

The Belt of Truth

I. PUT on TRUTH.

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. 2 Timothy 2:15

Contrary to the way a person usually dresses, truth is put on from the inside out. Inner health produces outward beauty. Therefore, put on Truth by feeding in the green, fertile pastures of the Bible. Here we see, hear, and learn to know precious Truth; for when we seek God in it pages:

1. Our eyes are open to His manifold Glory (*Galatians 3:1*).
2. We hear our Father assure us of His eternal, unconditional love for us (*1 John 5:13*).
3. We become intimately acquainted with our best Friend (*James 2:23*).
4. We learn to live in union with our beloved Bridegroom who is preparing us a place to share His life for all eternity (*John 14:2-3; John 17:24*).

II. Meditate on TRUTH.

Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee. 1 Timothy 4:15-16

Biblical meditation is quiet reflection on God's Word and a careful attentiveness to His ways. It involves focusing our minds on God's Word and asking Him to reveal His truth to us.

But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new man, which is renewed in knowledge after the image of him that created him: Colossians 3:8-10

1. Put on truth as you put off old fleshly thoughts.
2. Hold on to God's truth.
3. Repeat this process daily until wearing truth becomes as natural as breathing.
4. Think and speak the beauty of truth—so that others may see and know Him.

God's word in the Psalms show us how to wear truth and live in His triumph:

But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. Psalms 1:2-3

O how love I thy law! it is my meditation all the day. Psalms 119:97

When I remember thee upon my bed, and meditate on thee in the night watches. Because thou hast been my help, therefore in the shadow of thy wings will I rejoice. Psalms 63:6-7

III. Filter the TRUTH.

For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 2 Corinthians 10:3-5

Our knowledge of the truth is always being attacked. From the onset of this attack from the enemy, we are to take each thought and make it captive to the obedience of Christ. We must make a choice, will we yield to the “flesh” and its way of thinking? Or will we continue to let truth fill and renew our minds, conforming it to the mind of our King? Romans 8:1-17

When we question the source of a thought, God’s written Word and His indwelling Spirit show us the course to take:

1. If the thought is from the flesh, we must deny it and put on the truth that fits our new identity in Christ. we must replace “I can’t do it” and “I’ll never be able to forgive that person” with *“I can do all things through Christ which strengtheneth me.”* (Philippians 4:13).
2. If the thought is from Satan, we must resist his lie by the power of Jesus, then replace it with truth. (James 4:7).
3. If the thought is from the Spirit, we must affirm and obey it, then walk in the light of that truth. (1 John 1:7).

IV. Follow TRUTH.

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. John 14:6

That the LORD may continue his word which he spake concerning me, saying, If thy children take heed to their way, to walk before me in truth with all their heart and with all their soul, there shall not fail thee (said he) a man on the throne of Israel. 1 Kings 2:4

I beseech thee, O LORD, remember now how I have walked before thee in truth and with a perfect heart, and have done that which is good in thy sight... 2 Kings 20:3

IV. Feast on TRUTH.

Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts. Jeremiah 15:16

Truth, like meat, makes us strong and healthy when we take the right steps to:

1. Choose the good rather than the bad (Joshua 24:15).
2. Place it in your Heart (Ephesians 3:17).
3. Store it in your mind (Romans 12:2).
4. Consume it. (Jeremiah 15:16).

Let us encourage each other to seek, choose, take, and feast on Truth—truths that renew our minds, and produce a triumphant life. Then we can joyfully follow Him.