

The Girdle Of Truth

“Stand therefore, having your loins girt about with truth” (Eph. 6:13).

Having preached night after night, week after week, month after month and year after year, I have a few unwritten goals for every sermon. First, I strive to clearly introduce the subject at hand. Second, I try to make a smooth transition into the body of the sermon. Third, I like to divide my sermon thoughts equally, not spending more time with one emphasis than another. Finally, having delivered the message, I like to tie things together and underline the main emphasis.

The girdle, the belt of the Roman armor, was the item by which all of the armor was tied or pulled together. It was not a girdle or belt that we are accustomed to wearing; it was more of a leather apron, by which the soldier’s lower body was guarded. It also served as a sheath for his sword, and a belt that held the other pieces of body-armor securely in place. Without question, the girdle was a vital part of the soldier’s armor.

Because the people of biblical times wore long, loose garments, girdles were used to give them freedom of movement. The girdle-concept is variously applied in the Scriptures. Speaking of Christ, the Messiah, Isaiah prophesied that His girdle would be “righteousness” and “faithfulness” (Isa. 11:5). Simon Peter instructed the saints to “gird up the loins of your mind” (1 Pet. 1:13). In the present text, however, the soldier is to be “girt about with truth.”

The girdle of truth is highly appraised in the summary of the armor! Before any other piece of armor is mentioned we are confronted with the girdle of truth. Truth, and our proper relationship to it, is at the top of the list. We cannot stand against the enemy and the error he propagates if we are not covered with truth. Of course, we must not only accept the truth of the Scriptures but experience and practice it, as well.

The girdle of truth is closely associated with the structure of the armor! It is true that the girdle was as visible as the other pieces of armor. However, the purpose of the girdle was not to be displayed. Being tied around the body, its design was to hold the other pieces of the armor in place. Knowing righteousness, peace, faith, and the blessings of salvation cannot be separated from knowing truth and walking in truth (see 3 John 4).

The girdle of truth is definitely affiliated with the sword of the armor! As the girdle served as a sheath for the sword and became one with it, so “the sword of the Spirit, which is the Word of God” (6:17), is one with the truth, and is even referred to as “the Word of truth” (James 1:18). Jesus valued the Scriptures in this light, saying to the Father, “Thy Word is truth” (John 17:17). May these thoughts encourage us to make sure we are “girt about with truth.”