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Ephesians 6:14-17
Girded Loins

Introduction: Paul now lists for us the seven specific items that make up the total armor package. Each piece is individual and made for a certain use. We will look at each piece individually to see how they comprise the whole armor of God.

A. Historical Background

1. Paul in jail probably chained to Roman soldiers
2. Possible allusion to Isa. 11:5; 59:17
3. Lies, Gen. 3:1-5; John 8:44

B. Roman armor

1. Cingulum Militare or Balteus or Cingulum
 - a. leather belt and apron a soldier wore, it was one of the only pieces of armor issued to a soldier that they were allowed to personalize.
 - b. As soldiers traveled to far off lands and were victorious in battles they would many times take the silver coins from those areas or use their earned pay to purchase silver or gold ornaments to decorate the belt and hanging straps on the loin covering.
 - c. One could tell from looking at a Roman Soldier's Balteus how long they had served and how many battles they had fought in and about the victories they had won
 - d. Probably made by Roman workshop but chosen individually by the soldier
 - e. Second belt used to hang weapons on immediately before battle
 - f. Third belt used to designate rank
2. Possibly the tunic which needed to be tucked into a belt, Ex. 32:11

C. Loins girded with truth, Jer. 13:11

1. Having girded
 - a. Gk. 4024 "gird, to fasten on a belt"
 - b. Aorist Middle Participle
2. Loins
 - a. Gk. 3751 "loins, procreative power"
 - b. Possibly having to do with lust of the flesh
3. Truth, Gk. 225 "truth"
 - a. Possibly collective truth, God's Word
 - b. Possibly speak the truth

D. Application for us today

1. Once for all
2. More than likely worn all the time
3. Truth of God's Word
4. Personal choice I make, I Pet. 1:13

Conclusion: God's Word is truth and it contains all you need to protect yourself from the lies of the evil one. His methods are clear; doubt, deception, and denial.