

**AGAPE HOUSE OF WORSHIP  
WEDNESDAY BIBLE STUDY**

**Topic: Gird Yourself with Truth**  
**Text: Ephesians 6:14**

**Wednesday, February 5, 2025**  
**Facilitator: Minister Hephzibah Akintobi**

**Scripture:**

*Ephesians 6:14a NIV*

*[14] Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, Mathew 4:1-11 ...It is written.*

**INTRODUCTION**

**What is Truth?** Truth is the absolute standard by which reality is measured. Every man acts/ reacts based on the truth they believe in. For sons of God, **Truth is God's view on any subject.** God only functions in the realm of truth. If you want to see victory in any matter, you have to see it based on God's truth.

**Historic Context: Belt in Roman Armor** – In ancient Roman times, soldier's wore a belt or girdle around their waist to secure their armor and clothing. It secured the soldier's tunic and supported the sheath for his sword. Without it, the soldier would be unprepared for battle. The hold every Armour together.

**Jesus the Truth and the Belt of Truth**

Jesus is the Truth – In John 14:6, Jesus declares, "I am the way, and the truth, and the life. This means truth is not just a concept but a person—Jesus Himself. He embodies God's ultimate reality, integrity, and faithfulness. Similarly, truth (Jesus) holds everything in our spiritual life together, giving stability and readiness.

What is the Belt of Truth?

The Belt of Truth is the truth of God's Word, which is:

1. Absolute: God's truth is unwavering and unchanging, providing a solid foundation for our faith.
2. Authoritative: God's Word is the ultimate authority, guiding our thoughts, words, and actions.
3. Powerful: The truth of God's Word has the power to transform our lives, setting us free from sin and deception.

*Question: What is the difference between the worldly truth and God's truth? James 1:17*

*Question: What does "fasten the belt of truth" mean?*

1. Secure your foundation: Ensure that your faith is firmly grounded in God's truth.
2. Prepare for battle: Recognize that spiritual warfare is a reality and prepare yourself to face the action.
3. By fasten the belt of truth—embracing Jesus as the truth which equipped us to stand firm in spiritual battles. Tighten your resolve to stand firm in your faith, resisting the Enemy's attempt to deceive you.

**Truth as the Foundation of the Believer's Life**

The Foundation of a Believer's life refers to the core beliefs and principles upon which our faith is built.

***Jesus is the Savior -Foundation of Truth***

- Jesus is not just a teacher of truth; He is truth itself. This means that knowing and accepting Jesus as personal Lord and savior and following him is the only way to build a solid foundation in life. He is the only foundation we must build on. Have you given your life to Jesus? Romans 10:10, John 14:16, 1 corinthians 3:11, Matthew 7:24-25

***The Word of God as the Source of Truth***

- God's Word is the absolute truth that cleanses, strengthens, and guides believers. John 17:17, Psalm 119:160.

**Every part of God's Word is true and eternal. It is not influenced by culture or time but remains the believer's ultimate standard.**

***The Holy Spirit Leads Believers into Truth***

- God's Spirit teaches and confirms truth in our hearts, making it our foundation for discernment John 16:13

- The Holy Spirit helps believers understand, remember, and live by God's truth. Relying on the Spirit keeps us from being led astray. 1 John 2:27

### **How does Knowing God's truth help combat lies and deception?**

Mathew 4: 1-11 Jesus' temptation.

Deception thrives when people are disconnected from the truth of God's Word. Truth is lasting, while lies and deception are temporary and ultimately destructive.

- Truth Exposes Lies: God's Word as the ultimate standard of truth, serves as a light, allowing believers to recognize and reject deception. John 8:32 "Then you will know the truth, and the truth will set you free." Psalm 119:105
- Protects Against the Enemy's Deception
  - Satan is the father of lies (John 8:44), but God's truth serves as armor against his schemes. Ephesians 6:14, "2 Corinthians 10:4-5 , Matthew 4:4
- Truth renews our thinking, making us resistant to falsehood.
  - Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Colossians 2:8
- God's truth builds discernment to distinguish between right and wrong.
  - Hebrews 5:14 – "But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil." 1 John 4:1
- Discernment Against False Teachings– Knowing Scripture helps distinguish between truth and deception. 1 John 4:1– "Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world." Colossians 2:8 , 2 Corinthians 10:4-5
- Living in truth leads to peace, confidence, and freedom from fear. Isaiah 26:3 – "You will keep in perfect peace those whose minds are steadfast, because they trust in you." Philippians 4:8

### **How does knowing and living on God's truth bring stability to life?**

Living in truth means submitting to Christ's teachings and allowing them to transform us. This brings stability to life in several ways.

- When we build our lives on God's truth, we stand firm despite life's uncertainties. Matthew 7:24-25, Isaiah 40:8
- Brings inner peace, wisdom, and guidance even in difficult times. Isaiah 26:3 – We have this hope as an anchor for the soul, firm and secure."
- Provides direction and wisdom for life's decisions. Psalm 119:105. Gives Us Eternal Hope. Hebrews 6:19 – "
- Helps recognize and resist falsehood, leading to spiritual freedom. John 8:31-32 – "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."
- Reminds us that He is our refuge. God's Truth Provides Strength in Trials . Psalm 46:1-2 – "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea."

### **Practical Application: How to Live in Truth Daily**

1. Seek Jesus daily – Make your relationship with Christ your foundation (John 14:6).
2. Read and study God's Word – Know Scripture to discern truth from lies (Psalm 119:160).
3. Pray for the Holy Spirit's guidance – Allow Him to lead you into truth (John 16:13).
3. Walk in integrity – Speak and live truthfully in all areas of life (Ephesians 4:25).
4. Reject falsehood and deception – Stand firm against worldly lies (2 Corinthians 10:5).

### **CONCLUSION**

Just as a belt secured the armor of a Roman soldier, Without truth, everything else in our spiritual walk – our faith, righteousness, and the Word of God – would lack stability. We must understand that winning this battle is on the Truth term not lies and deception.

