

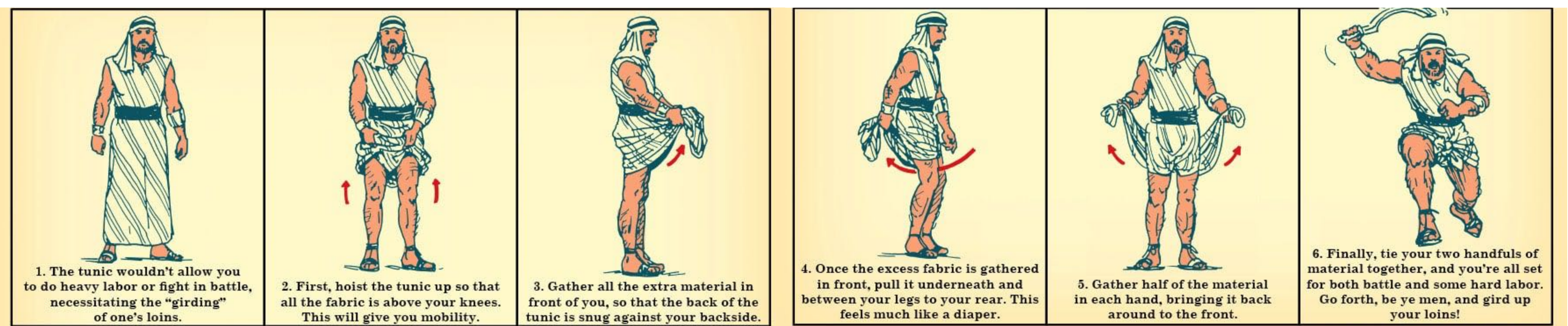
# GIRD YOUR WAIST WITH truth

## Ephesians 6:10-20 NKJV

The first action the Holy Spirit instructs us to take in putting on the whole armor is to gird our waists with truth. Let's look more into that phraseology.

## Gird Up Your Loins (2 Kings 4:29; Job 38:3; Proverbs 31:17)

In days past, the phrase, "gird up your loins" related to the practice of preparing oneself for battle. It involved tying up one's tunic to allow for greater mobility in the heat of battle.



© Art Of Manliness and Ted Slampyak

## What are loins?

In a literary sense, the loins typically refer to the region of the body that contains the sexual organs. In Hebrew, the loins are frequently used to represent the "seat of physical strength." Also, the loins can be thought of as the place where diseases or misfortunes most obviously manifest their presence.

When putting on armor, you must start by protecting the most vulnerable areas. The loins are among the most sensitive and vulnerable areas on the entire body. In instructing us first to gird up our loins with truth, Paul is telling us that the enemy can easily defeat us if we allow him to replace truth with lies and deception. Spiritually, we see in Genesis 3 that the first thing the enemy often does is challenge truth. It is fitting that, in the times we live in, there are all kinds of lies and deceptions. We must guard against these attacks!

God's truth never ends. Truth is different from faith. It is possible not to access things because you didn't have faith, but truth is immutable. It doesn't change. Whether you believe it or not, it stays the same. We must be so convinced of the truth of God's Word. The Word of God is truth. If you don't believe something in it, the flaw is not with the Word—it's with your understanding. You cannot change truth.

Truth in Hebrew refers to steadiness, unchangeableness, stability, faithfulness, constancy, loyalty, and justice. Injustice is a direct assault on truth. Truth designates a reality that is not changing. Truth is very nature of God's will, which cannot be altered by changing circumstances. God's commandments are not arbitrary demands. The manifestation of God's will is His commandments. Society has started to write its own bible that is not consistent with the Word of God.

Truth abides forever. One can use lies and deception to bury the truth, but you cannot change the truth. Don't let go of **absolute truth**.

This is a battle. You are going to have to fight for truth. If you turn on the news, everyone is fighting for their truth. In this war, the first thing we have to hold on to, together, is truth. Armies must be in formation. The very core of our armor is truth. Truth will never alter, for eternity.