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The Belt of Truth
6: 14a

The belt of truth DIG: How was the belt of the Roman soldier and the belt of the High Priest similar? Dissimilar? What happens when the mind is renewed to God's truth?

REFLECT: How does the belt of truth help you stand against the Devil's schemes? From being carried about every wind of doctrine, by the trickery of men, and by craftiness?

**Buckled with the belt of truth means being renewed in the mind,
in order to prove that the will of God is good and acceptable and perfect.**

The Roman soldier always wore a tunic, an outer garment that served as his primary clothing. It was usually made of a large, square piece of material with holes cut out for the head and arms. Ordinarily it draped loosely over most of the soldier's body. Since the greatest part of ancient combat was hand-to-hand, a loose tunic was a potential hindrance and even a danger. Before a battle it was therefore carefully cinched up and tucked into the heavy leather **belt** that went around the soldier's **waist**.



Stand firm then, have the belt of truth (Greek: *aletheia*) **buckled around your waist (Ephesians 6:14a). The belt** that went **around** the soldier's **waist**

and demonstrates the believer's readiness for spiritual warfare is **truth**. The content of **God's truth** is absolutely essential for the believer in his battle against the schemes of Satan. Without knowledge of biblical teaching, **he** is, as **the apostle** has already pointed out, subject to being **carried away by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming (4:14).** In **his** first letter to **Timothy**, **Sha'ul** warns that **the Spirit explicitly says that in later times some will fall away from the faith, paying attention to deceitful spirits and doctrines of demons (First Timothy 4:1).** The **doctrines of demons** taught by cults and false religions have their origin in the **deceitful spirits** that in **Ephesus, Paul** calls **rulers . . . powers . . . world forces of his darkness . . .** and **spiritual forces of wickedness in the heavenly places (6:12).** These false schemes of the Adversary can be successfully encountered only with **the truth** of **the Word of God** (see the commentary on **The Life of Christ, to see link click Bj – Jesus is Tempted in the Wilderness**).

Buckled with the belt of truth means being renewed in the mind in order to **prove what the will of God is, that which is good and acceptable and perfect.** When the mind is renewed in commitment to **God's truth**, there is empowerment for the believer to become **a living and holy sacrifice** that pleases **YHVH** and is his or her **spiritual service of worship (Romans 12:1-2).** In many ways it is more difficult and more demanding to be a living sacrifice than a dying one. To be burned at the stake for one's faith would be painful, but it would soon be over. To live a lifetime of faithful obedience can also be painful at times, and its demands go on and on. It requires staying power that only continual and total commitment to **the Lord** can provide. It demands that love **abound still more and more in real knowledge and all discernment, so that [we] may approve the things that are excellent, in order to be sincere and blameless until the day of Messiah; having been filled with the fruit of righteousness which comes through Yeshua, to the glory and praise of God (Phil 1:9-11).** Love, **knowledge**, and understanding of **God** all need to grow in us. And when those grow, so does our commitment to **the Lord** for excellence in all things – the ultimate goal of which is **the glory and praise of God.**[256]



Just as **a belt** would be essential equipment for **a Roman soldier**, it was just as important for **the Jewish High Priest**. **The soldier** would need **a belt** to make sure **his** clothing would not be a hindrance in battle. The bible often uses the common expression **to gird your loins**, which meant to tie up the loose clothing so you would have unhindered work. Such **a belt** would also be required for the intense work of **the High Priest** as well **(Exodus 28:39)**. **The belt** was practical, but it also symbolized the spiritual calling of the Levite – to work for the heavenly Kingdom. As **his** proof text, **Rabbi Sha'ul** quotes a passage about **the belt of truth** worn by **the Messiah**, when **He** comes to rule Isra'el: **Justice will be the belt around His waist, and faithfulness the sash around His hips (Isaiah 11:5).** We, as the followers of **Messiah,** must have **truth** as our **belt** if our spiritual warfare is to go unhindered.[257]

*Dear Heavenly **Father**, Praise **You** for being totally trustworthy! To choose to follow **You** is the wisest decision anyone can ever make, for loving and following **You** is the only way to get to heaven. **Yeshua said to him: I am the way, the truth, and the life! No one comes to the Father except through Me (John 14:6).** In a world where there are so many voices, each claiming to be the way to heaven, it is such a comfort that **You** are **the way and the truth**!*

*Past historical events, proves **You**, our **Almighty God**, is beyond any doubt the one and only **God**! No other supposed "god" has power to heal**. Messiah Yeshua**, being **God**, had power to create wellness. **He** healed all kinds of various illnesses. Some of **Messiah Yeshua's** mighty and miraculous healings were: lepers cleansed **(Matthew 8:2-3, Luke 17:12-19)**, paralyzed made well **(Matthew 8: 5-13)**, deaf and dumb healed **(Mark 7:31-37)**, blind healed **(John 9, Luke 18:35-43, Mark 9:22-26)**. Only **God** has power to forgive sins and that is exactly what **Messiah** did when **He** saw the man's faith **(Mark 2:1-12)**. Only **God** can heal from a long*

*distance away **(John 4:46-54)**. Only **God** has power to cast out Satan's demons **(Matthew 8:28-34, 15:21-28)**.*

*Now by indwelling those who love and follow you as their **God y**ou prove **You** are **God**. You are **ADONAI Jireh** – the one true **God of Abraham, Isaac and Jacob**, has promised to place **His Ruach Ha'Kodesh** within believers and to dwell within them to help, guide and to protect them. **Yeshua answered and said to him: If anyone loves Me, he will keep My word. My Father will love him, and We will come to him and make Our dwelling with him (John 14:23).***

*Future life in heaven is secured because of **God's** gracious gift of **Messiah Yeshua's** righteousness given to those who love **Him**. **He made the One who knew no sin to become a sin offering on our behalf, so that in Him we might become the righteousness of God (Second Corinthians 5:21).** The gift of salvation and eternal life in heaven is a spectacular gift that **God** is willing to give to all who are willing to receive it **(Romans 5:17)** by their having faith in **God (Ephesians 2:8-9)** and a heart of repentance **(Second Peter 3:9).***

*Thank you for being a **God of Truth** who can be* **totally trusted, loved and followed**. *What a joy and privilege that by **Messiah's blood (Ephesians 1:7)** you have redeemed **both (Galatians 1:28) Jews (Ephesians 1:12) and Gentiles (Ephesians 1:13).** How wonderful that **You** have promised to make those who **love You Your children (John 1:12).** Even though we may be persecuted for serving **You**, **Your children** know for sure that **Your Word** is **True** and someday soon all trials and problems will be over **(Romans 8:18)** and an eternal life of peace and joy in heaven awaits those who love **You**! In **Messiah Yeshua's** holy Name and power of **His** resurrection. Amen*