

# THE ARMOR OF GOD

## THE BELT OF TRUTH

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Ephesians 6:14a NASB  
Stand firm therefore,  
having girded your loins  
with truth.

**Truth**  
Jesus Christ  
is our Lord  
and Savior

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*Gird:* - TO ENCIRCLE  
- TO PREPARE

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We must first know the  
truth before we can do  
anything else in defending  
ourselves from the devil's  
schemes.