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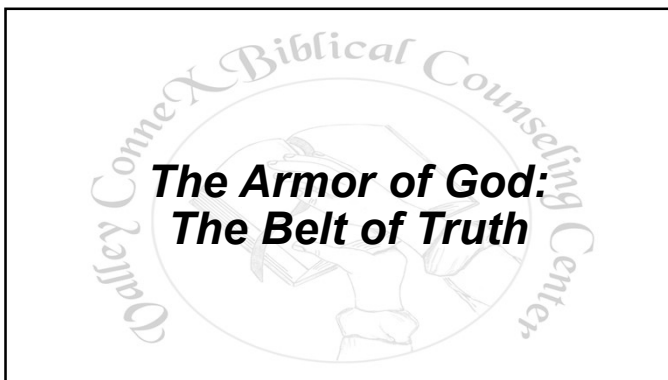
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The function of a belt for a Roman soldier

- Secure and provide ready access for weapons
- Secure clothing that would hinder mobility

The image shows a Roman soldier in full armor, including a helmet with a crest, a breastplate, and a skirt. He is holding a sword and a shield. The text to the right explains the function of a belt for a Roman soldier.

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The Armor of God

• *“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.*

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The Armor of God

• *Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,”* (Ephesians 6:10–18, ESV)

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Observations

- Our strength to live and minister effectively comes exclusively from our Lord Jesus Christ.
- People are not the enemy.
- We must always factor in the opposing spiritual activity in our lives and the lives of those we are serving.

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ἀλήθεια

*alētheia*  
truth

Reality as revealed  
by God in His Word  
John 17:17  
Psalm 119:160

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Uses of ἀλήθεια in the New Testament  
Gerhard Kittel, ed., Theological Dictionary of the New Testament, Volume 1, (Michigan: Grand Rapids, 1964), 242-245.

- That which has certainty and force
- That on which one may rely
- The real state of affairs
- Truth of statement
- True teaching or faith
- Genuineness, divine reality, or revelation

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Biblical counselors must be dedicated to reality as God has revealed it in His Word.

- *“Sanctify them in the truth; your word is truth. As you sent me into the world, so I have sent them into the world. And for their sake I consecrate myself, that they also may be sanctified in truth.” (John 17:17–19, ESV)*

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### Enemies of Truth

- Lies
- Deceit
- Ignorance
- Misconceptions

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We have an enemy who relentlessly carries on a campaign of misinformation.

- *“Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.” (Ephesians 6:11–12, ESV)*

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We have an enemy who relentlessly carries on a campaign of misinformation.

- *“You are of your father the devil, and your will is to do your father’s desires. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. **When he lies, he speaks out of his own character, for he is a liar and the father of lies.** But because I tell the truth, you do not believe me.” (John 8:44–45, ESV)*

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The follower of Christ has the Holy Spirit to empower us to know and apply the truth.

- *“If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.” (John 14:15–17, ESV)*

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The follower of Christ has the Holy Spirit to empower us to know and apply the truth.

- *“But when the Helper comes, whom I will send to you from the Father, the Spirit of truth, who proceeds from the Father, he will bear witness about me.” (John 15:26, ESV)*

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The follower of Christ has the Holy Spirit to empower us to know and apply the truth.

- *“When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you.” (John 16:13–14, ESV)*

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God encourages His people to apply truth to the people and situations around us.

• *“These are the things that you shall do: Speak the truth to one another; render in your gates judgments that are true and make for peace; do not devise evil in your hearts against one another, and love no false oath, for all these things I hate, declares the LORD.”* (Zechariah 8:16–17, ESV)

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Biblical counselors must be prepared for negative reactions to the application of the truth.

• *“They hate him who reproves in the gate, and they abhor him who speaks the truth.”* (Amos 5:10, ESV)  
• This is the place where we remember that our fight is not against flesh and blood.

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Rejection of the truth has devastating results.

• *“For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.”* (Romans 1:18, ESV)  
• *“Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves, because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever! Amen.”* (Romans 1:24–25, ESV)

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As biblical counselors we look for behaviors, thoughts, or attitudes that depart from the truth and then present the truth for consideration.

- *“But when I saw that their conduct was not in step with the truth of the gospel, I said to Cephas before them all, “If you, though a Jew, live like a Gentile and not like a Jew, how can you force the Gentiles to live like Jews?”” (Galatians 2:14, ESV)*

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True freedom may only be found in the knowledge and application of truth.

- *“So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”” (John 8:31–32, ESV)*
- *“Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.” (John 14:6, ESV)*

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The great joy in biblical counseling is when people respond and continue in the truth.

- *“For I rejoiced greatly when the brothers came and testified to your truth, as indeed you are walking in the truth. I have no greater joy than to hear that my children are walking in the truth.” (3 John 3–4, ESV)*

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