



# Bible Study

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## Loins Girt About With Truth

Hello, children. Welcome again to our Bible study about the **ARMOUR OF GOD**. Last time we looked into the importance of having God's whole armour on so now we can start studying the individual pieces. This time, we will learn what it means to **have our loins girt about with truth**.

Do you know what the loins are? Well, the dictionary describes them as *the sides between the lower ribs and pelvis, and the lower part of the back*. The Bible makes many references to the loins. Mainly, they pertain to life and giving of life. When God says that we have to have our loins girded about with truth, it means that unless we have the truth working in our lives, we cannot give life. We have to live the truth and speak the truth in order to be life givers. In every situation we go through, the truth has to prevail. Now, how do we do that in our daily lives?

Let us look at the follow-

ing example: Imagine that you are playing football in your backyard. Suddenly, you throw the ball really far and, oops, it breaks your neighbor's window. What are you going to do? Are you going to say, "Well, it was not actually me, it was my brother. He threw the ball at me in such a way that I couldn't do anything about it!" Or, are you going to take the blame, apologize and pay for the glass? If you choose the first option, you have submitted to the devil and he has you in his grip. However, if you choose to gird yourself with truth and speak the truth without making excuses, you will gain righteousness, peace and joy. And what do you know? Maybe your neighbor will be nice and forgive you the payment, too. Set your hearts on always speaking the truth and living the truth.

Now, let us look at the word *girt*. It is a Greek word *perizonnumi* and means to

*gird all around, i.e. to fasten on one's belt*. Why would it be so important to God that we would have our belts fastened? History will tell us a lot so let us see what people used to do in the past, even long before your grandparents were born.

In the Old Testament times, men didn't wear pants as they do nowadays, but they wore long raiment, or tunics. They looked like a long skirt or a dress. When they needed to run, work in the fields or when they had to go to a battle, in order not to trip over their clothing, they took a belt and girded themselves. When they did that, they were ready to go or do what was needed.

There is one reference found in Luke 12:35-40, which says, ***Let your loins be girded about, and your lights burning; <sup>36</sup>And ye yourselves like unto men that wait for their lord, when he will return from the wedding; that when he cometh and knocketh, they***

may open unto him immediately. <sup>37</sup>*Blessed are those servants, whom the lord when he cometh shall find watching: verily I say unto you, that he shall gird himself, and make them to sit down to meat, and will come forth and serve them.* <sup>38</sup>*And if he shall come in the second watch, or come in the third watch, and find them so, blessed are those servants.* <sup>39</sup>*And this know, that if the good man of the house had known what hour the thief would come, he would have watched, and not have suffered his house to be broken through.* <sup>40</sup>*Be ye therefore ready also: for the Son of man cometh at an hour when ye think not.* From these scriptures we can see that being girded about also means to be ready for the return of the Lord Jesus Christ. He says that He will be back soon and those that will be girded about and ready will receive a great reward.

There is one more scripture that I would like to mention with regard to the loins. I Peter 1:13, *Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ.* Did you know that your mind has loins? It is important that your mind is girded about. Now, let's see: have you ever tried to gird your mind? It is like an eagle

fly high and even higher. You are supposed to do your school and suddenly your mind is thinking about playing outside with your friends. Or, you are trying to pray and your mind is thinking about the cake you are going to get after dinner, because today is your birthday. Our mind can do lots of funny as well as dangerous things, but the Word of God says that we need to gird it. So, how do we do that? There is nothing else that will help you and I except for the Word of God. We have to know the Bible and we have to know how to use it when the enemy attacks us. (We will talk about this in more detail

**EPHESIANS 6:14**

*Stand therefore, having your loins girt about with truth...*

in our future Bible studies.) So, how do you know that what you do in your life is the truth? First, you have to believe that the Bible is the truth. When Jesus prayed to the Father in John 17:17 he said, *Sanctify them* (his disciples as well as us) *through thy truth: thy word is truth.* Here we can see that God's Word is the

truth. John 14:6 tells us that *Jesus saith unto him* (Thomas), *I am the way, the truth, and the life: no man cometh unto the Father, but by me.* By this we can see that Jesus also is the truth. In addition to these, John 1 describes Jesus as being the Word and so these two verses go together very well.

Second, when you compare your life to the Bible, you will know whether what you do is right or not. Read the Bible, memorize the verses and think about them as you go about your day.

Then, we see in John 16:13 that it is the Holy Spirit that will lead us into all truth. *Howbeit when he, the Spirit of truth, is come, he will guide you into all truth...* Children, if you are not baptized in the Holy Spirit, go to God and ask Him to baptize you so that you may be able to come into all truth. The reason why we need to come into all truth is written in John 8:32, *And ye shall know the truth, and the truth shall make you free.* It is not possible to be made free from all darkness that is in us without knowing the truth. I pray that you walk in the truth so that you find the freedom that is in Jesus.

(Based on children's lessons given by a number of teachers in Prague, Czech Republic.)