one else can put on the belt of truth for you. This is something we are all called to do for ourselves. The body of Christ needs each of us to grow and mature into godly men and women. We can't do that unless we know God's truth. I think that is why Satan tries to distract and deter us from even reading the Word.God's truth: what do you know? What do you believe? I have grown in the Lord and His ways. I now recognize that the truths I know and believe truly function as a weapon. Head knowledge is a place to start, but it is when this head knowledge moves to experience and heart knowledge that it becomes the most effective. I believe the Holy Spirit leads, guides and teaches us lessons that help our head knowledge become heart knowledge. For example: Is God good? Yes! I not only know that face, but I now believe it with every fiber of my being. Does God love and accept me? Yes. Satan may try condemnation, guilt, and shame. However, when I go back to the truth of my salvation, they can't hinder me. So I would ask you to ponder, "what are the truths you stand on?" Remember David would not use Saul's armor, because not only was it too big, he hadn't tested it. The weaponry we use is the weaponry we trust.These are very basic concepts, but my friends, I think we need to be reminded of them. I sense an increase in activity in the spirit realm. God's people are being harassed by oppression and depression. The enemy is trying to isolate, condemn, and steal the joy and hope from God's body. When we protect ourselves with the truth, his schemes can't sabotage us. Remember: *All scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip us to do every good work. 2 Timothy 3:16.* I urge you to make a decision today to read and study God's Word every day. We can't walk in the truth, till we know the truth.*Father, thank you for your Truth. Thank you we can trust your truth no matter what we feel like. Help us to grow in your ways. Let us not be afraid to allow your word to prepare us and equip us to do the work you want us to do. In Jesus' Name, amen.* |

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