

**"The Practice of the Believer"**

**Ephesians 4-6**

**Part 29**

**Introduction:** Today in our study of Ephesians we have come to a study which we have been laying a foundation for the past several weeks. We have been building a foundation for the armour of God. In our foundational studies we have looked at several very important points.

1. **The need to be strong in the Lord and in the power of His might.**

**Notice Ephesians 6:10**

This is our OFFENSE.

2. **The enemy.**

**Notice Ephesians 6:11-12**

3. **The Position of the Believer.**

**Notice Ephesians 6:11, 13, 14**

Three times in these verses we are commanded to STAND.

4. **The need for the armour.**

**Notice Ephesians 6:11, 13**

This is our DEFENSE.

Today we have come to the armour, and we shall take our time and look at each individual piece and how it pertains to our lives.

**I. The Girdle of Truth**

**Notice Ephesians 6:14**

This piece of armour is mentioned first because it is foundational. The soldiers of Paul's day wore long garments and when it was time for battle, they had to pull the garments up together and cinch them under a belt which held them so that they could freely move without being entangled.

This past week I did a lot of reading to see what other commentators had to say concerning this Girdle of Truth and most did not go very far with their teaching. Some people teach that this is a call for us to walk in truthfulness and sincerity. But that does

not fit because **this is armour that God supplies**. It is not something that I do on my own. That would not fit the context.

Putting on the Girdle of Truth is walking in God's Truth. It is knowing the Bible and the Doctrines of the Word of God. This is the first thing that is absolutely essential. This is the revealed Truth of God's Word. We are to live our lives in the Truth of God's Word. Let us consider some of the Truths that are vital to a victorious life.

### **1. The Truth of who God is.**

- ✓ We must know that God is holy, righteous, and uncompromising.
- ✓ He calls us to live lives of holiness.
- ✓ He is all powerful and there is nothing that can defeat His plan.
- ✓ He commands us to be separated from unrighteousness.
- ✓ He promises to meet everyone of our needs as we seek His Kingdom and His righteousness.
- ✓ He is able to work ALL THINGS for our good.
- ✓ He promises that He will never leave us or forsake us.
- ✓ He promises that no one will be able to stand against us when we walk in His will.
- ✓ He tells us that there is nothing that can separate us from His love.

These are just a few of the Truths of who God is but if we do not have these embedded in our minds we are quickly defeated in the battle.

### **2. The Truth concerning ourselves.**

- ✓ We are weak in our own strength.
- ✓ We still have a strong sin nature.
- ✓ We can be easily deceived if we are not careful.
- ✓ We do not stand a chance against the Devil on our own.
- ✓ The Devil desires to destroy us if he has the opportunity.
- ✓ The Devil is constantly looking for a believer who he can devour.
- ✓ Our sin nature has been crucified on the cross with Jesus Christ.
- ✓ The sin nature has been stripped of his power.
- ✓ We are given the Holy Spirit the moment we are saved, and He now empowers us.

### **3. The Truth about sin.**

- ✓ Sin can be made to look very promising.
- ✓ Sin carries consequences that can last a lifetime.
- ✓ Sin can be addictive.
- ✓ Sin will rule over you if permitted.

We could go on and on about the different Truths, but we can see how important it is to know these Truths and appropriate them to our lives.

Now some believers take the Truth of God's Word lightly and so they find themselves living defeated lives. If you think you are strong enough to stand against the Devil, I would challenge you to look back to the Garden of Eden. Adam was a perfect man and Satan caused him to give into sin very easily. We are far from perfect, and sin has weakened man over the course of time. We do not stand a chance on our own.

It is so important for us to know the Truths of God Word and wrap them around us for the battle. This is why church is so very important.

### **Ephesians 4:11-14**

*<sup>11</sup> And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers;*

*<sup>12</sup> For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:*

*<sup>13</sup> Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:*

*<sup>14</sup> That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;*

There are many believers who know pieces of Scripture, but they do not have a full grasp. Peter tells us what happens to these people.

### **2 Peter 3:15-18**

*<sup>15</sup> And account that the longsuffering of our Lord is salvation; even as our beloved brother Paul also according to the wisdom given unto him hath written unto you;*

*<sup>16</sup> As also in all his epistles, speaking in them of these things; in which are some things hard to be understood, which they that are unlearned and unstable wrest, as they do also the other scriptures, unto their own destruction.*

*<sup>17</sup> Ye therefore, beloved, seeing ye know these things before, beware lest ye also, being led away with the error of the wicked, fall from your own stedfastness.*

<sup>18</sup> *But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.*

Notice closely that the ones who are unstable are the unlearned. These people twist the Truth to their own destruction. An unlearned person can twist the Truth and find themselves in a situation where they have ruined their testimony.

Let us notice what Jesus said concerning the Truth.

**John 8:30-32**

<sup>30</sup> *As he spake these words, many believed on him.*

<sup>31</sup> *Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;*

<sup>32</sup> *And ye shall know the truth, and the truth shall make you free.*

It is the Truth that sets us free from the attacks of the Devil. When you do not know the Truth, you do not grow, and you live in a defeated Christian life. You are controlled by the flesh, and you are defeated.

Let us notice what the writer of Hebrews said concerning his readers.

**Hebrews 5:9-14**

<sup>9</sup> *And being made perfect, he became the author of eternal salvation unto all them that obey him;*

<sup>10</sup> *Called of God an high priest after the order of Melchisedec.*

<sup>11</sup> *Of whom we have many things to say, and hard to be uttered, seeing ye are dull of hearing.*

<sup>12</sup> *For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk, and not of strong meat.*

<sup>13</sup> *For every one that useth milk is unskilful in the word of righteousness: for he is a babe.*

<sup>14</sup> *But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.*

These believers were not prepared to receive the meat of the Word because they had not grown. Those who do not spend time under the Word are people who often cannot discern between right and wrong.

Let us notice what happened to the believers at Corinth. It all started in chapter 1.

**1 Corinthians 1:11-12**

*<sup>11</sup> For it hath been declared unto me of you, my brethren, by them which are of the house of Chloe, that there are contentions among you.*

*<sup>12</sup> Now this I say, that every one of you saith, I am of Paul; and I of Apollos; and I of Cephas; and I of Christ.*

When I read these verses, I realize these believers were not as much concerned about the Truth as they were where it was coming from. This division helps us to understand that they had no desire for the Truth. They instead wanted to make sure their TEACHER was favored. They should have been thankful for each teacher they had. Now let us notice what happened to them because they were not wearing the Girdle of Truth.

**1 Corinthians 15:3-8, 11-12**

*<sup>3</sup> For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures;*

*<sup>4</sup> And that he was buried, and that he rose again the third day according to the scriptures:*

*<sup>5</sup> And that he was seen of Cephas, then of the twelve:*

*<sup>6</sup> After that, he was seen of above five hundred brethren at once; of whom the greater part remain unto this present, but some are fallen asleep.*

*<sup>7</sup> After that, he was seen of James; then of all the apostles.*

*<sup>8</sup> And last of all he was seen of me also, as of one born out of due time.*

*<sup>11</sup> Therefore whether it were I or they, so we preach, and so ye believed.*

*<sup>12</sup> Now if Christ be preached that he rose from the dead, **how say some among you that there is no resurrection of the dead?***

Some of them had been deceived into thinking that there was no resurrection. Let me show you something else which Paul said.

**1 Corinthians 15:33-34**

<sup>33</sup> Be not deceived: evil communications corrupt good manners.

<sup>34</sup> Awake to righteousness, and sin not; for some have not the knowledge of God: I speak this to your shame.

They were listening to people who did not have the knowledge of God.

In all of this we can clearly see the need to put on the Girdle of Truth.

**2 Corinthians 11:13-15**

<sup>13</sup> *For such are false apostles, deceitful workers, transforming themselves into the apostles of Christ.*

<sup>14</sup> *And no marvel; for Satan himself is transformed into an angel of light.*

<sup>15</sup> *Therefore it is no great thing if his ministers also be transformed as the ministers of righteousness; whose end shall be according to their works.*

**Conclusion:**

I want to end this today with warnings from the Bible.

**2 Peter 2:1-3**

*But there were false prophets also among the people, even as there shall be false teachers among you, who privily shall bring in damnable heresies, even denying the Lord that bought them, and bring upon themselves swift destruction.*

<sup>2</sup> *And many shall follow their pernicious ways; by reason of whom the way of truth shall be evil spoken of.*

<sup>3</sup> *And through covetousness shall they with feigned words make merchandise of you: whose judgment now of a long time lingereth not, and their damnation slumbereth not.*

**2 Timothy 4:1-5**

*I charge thee therefore before God, and the Lord Jesus Christ, who shall judge the quick and the dead at his appearing and his kingdom;*

<sup>2</sup> *Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all long suffering and doctrine.*

*<sup>3</sup> For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears;*

*<sup>4</sup> And they shall turn away their ears from the truth, and shall be turned unto fables.*

*<sup>5</sup> But watch thou in all things, endure afflictions, do the work of an evangelist, make full proof of thy ministry.*