

# STUDY NOTES FROM KAREN HOERDEL'S "SPIRITUAL ARMOR" TEACHING SERIES

## Introduction: "Belt of Truth"

We first come to the girdle of belt without which you would not be securely armed. The belt was not just an adornment, but rather an essential piece of military equipment. Passing around the loins or mid-section, and by the end of the breastplate, this belt kept other pieces of the soldier's equipment in place, including his sword. The soldier would also wear a tunic, which was a cloak worn over his short kilt or skirt. Prior to engaging in battle, the combatant would tuck the tunic under the belt, freeing his legs, thus providing maximum freedom of movement. Being girded with truth means being truthful, genuine, and sincerely open in our communion with God, not allowing deceit and unconfused sin to separate our fellowship with Him.

The whole armor is Jesus.  
Put on the Lord Jesus Christ.  
OUR EFFORT is putting it on and keeping it on.  
Jesus will do everything else.

## BELT OF TRUTH STUDY NOTES

Ephesians 6:10-18

Verse 11: Armor = "panoplia" (Greek) - full armor  
Wiles = "methodia" (Greek) = craft, deceit, trickery, lie in wait, strategies

\* Put on the panoplia to stand against the methodia!

Genesis 3: 7, 21 - not by our own efforts  
I Samuel 17:45 - God is the armor  
Isaiah 59:16-17 - the armor of Jesus  
Roman 13:11-14 - the armor is Jesus  
Ephesians 6:10-13 - put on the whole armor  
I Thessalonians 5:4-8 - faith, love, hope

Loins Girded:

Exodus 12:11 - freedom of movement  
Isaiah 11:5 - righteousness, faithfulness  
Nahum 2:1 - God's power  
Luke 12:35 - readiness  
I Peter 1:13 - mind (II Corinthians 10:4-5)

Truth = God = Jesus = Word of God  
Psalm 51:6 - God desires inward truth  
Psalm 91:4 - truth is a shield and buckler  
Psalm 119:151 - God's commandments = truth

Psalm 145:18 - call on God in truth  
Proverbs 16:6-7 - truth purges sin  
John 4:24 - worship in spirit and truth  
John 14:6 - Jesus is the Truth  
II John 1:4, III John 1:4 - Walk in truth  
Ephesians 4:23-32 - put on the new man

### **The Warrior's Creed**

Through Jesus, I am a member of the fellowship of the unashamed.  
I have the Holy Spirit Power.  
The die has been cast.  
I have stepped over the line.  
The decision has been made.  
I won't look back, let up or slow down.  
My past is redeemed; my present makes sense; my future is secure.  
I am finished with low living, sight walking, small planning, smooth knees, colorless  
dreams, tame visions, mundane talking and cheap living.  
I no longer need pre-eminence, position, promotion or popularity.  
I don't have to be praised, recognized, regarded or rewarded.  
I live by faith.  
I lean on His presence.  
I walk with patience.  
I live by prayer.  
I labour with power.  
My face is set; my gait is fast; my mission clear;  
My goal Heaven; my road narrow; my way rough; my companions few; but my God  
reliable.  
With God's help, I will not flinch in the face of sacrifice; hesitate in the presence of the  
adversary; negotiate at the table of the enemy; ponder at the pool of popularity.  
I won't give up, shut up or let up, until I have stayed up, stored up, paid up, prayed up,  
and preached up for the cause of Christ.  
I am a disciple of Jesus Christ.  
I must go 'til He comes, give 'til I drop, work 'til He stops me and preach 'til all know, and  
when He comes, He will have no problem recognizing me.  
My banner will be clear.  
I am a member of the fellowship of the unashamed.