



**transform**  
discipleship mentoring



**LEVEL THREE**

## **The Whole Armor of God**

# 5

Transformed Service

**A Discipleship Ministry Resource Provided by  
Faith Assembly of God**

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# The Armor of God

Level 3 Lesson 5 - (by Arthur W. Pink)

# EQUIP

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## The Belt of Truth – (against lies)



"Stand therefore, having your loins gird about with truth" (Eph. 6:14).

Now that brings before us the first of the seven pieces of the Christian's Armor which is mentioned in the passage. First, let me warn you against the carnalization of this word, thinking of something that is external, visible, or tangible. The figure of the "belt" is taken from a well known custom in Oriental countries, where the people all wear long flowing outer garments reaching to the feet, which would impede their actions when walking, working or fighting. The first thing a person does there when about to be active, is to gird up around his waist that outer garment which trails to the ground. When the garment is not girded and hangs down, it indicates the person is at rest. To "gird up" is therefore the opposite of sloth and ease, following the line of least resistance. Be girded about with a belt of truth.

I believe there is a double reference or meaning here in the word "truth." But first of all, I want to take up what it is that we need to "gird." The breastplate is for the heart, the helmet for the head, what, then, is the "belt" for? In that from which the figure is borrowed, the reference is to the waist. But what does that metaphor denote? Plainly, the center or mainspring of all our activities. And what is that? Obviously, it is the mind. The mind is the mainspring of action: first the thought, and then the carrying out of it. 1 Peter 1:13 helps us here: "gird up the loins of your mind." "Having your loins gird about with truth" (Eph. 6:14): it is not so much our embracing the truth, as the truth embracing us. Thus, the spiritual reference is to the holding in and regulation of the thoughts of the mind. The mind "girded up," means a mind which is disciplined; the opposite of one where the thoughts are allowed to run loose and wild.

# The Armor of God

Level 3 Lesson 5 - The Belt of Truth (cont.)

# EQUIP

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Again; the "loins" are the place of strength, so is the mind. If we allow our thoughts and imaginations to run wild, we will have no communion with God, and no power against Satan. If our thoughts are not brought into captivity, in obedience to Christ, the devil will soon gain a hold over us. "Having your loins girt about with truth." I think the word "truth" has reference, in the first place, to the Word of God: "Your Word is truth" (John 17:17): that is what must regulate the mind, control the thoughts, subdue the imaginations: there must be a knowledge of, faith in, love for, subjection to, God's Word. "Stand therefore, having your loins (your mind) girt about with truth" (v. 14). Now that suggests to us the characteristic quality of the adversary against whom we are called upon to arm. **Satan is a liar, and we can only meet him with the Truth.** Satan prevails over ignorance by means of guile or deceit; but he has no power over those whose minds are regulated by the Truth of God.

"If you continue in My Word, then are you My disciples indeed; And you shall know the truth, and the truth shall make you free" (John 8:31, 32)

—"free" from the toils, the power, the deceptions of Satan.

I think the word "truth" here has a second meaning!

Take for example Psalm 51:6, God "desires truth in the inward parts": "**truth**" **there signifies reality, sincerity.** Truth is the opposite of hypocrisy, pretense, unreality. That is why the belt of truth comes first, because if it is lacking, everything else is vain and useless. The strength of every grace lies in the sincerity of it. In 1 Timothy 1:5 we read of "sincere faith," which means true, genuine, real faith; in contrast from a faith which is only theoretical, notional, lifeless, inoperative—a faith which utterly withers before the fires of testing. "Grace be with all those who love our Lord Jesus Christ in sincerity" (Eph. 6:24). That is another discriminating verse, distinguishing between a real and false love, a true and faithful love.

# The Armor of God

Level 3 Lesson 5 – The Belt of Truth (cont.)

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There are thousands of Protestants who have a similar love for Christ as Romanists have for His mother, Mary: it is merely a natural love, a fleshly sentiment, a carnal emotion. But genuine, spiritual love for Him, strives to please Him: it is an intensely practical thing, a principle of holy obedience. O how we need to examine our graces and test them by Scripture, to see whether our faith and love be genuine. We repeat that, reality and sincerity are the strengths of every Christian grace. That is why the belt of Truth comes first in the different pieces of armor. The belt of Truth (corresponding to the military belt of the warrior) signifies, then, the mind being regulated by the Word of God, and guarded by real sincerity; and this alone will protect us against Satan's temptations unto slackness, of guile and hypocrisy.

Only as this is "put on" by us, shall we be able to "stand against the wiles of the devil": to "stand" is to so "resist" him that he does not throw us down. To "put on" the belt of truth means applying the Word to the first movements of our minds. This is where Eve failed: she had received the Word, but not in the love of it. Instead of resisting the devil, she parleyed with him. Instead of the truth bridling her imaginations and desires, she cast it from her. How different with Christ! When Satan approached Him, He was girded with the belt of truth: His thoughts were regulated by the Word, and there was an absolute sincerity Godward.

Prayer: My prayer for all of you is that your mind will be so full of the Word of God that your mouth will always be referencing it as the enemy attempts to lead you into disobedience by a deceptive lie. Read the Word, Love it, learn it and live it! May God bless you as you continue to prosper in your walk with Christ. Love you guys!

Pastor John Ogden

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Next we will look at the:



Breastplate of  
Righteousness

Ephesians 6.14

# The Armor of God

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## The Breastplate of Righteousness – (against Unholiness)

The second part or piece of the Christian's armor is mentioned in Ephesians 6:14: "And having on the breastplate of righteousness." First of all, notice the connecting "and," which intimates that there is a very close relation between the mind being girded with truth, and the heart protected with the breastplate of righteousness. All of these seven pieces of armor are not so connected, but the "and" here between the first two denotes that they are inseparably united. Now, obviously, the breastplate of righteousness is that protection which we need for the heart. This verse is closely parallel to Proverbs 4:23, "Keep your heart with all diligence," understanding by the "heart" the affections and conscience.

As there was a double reference in the word "truth," first to the Word of God, and second to sincerity of spirit, so I believe there is a double reference here in "the breastplate of righteousness." I think it refers both to that righteousness which Christ wrought out for us, and that righteousness which the Spirit works in us; both the righteousness which is **imputed** and the righteousness which is **imparted**; which is what we need if we are to withstand the attacks of Satan. (Positional and Progressive Grace)

We might compare 1 Thessalonians 5:8, "Let us, who are of the day, be sober, putting on the breastplate of faith and love." I have been quite impressed of late in noting how frequently that word "sober" occurs in the Epistles. Soberness is that which should characterize and identify the people of God. It is the opposite of that superficial flightiness, which is one of the outstanding marks of worldlings today. It is the opposite of levity, and also of that feverish restlessness of the flesh, by which so many are intoxicated religiously and every other way. "But let us, who are of the day, be sober, putting on the breastplate of faith and love." Here, of course, it has the secondary meaning of what is in view in Ephesians 6:14; it is the practical righteousness, like what we find in Revelation 19:8.

This second piece of armor, as I have said, is inseparably connected with the belt of truth, for **sincerity of mind and holiness of heart must go together.** It is in vain we pretend to the former, if the latter be lacking. **Where there is genuine sincerity of mind, there will be, and is, holiness of heart.** To put on the breastplate of righteousness, means to maintain the power of holiness over our affections and conscience! A verse that helps us to understand this is Acts 24:16, "Herein do I exercise myself, to have always a conscience void of offense toward God, and toward men." There you have an illustration of a man taking unto himself, putting on the "breastplate of righteousness." Paul exercised himself to maintain a good conscience, both Godward and manward, and that requires daily diligence and persistent effort.

**Now the breastplate of righteousness is for withstanding Satan's temptations unto unholiness.** The belt of truth is to meet Satan's evil suggestions to defile the mind; the breastplate of righteousness is needed to foil his efforts to corrupt the affections or defile the conscience. Where there is not a conscience which reproaches us, then we soon fall victims to other attacks of the devil.

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## The Shoes / Sandals of Peace— (against disobedience)

Passing on to the third piece of armor: "And your feet shod with the preparation of the gospel of peace" (Eph. 6:15). **This is perhaps the most difficult of the seven pieces of armor to understand and define:** and yet, if we hold fast the first thought that the Holy Spirit is using a figure of speech here, that the reference is to that which is internal rather than external, spiritual rather than material, and also that He is following a logical order; there should not be much difficulty in ascertaining what is meant by the sandals of peace. Just as the belt of truth has to do with the mind, the breastplate of righteousness with the heart, so the shoes for the feet are a figure of that which concerns the will. At first sight that may sound far-fetched, and yet if we will think for a moment it should be obvious that what the feet are to the body, the will is to the soul. The feet carry the body from place to place, and the will is that which directs the activities of the soul; what the will decides, that is what we do.

Now the will is to be regulated by the peace of the Gospel. What is meant by that? This, in becoming reconciled to God and in having goodwill to our fellows, the Gospel is the means or instrument that God uses. We are told in Psalm 110:3 "Your people shall be willing in the day of Your power": that means far more than they shall be ready to hearken to and believe the glad tidings of the Gospel. There is brought over into the Gospel, substantially, everything which was contained in both the moral and ceremonial Law. The Gospel is not only a message of good news, but a Divine commandment and rule of conduct: "For the time is come that judgment must (not "shall"—now, not in the future!) begin at the House of God: and if it first begins at us, what shall the end be of those who obey not the Gospel of God?" (1 Peter 4:17). Yes, the Gospel is a rule to submit unto, a Divine fiat which demands obedience: "your professed subjection unto the Gospel of Christ" (2 Cor. 9:13). Those words are absolutely meaningless today in nine circles out of ten throughout Christendom, for the "Gospel" does not signify anything to them except "glad tidings"—there is nothing to be in "subjection to"! This is partly what I have in mind when saying there is carried over into and embodied in the Gospel the substance of everything which was found in the Law.

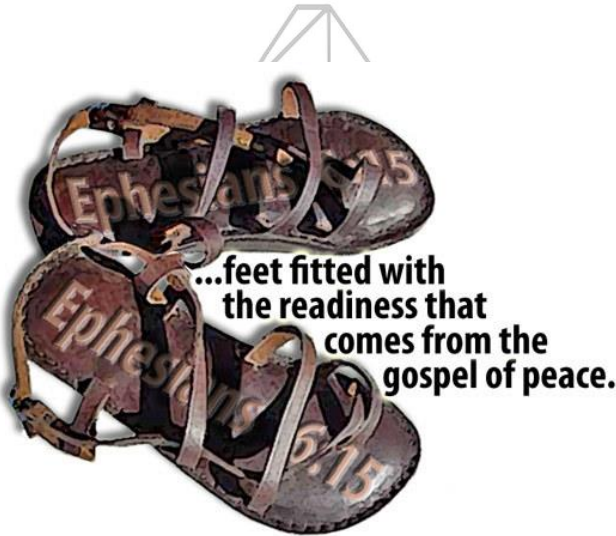
**Let me put it in another form:** All the exhortations contained in the New Testament Epistles are nothing more than explanations and applications of the Ten Commandments. The Gospel requires us to deny ourselves, take up the cross daily, and follow Christ **in the path of unreserved obedience to God**. "Your feet shod with the preparation of the gospel of peace" signifies, a cheerful readiness, response to God's revealed will. The peace of "the Gospel" comes from **walking in subjection to its terms and by fulfilling the duties which it prescribes.** Just so far as we are obedient to it, we experimentally enjoy its peace. Thus, this third piece of armor is for fortifying the will against Satan's temptations unto self-will and disobedience, and this, by subjection to the Gospel.

# The Armor of God

Level 3 Lesson 5 - The Belt of Truth (cont.)

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Just as the feet are the members which convey the body from place to place, so the will directs the soul; and just as the feet must be adequately shod if we are to walk properly and comfortably, so the will must be brought into subjection unto the revealed will of God if we are to enjoy His peace. Let there be that complete surrender daily, the dedicating of ourselves to God, and then we will be impervious unto Satan's attacks and temptations to disobedience.

Just as the belt of truth is to protect us from Satan's efforts to fill the mind with wandering thoughts and evil imaginations,

just as the breastplate of righteousness is God's provision to protect us from Satan's efforts to corrupt our hearts and produce that which is unholy;

so having our feet shod with the preparation of the Gospel of peace means the will being brought into subjection to God, and that protects us from Satan's temptation unto disobedience.

You will notice when we come to the fourth piece of armor, the "and" is lacking. The first three were joined together, for that which is denoted by those figurative terms is inseparably linked together—the mind, the heart, the will: there you have the complete inner man.

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