

Ready

“The Belt of Truth”

Ephesians 6:10-20 – January 4, 2026

READY		
<i>Ready for Anything with the Armor of God</i>		
Date	Message Title	Bible Text
Jan 4	The Belt of Truth	Ephesians 6:10-20
Jan 11	The Breastplate of Righteousness	Ephesians 6:10-20
Jan 18	The Gospel of Peace Shoes	Ephesians 6:10-20
Jan 25	The Shield of Faith	Ephesians 6:10-20
Feb 1	The Helmet of Salvation	Ephesians 6:10-20
Feb 8	The Sword of the Spirit	Ephesians 6:10-20

Ready

- Max, Joshua and Tate’s Rite of passage
- Ephesians 6:10-20 is a Bible passage about being prepared and ready

Six Things You Need to Know to Be Ready (Ephesians 6:10-20)

1. You are living in the middle of a _____! The real source of your problems is a spiritual battle that is going on all around you in the unseen realms. (v.12)
2. Satan has a battle plan and schemes that he is using to try to defeat and discourage and destroy you. Are you aware of his schemes? (v.11)

Satan’s Scheme	Scriptures	Armor That Counters That Scheme
Lies & Deception	John 8:44; Revelation 12:9; 2 Corinth 11:14	Belt of Truth
Accusation	Revelation 12:10; Job 1:9-11; Zechariah 3:1	Breastplate of Righteousness
Division	Ephesians 4:26-29; 2 Corinthians 2:10-11	Gospel of Peace Shoes
Doubts & Discouragement	Genesis 3:1-5; John 10:10; 2 Corinth 11:3	Shield of Faith
Fear	1 Peter 5:8; 2 Timothy 1:7; 1 John 4:18	Helmet of Salvation
Temptations	Genesis 3:1-7; Matthew 4:1-11	Sword of the Spirit

3. In order to stand against the devil’s schemes, first you must learn to _____ in your identity in Christ and to _____ in Christlikeness. This is the outline of the whole book of Ephesians.

Position	Outline	Meaning and Key Verses
SIT	Ephesians 1:1-3:21	Sit in your identity in Christ (1:20-22; 2:4-10)
WALK	Ephesians 4:1-6:9	Walk in Christlikeness (4:1, 17; 5:1,8,15)
STAND	Ephesians 6:10-24	Stand against the devil’s schemes (6:10-20)

4. Stand in the confidence that this is **God’s** armor – God has given you His very armor to wear (vv.10-11, 13). To be strong in the Lord, you must put on the Lord Himself (Romans 13:14).
5. The verbs associated with putting on the armor of God use the “aorist middle” verb tense meaning “a simple, completed past action directly involving the person.” Past tense. To “stand firm” against the devil’s schemes, you must have already (past tense) put on the armor of God.

In other words, you cannot stand against the devil’s schemes until you have already put on (past tense) the armor of God. (vv.14-15)

6. To stand against the devil’s schemes, you must wear the _____ armor of God – not just a couple of pieces. You must wear ALL of it! (vv.11,13)

The Belt – The Functions of the Belt on a Roman Soldier

1. The belt holds all of the other pieces of armor in place and on the soldier’s body.
 - Truth holds all of the other armor in place. It is through God’s Truth that we know about righteousness, salvation, peace, the Gospel, and faith (2 Timothy 3:16-17).
2. The belt allows the soldier to tuck his tunic in and run and move with freedom.
 - The truth will set you free (John 8:31-32).
3. The belt provides core support. Much like a weightlifter’s belt provides core support while lifting weights, the soldier’s belt helps him stand strong against the enemy.
 - The truth helps believers stand firm (2 Thessalonians 2:15).
4. The belt also serves as a tool belt in which the soldier can holster his sword and other weapons.
 - God’s Word is truth (John 17:17). Holster God’s Word in your belt!!! Keep it with you on your person and hide it in your heart through memorization.

How to Put on the Belt of Truth

1. _____ the truth.
 - Read, digest, study, meditate on, apply, obey, and pray Scripture.
 - Application #1 – As a tangible way of digesting God’s Word, I’m going to...
 - Read the whole New Testament this year and SOAPS Journal using the QT Journal.
 - Join a small group that is studying God’s Word. More info at WhatIsGrace.org/spiritualformation
2. _____ the truth.
 - Place your faith in God’s Word as truth.
 - Believe what God’s Word says about creation, salvation, prayer, heaven, relationships, parenting, marriage, singleness, finances, work, sex, church life, and hard work.
 - Application #2 – Scriptures that I’m choosing to believe about...

God’s love	John 3:16	Creation	Genesis 1:1
How to be saved	Romans 10:9	Prayer	1 John 5:14-15
Difficulties	Romans 8:28	Heaven	Revelation 21:1-5
Marriage	Genesis 2:24-25	Singleness	1 Corinthians 7:25-38
Parenting	Ephesians 6:4	Work	Colossians 3:23-24
Sex	1 Corinthians 7:2-5	Church Life	1 Corinthians 12
Identity (imagebearer)	Genesis 1:26-28	Identity in Christ	John 1:12

- Alpha starting Jan 27: WhatIsGrace.org/spiritualformation

3. _____ the truth.

- Put off falsehood. Stop lying. Speak the truth. (Ephesians 4:15,25)
- Confess your sins to one another (James 5:16). Quit pretending and portraying that everything is rosy (1 Timothy 1:5).
- Song: "Truth Be Told"
- Application #3 – With God’s help and power, I am going to...
 - Stop telling lies or exaggerating. I am going to speak the truth.
 - Confess my sins to a trusted friend.
 - Quit pretending and, instead, live honestly about my short-comings and my difficulties.
 - Tell my grown children about the “secrets” of our family tree.
 - Ask God where He wants me to share authentically.

4. _____ the truth.

- Don’t just talk the talk – also walk the walk. Live out the truth you say that you believe (Ephesians 4:1-2; 5:1-2,8). Live with integrity (the outside matches the inside).
- Some people wear belts just to look good (fashion). No! Don’t use truth to look good! Receive, believe, and live truth as your stabilizing belt that holds (girds) everything together.
- Application #4 – One area of my life where I sense the Spirit’s nudging to live the truth I already know is....

5. _____ the truth.

- The most effective intercession is praying Scripture. Pray Bible.
- Beth Moore: “I have never discovered a more powerful way to demolish strongholds in my life than praying Scripture.”
- Application #5 – Some great Scriptures to pray:

Ephesians 1:17-19	Ephesians 3:14-21	Colossians 1:9-11	Psalms 23
1 Thess. 3:10-13	2 Thess. 1:11-12	1 Corinth 13:4-7	Philippians 4:19
Romans 15:5-6,13	Numbers 6:24-27	Philippians 4:13	

6. _____ the truth.

- Share the Gospel with others. Share God’s Word with others. Don’t keep it and hoard it to yourself.
- Dead Sea vs. Sea of Galilee
- As you share God’s Word with others, do so seasoned with salt and grace (Colossians 4:6).
- Application #6 – A person whom God is calling me to build relationship with and share the truth with is....
- FriendSpeak: friendspeak.net/

My Application Today – With God’s help and power, I am going to...

- Read the whole book of Ephesians this week in order to learn to sit, walk, and stand.
- Memorize Ephesians 6:10-20 (ESV) by memorizing two verses per week during this series.
- Put on the whole armor of God daily through prayer.

Father, thank You for making Your armor – the very armor that You Yourself wear – available to me through the merits of Jesus Christ. Right now, by faith, I put on Your armor: the belt of truth, the breastplate of righteousness, the Gospel of peace shoes, the shield of faith, the helmet of salvation, and the sword of the Spirit which is Your Word. Protect me from the evil one and use me to advance Your Kingdom. In Jesus’ name.

- Put on the belt of truth by implementing at least two of today’s applications from “How to Put on the Belt of Truth” section.
- Come to church all 6 weeks of this sermon series in order to learn and grow in putting on the whole armor of God.