

Belt of Truth — Week 1 - Believe the Truth

We are always at war—not with people, but with a deceiver. Jesus says in John 8:44 that Satan “does not stand in the truth... when he lies, he speaks out of his own character, for he is a liar and the father of lies.” And Revelation 12:9 tells us that he is “the deceiver of the whole world.”

That means the primary way he fights us is through deception. He lies about everything—about God, about the truths of the gospel, your identity, and what will actually bring you joy. And if you begin to believe his lies, you won’t stand—not because truth stopped being true, but because you stopped standing in it.

In a battle, the one who is still standing at the end wins. That’s why Paul says—stand firm. Keep standing. The good news is that Jesus has already secured our victory, but the battle rages on.

Meanwhile, you and I are not strong enough for this battle on our own. Before Paul ever tells us to put on the armor, he tells us to “be strong in the Lord and in the strength of His might.” Our strength is not in ourselves—it is in our union with Christ.

On our own, we don’t stand a chance against the father of lies. He has been deceiving people since the beginning. Revelation 20 reminds us that one day God will have to bind him to stop his deception completely. The world we live in is a world being deceived. We are like first-time chess players sitting across from a grand master. Left to ourselves, the outcome is not in question—we lose every time.

So how do we stand?

1 — Stand in the truth God reveals. Truth is Objective, Revealed, and Personal.

Before we talk about believing the truth, we need to understand what truth actually is. What is truth?

That’s not a new question. Pilate asked it in John 18:38: “What is truth?” And many in our day have answered that question the wrong way. They have embraced the lie that truth is relative rather than objective.

And sadly, that lie has not just stayed in the culture—it has made its way into the church.

We live in a relativistic culture. Many people no longer believe truth is something to be received. They believe truth is something to be defined, shaped, or created by the individual. So people say things like, “That may be true for you, but it’s not true for me.”

But the Bible gives us a very different understanding of truth.

- A. **Truth is objective** - That means truth is true whether you believe it or not. Truth is not true because we believe it. Truth is true because it comes from God—His character, His Word, and the world He has made.

That is where relativism fails. Relativism says truth is fluid. It changes from person to person. It says, “This is true for me.” But if truth is always changing, then nothing is finally true. And if nothing is finally true, then you have no foundation to stand on.

In Ephesians 6, Paul does not say, “Stand firm with the belt of personal opinion.” He does not say, “Stand firm with the belt of whatever feels true and good to you.” He says, “Stand... having fastened on the belt of truth.”

You cannot stand firm on truth you are trying to redefine.

You stand firm by receiving what God has revealed and continuing to believe it.

B. Truth is Revealed by God - We don't get to create truth. It does not bend to you—you are called to bend to it. Ephesians 1:13 says, “In him, when you heard the word of truth, the gospel of your salvation, and believed in him, you were sealed with the promised Holy Spirit.” That means you didn't come into the Christian life by discovering your own truth—you came in by hearing God's truth and believing it. We stand by continuing to believe the truth God has revealed—in His world and in His Word.

C. Truth is a person - And this is where the Bible takes us deeper than philosophy ever can, because truth is not just a concept, truth is a person.

Jesus is the truth. In John 14:6, Jesus says, ‘I am the truth,’ and Ephesians 4:21 says, ‘the truth is in Jesus’.

You don't stand by mastering information—you stand by trusting a Person. The One who is the truth has already defeated the father of lies. He died so that truth—not deception, not distrust—would reign in the lives of His people. We stand by continuing to trust in Christ.

2 — Think Clearly in a culture of distrust.

Now once you understand what truth is, here's the problem—we live in a world where people don't just reject truth... they don't trust anything.

- A. **Our distrusting culture** - We live in a culture that distrusts everything. How did we get here?
- We've been lied to. Institutions have failed. And through the internet and the instant dissemination of information, we now have more access to information than any generation before us. But having more information has not made us wiser—it has exposed how little wisdom we actually have. We are drowning in information but starving for truth.
 - Because information is constant and conflicting, even Christians can find ourselves questioning everything. Not because we don't believe the truth exists, but because we don't know who or what to trust. And over time, that produces a kind of exhaustion. When you are constantly sorting through competing claims, constantly wondering what is real, you begin to wear down. And that exhaustion pushes people in one of two directions: either you stop thinking critically altogether, or you start to deny reality altogether. You either disengage, or you begin to redefine reality. When we begin to redefine reality, we usually do not do it alone. We look for others who will affirm our version of reality. We surround ourselves with voices that agree with us, and before long, an echo chamber forms. That echo chamber doesn't correct us—it reinforces us. It keeps us in our delusion while convincing us we've finally arrived.
- B. **How to think clearly in a culture of distrust** - How do you avoid deception? You have to learn to think clearly—but not independently of God. You think clearly under the authority of God's Word. And that means asking simple, consistent questions when you hear something, read something, or even when you're thinking something. Here are four questions we should ask ourselves consistently. These are simple—but they can keep us from being deceived.

- **First:** What does God's word say about this? God's Word is not one voice among many—it is the authority by which every other voice is judged. If something contradicts Scripture, it doesn't matter how persuasive it sounds or how many people believe it—it's not true.
- **Second:** Does this idea, thought, belief fit the world God made? God is the author of reality. Truth is not just what is said—it is what actually is. Lies often sound convincing, but they collapse when you measure them against the world God has created and ordered. Is what you are believing in alignment with the way God made things to work?
- **Third:** What does this idea or teaching instruct me to believe about God, the gospel, or myself?

Because that is where the enemy does his most effective work. Every lie is ultimately trying to distort one of those three things—who God is, what Christ has done, or who you are in Him. Let me make this practical. This isn't just about what the world is saying. This applies to things Christians believe, talk about, and even argue about. Sometimes this shows up when we become deeply convinced of something—but we haven't actually tested it carefully against Scripture. Sometimes it's ideas we pick up online, in podcasts, or from people we trust. And instead of asking, "Is this actually what God's Word teaches?" we assume it must be true because it sounds persuasive or because someone we respect said it. Other times it shows up in the way we handle theological disagreements. We can become so confident in our conclusions that we stop asking whether we have interpreted Scripture rightly, and we stop listening carefully to others who are also trying to submit to God's Word. And sometimes it shows up in more obvious ways—when people build entire beliefs about the world that are not grounded in Scripture or reality, but are driven by suspicion, fear, or speculation. And instead of testing those ideas, they find communities that reinforce them.

- **Fourth** - Have I created an echo chamber? And let me press on this for a moment—because this is where we can go wrong even as Christians. It is very easy to become convinced that we are right about something—and once we are convinced, we stop testing our beliefs carefully. We stop listening. We stop examining. And we begin to defend our conclusions instead of submitting them to God's Word. And here's the danger: you can use the language of "truth" while actually protecting your own conclusions. You can say, "I'm just standing on the truth," when in reality, you have stopped asking whether your understanding of the truth is actually correct. Believing the truth does not mean clinging tightly to your opinions—it means holding your convictions under the authority of Scripture. So the question is not just, "Do I believe the truth?" The question is: Am I willing to be corrected by the truth? Am I willing to slow down, open my Bible, and ask, "What does God actually say here?" Am I willing to admit, "I might be wrong," if Scripture shows me that I am? Because if you are not willing to be corrected, then you are not actually committed to truth—you are committed to being right. And those are not the same thing. Some of us don't need more information—we need more humility. Because the problem is not just out there—it's in here. Because of sin, we are not neutral thinkers. We are bent toward believing lies. So we begin here: I can be wrong—but God's Word is not.

3 - Believe the Truth where the enemy lies.

Now here's where this becomes very personal—because this is not just about what the world believes—this is about what *you* are believing right now. Whatever you are believing—that's what your life is being built on. The decisions we make flow from what we believe to be true. (The Secret Garden Illustration - The boy is not sick. If someone believes a lie about reality, they live as though the lie is true—even when reality says otherwise. That is what lies do. They don't have to be true to shape your life. They only have to be believed.)

The enemy is not just confusing the world... he is targeting you. Believing the truth is not just how you enter the Christian life, It is how you continue to stand in it.

The enemy does not lie randomly. He lies strategically. If you don't know where he tends to deceive you, you will keep losing the same battles. We stand in the belt of truth continually by identifying where the enemy strategically and consistently lies and standing against it with the truth.

There are two places where his lies are most consistent—and most destructive: **the gospel... and your most important relationships.**

A. The Gospel — The Truths That Save You

This is where the battle is most intense—because if the enemy can distort the gospel, he can destabilize everything. We don't move on from the gospel, we live in it.

Who God Is - When hardship comes—when the diagnosis is bad, when the marriage is struggling, when the job is gone, when the prayer goes unanswered—the enemy whispers: “God is not good.” “God is not paying attention.” “God does not care about you.” “God does not have the power to save.” These lies are designed to hollow out your faith over time.

But the truth is what Scripture reveals: God is sovereign. He is good. He is loving. He is working all things together for the good of those who love Him. He has not abandoned you.

And standing in that truth when everything in your life says otherwise—that is how you keep your belt on.

What Christ Has Done - Some of you are carrying a low-grade anxiety about whether you are truly saved. The enemy loves to accuse you. He takes your failures and whispers: “If you were really saved, you wouldn't have done that... you wouldn't still struggle with that.”

But the truth is that your salvation rests on Christ's work—not yours. Assurance is not found by looking inward at your performance—it is found by looking outward to the cross. When the enemy accuses you, you answer him with the truth of what Christ has done. You stand against the enemy's by answering with the truth.

Who You Are - The enemy loves to tell you that you are defined by: what you have done(past), what has been done to you (victim), and what others think about you (fear of man). He tells you that you are too far gone, too broken, too much of a failure for God to use.

But the truth is: You are made in the image of God. If you are in Christ, you are redeemed by His blood. You are fully forgiven. You are declared righteous. You belong to Him.

That is your identity. And believing anything less is believing a lie—and when you believe a lie, your life begins to come apart because your belt of truth starts to fall off. We never move on from the gospel—we live there.

B. Our Most Important Relationships — Where Truth Gets Lived Out.

Now let's move from what we believe about God and the gospel... to what we believe about our most important relationships and where we find joy. Many Christians have good doctrine while unknowingly

accepting lies about God's design for relationships. And those lies often sound practical, reasonable, and even emotionally honest—but they still lead us away from God's design.

Marriage - The enemy loves to tell lies to married couples: "This is not the right person." "He/She is the whole problem." "There is no hope." Those lies destroy marriages.

But the truth is that God designed marriage to glorify Him by revealing the gospel. Your marriage exists for God's glory before it exists for your joy. And when you pursue His glory, you will find the joy He gives.

Parenting - The enemy lies to you about your children: "It's too late." "They won't listen." "Just keep them happy."

None of that is true. God called you to this. He equipped you and is equipping you for this. It is not too late. He is able to bring about renewal, strength, and faith through your parenting.

Church - The enemy lies to you about the church: "You don't need it. "It's too broken." "Your division is justified."

But the church is the pillar and buttress of truth. Not because the church invents truth, but because the church holds up and bears witness to the truth God has revealed.

The truth is that You belong to a covenant family. You belong here. In it, not away from it.

And when we believe the truth about the church— that Christ is Lord over it, that we belong to Him, that unity matters—we keep the belt fastened.

The enemy lies about what matters most—the character of God, the good news of the gospel, and your most important relationships—because if he can distort those, he can destabilize your entire life.

Close:

Listen, Your standing is secured by Christ—but your stability is experienced as you continue to believe the truth.

Christians are not relativists. We believe Jesus is the only way to be reconciled to God. There is no other path. That is not arrogance; that is reality grounded in who Christ is and what He has done.

So here is the call: believe the truth. Not generally. Not vaguely. Right where the enemy is lying to you.

Are you believing what God has said about Himself? Are you believing what God has said about Christ? Are you believing what God has said about who you are in Him? Are you believing what God has said about your marriage, your parenting, and His church?

You don't drift into truth—you drift into lies. So if you are not actively believing what God has said, you are already beginning to believe something else.

So what do you need to repent of today? Where have you believed a lie? Where do you need to come back under the truth of God's Word? You don't stand by knowing the truth once and walking away. You stand by continuing to believe it. So stand firm. Keep the belt fastened. Believe the truth.