



The Spiritual Armor Part 3: The Belt of Truth

We have now covered both pieces of the spiritual armor that are given to us as gifts from God: the helmet of salvation and the sword of the Spirit. In this issue we will begin examining those parts which we are responsible for developing, or “putting on,” ourselves.

The first of these is the belt of truth. Satan, whom Scripture describes as a liar (John 8:44) and a deceiver (Rev. 12:9; KJV), is extremely adept at transforming lies to appear as truth, garbing them with tantalizing allurements, and expertly camouflaging their diabolical source, as he did so well in the Garden of Eden (Gen. 3:1-5). He loves to implant niggling doubts, subtle half-truths, false condemnations, unfounded fears, seductive temptations, and deceptive thoughts in our minds to undermine our self-worth and sense of acceptability to God and to draw the focus of our attention away from “the things above” (Col. 3:2). To the extent to which he succeeds in this, he diminishes our spiritual strength and robs us of the supernatural peace, joy, and confidence which could otherwise be ours through the Holy Spirit (Rom. 14:17; Gal. 5:22-23). His tactics are so smooth that without keen discernment we might easily attribute the origin of these inner messages to ourselves (Mat. 16:21-23; 2 Cor. 10:5; James 3:14-16).

Because Satan’s tactics are based so strongly on deception, the belt of truth is an extremely important piece of the armor for us to make sure that we are wearing (Eph. 6:14). The more we know truth, the more equipped we will be to discern the lies of the enemy. The best sources of truth we have are the Word of God and the Spirit of God. Over and over again we are instructed as believers to meditate on God’s Word daily so its truths can be implanted and stored in our hearts (Josh. 1:8; Ps. 1:1-3; 119:11; John 17:17). We must also open ourselves to the Holy Spirit, whom Jesus promised will teach us and guide us into all truth as well as bring these truths to our remembrance at critical times (John 14:26; 16:13; Eph. 5:18).

In order to be truly protected by the belt of truth, however, we must not only *know* truth; we must also *practice* it (James 1:22-25). We must allow God’s Word to transform our minds (Rom. 12:2) and direct our lives (Ps. 119:105) so that it becomes a distinguishing mark of our character.

Our speech is perhaps the area that needs the most attention in this regard. James aptly describes the key role that our speech plays both in reflecting our moral character and in determining the course of our lives, warning us of the tremendous potential for evil the tongue embodies. If we do not carefully guard our speech and keep it consistently in line with truth, it can be used by Satan to create inestimable damage in our own lives as well as in our entire sphere of influence (James 3:2-12).

In His Sermon on the Mount, Jesus revealed God’s standard for our speech in no uncertain terms: “Simply let your ‘Yes’ be ‘Yes,’ and ‘No,’ ‘No’; anything beyond this *comes from the evil one*” (Matthew 5:37 NIV). How much clearer could He have been in informing us that even the slightest deviation from truth in our speech comes from Satan, who is truly the “father of lies” (John 8:44)?

We must resist even the seemingly legitimate reasons he whispers into our ears to justify twisting the truth “just a little.” Whether we think that it will keep us from offending someone or from “rocking the boat” or it will protect someone—maybe even ourselves—from pain or embarrassment or that it will harmlessly make a greater impact on people, these are all lies of the enemy. Heeding any of them will cause us to lose the protection of our belt of truth and allow Satan to begin establishing a foothold in our lives. We must trust God that absolute truth is the right course to take in *every* situation. When we speak this truth in a spirit of genuine love (Eph. 4:15), we can trust Him with the consequences.