

The Belt of Truth

The Defensive Armor · The Armor of God

The Roman soldier's belt (cingulum) gathered his tunic for freedom of movement and supported his sword. Truth serves a similar function in spiritual warfare—it holds everything together and enables effective action. This truth encompasses both doctrinal truth (believing what is true about God, Christ, salvation, and Scripture) and personal integrity (living honestly, rejecting self-deception, walking in the light). Satan is the father of lies; truth exposes his deceptions and enables the believer to stand firm.

Key Verses

Ephesians 6:14a

Stand therefore, having your loins girt about with truth.

John 8:32

And ye shall know the truth, and the truth shall make you free.

John 14:6

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

John 17:17

Sanctify them through thy truth: thy word is truth.

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