



246



THE ARMOR OF GOD

Lesson 2— The Belt of Truth

Review:

1. There is a battle between good and evil, and I am the prize
2. What are Satan's 2 goals? (keep people out of heaven & keep people from glorifying God)
3. So, what can Satan do to the Christian? (tempt you from the outside)

Therefore, we must prepare ourselves for this spiritual battle.

Paul starts by giving 3 items that we are to be prepared with before even going into battle. While all 3 of these are similar, they each serve an important role. We start with the first, and what would seem as insignificant, part of the armor.

I. What Was the Roman Belt?

-You would think it was something cool for protection or to hold all the weapons, but it was actually something quite simple. But, without it, the battle would be tragic.

- A. The soldiers wore a long piece of material (tunic) with a hole in the middle for their head. The tunic would hang down and would prevent them from taking big steps or bending down.
- B. The phrase "GIRD up your LOINS" (what older translations use instead of "belt around your waist") came to mean pulling up the tunic up and tucking it in around your waist.

*this way you could move FASTER and easier

-show example using tape for belt

- C. The belt would hold your "loins" or the excess material in place.

Question: If you were in battle and your "loins" weren't "girded", what would happen?

*In the "spiritual life", there are things that cause us to "trip" and not move at "full speed".

II. What Causes Us To "Trip Up"?

- A. The most common area that causes us to "trip up" is our MIND

-Example: Our minds will direct our actions (story of little David scared to break the rules)

***1 Peter 1:13-16** ~ *Therefore, with your minds ready for action [or gird up the loins of your mind], be serious and set your hope completely on the grace to be brought to you at the revelation of Jesus Christ. As obedient children, do not be conformed to the desires of your former ignorance. But as the One who called you is holy, you also are to be holy in all your conduct; for it is written, Be holy, because I am holy.*

- B. Satan wants us to think small, "harmless" things to slowly get a grip on us...

1. This is a stupid rule/law of God
2. This isn't applicable to me today
3. This isn't clearly and word-for-word in the Bible
4. I'm only thinking about it, I'm not doing it

*Think about movies when the bad guy is chasing the good guy. What always happens? (good guy falls down) Yep, you might recover from the first trip with just a few scrapes, but at any point, the enemy will catch you.

*Remember, just because Satan puts something before us that we shouldn't think about doesn't mean that he made us. It is OUR CHOICE on what we do with the temptation.

*Discuss Adam & Eve

III. How to Gird Up Your Loins with TRUTH

-God's truth is what holds everything together

Question: Why do you think it is important to have our minds prepared with truth before we are tempted?

A. Test things to see if they match SCRIPTURE (**I John 4:1; I Thess. 5:21-22**)

1. remember, if you have God's Word HIDDEN in your heart, you will know
2. God's Spirit will also guide you

B. Test to see if it is the FULL truth or a partial truth

Question: What was Satan's strategy? Where did Adam & Eve go wrong? Is this still applicable?

C. When you discover a lie or a partial truth, choose to AVOID it and then FILL your mind with the things of God (**Philippians 4:8**)

Ask Yourself: What things put thoughts in my mind that are apart from God? What you listen to? What you watch? Who you hang around? Am I willing to take drastic measures to not allow Satan a victory in my life?

Ask Yourself: What are some practical things you can do to help keep your mind on the things of God?

Quote from Charles Stanley from "When the Enemy Strikes": *"When you are faced with a decision, an evaluation, a choice, an option, your first thoughts become, 'Is this in line with God's Word? Am I being presented with the whole truth? Does this in any way violate or contradict my relationship with Jesus as my Savior? Does this conform to the truth of God's love?' It is in this way that truth, based on God's Word, becomes the filter for every decision, every relationship, and every choice. Eventually these thoughts aren't even conscious- they are INSTINCTUAL."*

VERSE FOR THE WEEK



Philippians 4:8 - Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things.