

Held Together by Truth

Stand therefore, having girded your waist with truth. ~ Ephesians 6:14a

Discover the Context
Ephesians 6:10-20



In today's *Dig Deeper* reading from Psalms, what are the problems that the author is facing? What truths does he speak to himself in verses 5, 11, and 14-16?



“Where we have listened to, dwelt on, believed, and acted on lies, we must begin to listen to, meditate on, believe, and act on the truth. That is how we will move from bondage to freedom, by the power of the Spirit of God.”
~ Nancy Leigh DeMoss
Lies Women Believe



Have you ever heard someone say that doctrines divide Christians? Do you agree or disagree? Why? In what ways are doctrines important to Christians? How should you respond when other believers may hold to different doctrines from yours? What can you be doing to help yourself and others know God's truth more?

This week we're going to look at the armor of God. These seven pieces are not literal armor or clothing that Christians wear. Rather, they are important things or activities that we should do daily to remind ourselves of the gospel and prepare ourselves for battle with Satan and the world's philosophy.

The first one is to gird your waist with truth. You might think that a belt is the last thing to put on to hold your clothes together, but first-century workers or soldiers would use this to tuck up their undergarments so that they could run or work unhindered. In other words, truth is what keeps us from tripping or falling. It holds us together. It's what helps us make sense of everything else.

This summer there are daily challenges and attacks upon you. It is vital to learn how to fight back with truth. Sound doctrine is not just something that you learn—it is also intended to be used. Truth is practical and functional. Sadly, many Christians learn lots of truth, but rarely apply it in the moments that matter.

For instance, what if it starts to rain when you planned a great outdoor activity? The truth of God's sovereignty over the weather should remind you not to complain (Psalm 135:5-7). What if you keep struggling with guilt over an area of sin? The truth of justification in Christ should remind you that the punishment for this sin has already been paid by Christ (Romans 5:1). What if you have a hard time getting along with a very annoying person? The truth of indwelling sin should remind you to take the beam out of your own eye before you look at the speck in someone else's eye (Matthew 7:1-6).

In some ways, each of the other parts of the armor are highlighting a specific truth to be reminded of daily. The problem is that, in the heat of the moment, we forget the truth and believe the lie.

Be familiar with your particular weaknesses. Acquaint yourself with the truth of God's Word that speaks to your weaknesses. Use it. [JCR]