

Basic Training
“Tighten Up Your Belt”

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INTRO:

We are continuing our series on “Basic Training” this morning Our theme is found in Ephesians chapter 6 in talking about the armor of God

Ephesians 6:14 - Stand firm then, with the belt of truth buckled around your waist...

Back in Biblical times, a soldier’s armor was not put on until the Belt was put on. Not only did it secure the clothing, but everything else would attach to the Belt as well. All the armor would be connected to the Belt somehow.

How interesting is it then, that Paul instructs us to put on the Belt of Truth

Inferring that the Truth is what will hold everything together. That everything is connected to the Truth somehow.

One definition of Truth says – conformity with fact or reality

To understand the fullness of the Truth...we have to understand the Reality of who we are

Be Truthful with Yourself

This I believe is one of the first steps to securing the Belt of Truth...Being Real with yourself!

Illustration: So many times we go shopping for clothes and buy a size smaller hoping to fit into it soon.

Nobody knows you better than you and God...and if you are not truthful with yourself than you are living a lie to not only yourself but also to God and everyone around you.

I’ve learned quite a bit since being on staff at GateWay for over 4 years.

One of the most important things is transparency

There is a freedom in being transparent with who you are

As you know, we have a very transparent Pastor that speaks truth

When you are transparent with who you are then the Belt of Truth becomes easier to put on...

Not everyone has the ability to sing, or play an instrument, or run a computer, or make an espresso, or be a teacher, or run a video camera...

When you are truthful with yourself and allow the Spirit of truth in...

you will see your true abilities come out

The abilities that God has blessed you with

John 16:13 (NIV) – But when he, the Spirit of truth, comes, he will guide you into all truth.

And everything will start becoming secure around that Belt of Truth

Be Truthful with Others

In many cases, the Truth can be painful...something we don't necessarily want to hear. I believe David and Jonathan had a friendship bond that was very truthful with each other. Story of David & Jonathan

Jonathan is King Saul's son

David is successful in war and starts getting more praise than King Saul

King Saul is angry and wants to kill David

This puts Jonathan in an awkward position

But he remain truthful with David through this whole thing

1 Samuel 20:4 (NIV) – Jonathan said to David, Whatever you want me to do, I'll do for you.

Jonathan knew his father was in the wrong and that the spirit of the Lord was on David

The truth was a painful truth to both David and Jonathan but they remained

Sometimes our friendships and relationships get so out of whack because we aren't truthful

Illustration: Coming into the house with a load of groceries and no one helps or everyone is asking you questions and your not hearing them because all you want to do is get the groceries in the kitchen!

Sometimes our Belt of Truth is like those groceries...no control, everything is about ready fall apart.

In order to wear the Belt of Truth securely, we must be Truthful with not only ourselves but also those that are around us.

Especially those that are closest to us...parents/kids/wife/husband

Be Truthful with God

This is kind of interesting because God knows us better than we know ourselves.

So, He knows whether we are truthful or not.

The thing is that all of these go hand in hand...you can't have one without the other...

God can't work in us until we stop lying to ourselves

The Belt of Truth is the foundation of our Armor and our Salvation in Jesus Christ

If you remember the definition of Truth – conformity with fact or reality

So God wants us to conform our hearts and minds to the Reality of Him in our lives

Living for the Truth of God in us is not always easy

But it definitely has its rewards in the end

Illustration: Attaya Tea - This tea is brewed a total of 3 times

1st round – is a the fresh tea leaves and a lot of sugar Makes for a very strong espresso type drink

2nd round – reuse the tea leaves and a little less sugar Makes for a strong but sweet drink

3rd round – reuse the tea leaves and a little less sugar Makes for a sweet tasty drink

Basic Training

Symbolism – 1st Round - Life (bitter)

2nd Round – Friendship (bitter sweet)

3rd Round – Love (sweet)

I think of it as our relationship with God – The tea being us/the sugar being God

1st round – God has a lot of work to do...we don't want the change because it's bitter and painful

2nd round – God has done a work in us but still not finished but we can taste the goodness of Him working

3rd round – When we fully experience God's love in our lives and surrender completely to Him

There is a freedom that comes from tightening the Belt of Truth

John 8:31-32 (MSG) – "If you stick with this, living out what I tell you, you are my disciples for sure. Then you will experience for yourselves the truth, and the truth will free you."

This freedom comes only by securing your Belt of Truth