



THE BELT OF TRUTH

Week 52 | May 27, 2025

*“Stand your ground, putting on the **belt of truth**...”*

Ephesians 6:14

We live in a **world at war**. This is *known* and *obvious* to anyone actively seeking to live for Christ. It is also incredibly **easy to forget**. Intellectually, we know that battles rage *all around us* every minute of every day. In reality, though, too often we go about our lives spiritually naked and defenseless. God did not **intend** for us to live and fight in this way, instead He provided us with the *armor and weaponry* we need in order to stand firm in the **victory** won on Easter ([Ephesians 6:11](#)).

We start this week in praying for the *belt of truth* ([Isaiah 11:5](#)) to cover our families, churches, and communities. This essential piece of armor serves as our “**holy filter**” that is the key to:

1. FREEDOM ([John 8:32](#))

- a. **NOTE:** *Lies and deception* are the primary strategies of our **great Enemy**. Their power was *broken* by the cross and empty tomb, so today they spend their time attempting to **entrap** and **ensnare** humanity through *clever delusions* and convincing counterfeits, seeking to keep the lost **in bondage** and return the saved *to their chains*. The belt of truth offers protection from these **continual assaults** as well as the *discernment* necessary to cut through the **web of lies** that is being woven around *our hearts*. We were saved to be free, and truth is the key to **receiving** and **remaining** as such. ([John 8:44](#); [Proverbs 28:11](#))
 - i. **For Ex.** “Lord God, thank You for coming to **set us free**, free *from sin* and free to live righteously. Our Enemy has tried to place us **back into bondage**, has attempted to *ensnare us* with lies and deceit in order to **steal away** the *liberty* that You bought with Your precious blood. Cover us this day with Your **belt of truth**, guarding us from *every delusion* and exposing *every counterfeit*. Grant us Your supernatural discernment, Lord, so that we might **see through** the schemes of the Evil One and experience instead *the freedom* that You so freely offer.”
 1. **REMEMBER:** The *worst lies* are the ones we tell **ourselves**. ([Prov. 14:8](#))

2. HOLINESS ([John 17:17](#))

- a. **NOTE:** Did you know that God wants to not only **save** you, but **sanctify** you as well? Salvation is *the first step* in a lifelong process of being **made holy** by our *holy God*, transformed more and more into the likeness of Christ. **Truth** is the Father’s tool for doing so, for it is by *His truth* that we are purified and perfected. Our role in this process? Simply to **receive** and **respond** to His truth *as it is revealed* to us, clinging to it desperately as if it were **the key to life** itself, for that’s *what it truly is*. ([Hebrews 10:14](#); [John 17:9](#); [Luke 8:15](#))

- i. **For Ex.** “Father God, thank You for **Your holiness**. You are *good* and do nothing but good. Thank You for granting to us the righteousness of Christ, for making us **perfectly complete** in Him and for *continuing* to make us more and more like Him. Fill our lives with **Your truth** this day, Father, the truth that *cuts away* anything and everything found that is not pleasing to You. Release us from the lies that **continue to corrupt**, and give us instead the *desire and power* to receive and respond to **Your word** in our life, for *the truth is always better*.”
 1. **REMEMBER:** Purification will be **painful**, but its purpose is good. ([Psalm 119:71](#))

3. WORSHIP ([John 4:24](#))

- a. **NOTE:** Even our worship can be *perverted*, **twisted away** from its original purpose and *poisoned* by **deceit** and **dishonesty**. What God desires from us is not a *phony faith* or our **pretend praise**, but rather a true and genuine worship of who He **really is** that comes *from the heart*. The Enemy hates this and therefore seeks to corrupt our ability to do so by various **counterfeits**, **pressures**, and **distractions**. Thank the Lord, though, for His *belt of truth* allows us to worship God with all sincerity and intimacy as we were **created to**. ([Mark 7:7](#); [John 4:23](#); [Psalm 95:6](#))
 - i. **For Ex.** “Dear Lord, thank You for the **privilege** and **opportunity** it is to *worship* You in Spirit and truth. We often forget, Lord, that we are **unworthy** of even this *honor*. Forgive us, Father, for all the times we have worshiped You falsely or come before You with **pretenses of praise**. Give us today, God, a *true* and *genuine heart of worship* built on a **pure** and **undefiled knowledge of** and *love* for You. Guard us against all deceptions of the Enemy that attempt to **poison** this worship, instead maintaining the *purity* and *intimacy* You have blessed us with.”
 1. **REMEMBER:** God wants **the real you**, *no one else*. ([Psalm 51:6](#))

Questions for Reflection:

- What **lies** of the Enemy have you been *telling yourself*?
 - Break the cycle of self-deception that is keeping you **in bondage** and be *set free* by God's truth for you instead.
- Have you been **hiding** from *the truth* to spare yourself the pain of its purification?
 - Step into **the light**. God's healing is *worth the hurt*.
- Do you ever catch yourself offering **half-hearted** praise or *watered down* worship that you don't really mean?
 - God would rather you **be real** than *religious*. Honesty is the only way to approach Him.