

Ephesians 6:14—Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness,

Stand firm therefore, having girded your loins with truth, (6:14a)

To “*stand firm*” against the enemy, a saint’s “*loins*” must be “*girded with truth.*” “*Having girded*” is in the middle voice, confirming that the New Testament believer girds himself—God does not do the girding. To be “*girded*” basically means to prepare one’s self, as confirmed by “*dressed in readiness*” in Luke 12:35:

“Be dressed in readiness, and keep your lamps alight. (Luke 12:35)

Peter penned, “*Gird up your minds for action*” (1Peter 1:13). He did so realizing that truth written on the mind, and energized by the Holy Spirit, equips the soldier for battle.

Readily accessible weapons are essential for the victorious warrior. No soldier is prepared for battle without first tightening his belt around his “*loins*” (around his waist—Matthew 3:4; Mark 1:6). The belt holds crucial armor in place while allowing unrestricted movement. Therefore, the belt of “*truth*” (Ephesians 6:14) readies the soldier for action by providing freedom of movement. Clearly, Jesus set us free (John 8:32) so we might respond to the need of the moment.

The belt of “*truth*” consists of more than Bible knowledge, for revealed truth alone brings victory. Sin both blinds (1John 1:6) and deceives; thus the world’s mindset, when accepted as truth, short-circuits our ability to stand in battle (2Timothy 2:4). (Elijah’s fear of Jezebel robbed him of his spiritual strength—1Kings 19:1-4). Consequently, the belt of truth consists of truth learned plus truth applied.