

Ephesians

More than a Makeover

The Right Equipment Makes All The Difference

Ephesians 6:13-15

Grace Fellowship Church / Pastor Brad Bigney / September 21, 2025

I. What Is The Armor Of God?

The armor of God is a symbol of the benefits and privileges of the Gospel that are now yours in Christ. It's nothing more than specific Gospel implications that you're getting a hold of and applying to your own life.

The armor of God is what gives you a new mindset, a new posture, a new filter, and a truth-grid through which you see yourself and the world around you.

II. What Do I Have To Do To Get It?

It's immediately in your closet and a part of your spiritual wardrobe, but you have to choose it. You have to put it on and you have to work hard to keep it on!

Ephesians 6:13 "Therefore take up the whole armor of God..."

Ephesians 6:11 "Put on the whole armor of God..."

III. You Start With The Belt Of Truth

Ephesians 6:14 "Stand therefore, having fastened on the belt of truth..."

This is a belt or a girdle. It's something that holds everything else in place and gets you ready for action!

It was a large sash or leather band because they wore flowing robes back then and you had to get everything cinched up or tucked away to get ready to run or fight.

It's essential because the belt of truth is what keeps you from tripping over your own lies and the lies of this world all around us.

IV. What Does It Look Like To Put It On?

It's all about the battle in your mind, which is why you find other girdle verses in the Bible.

1 Peter 1:13 "...preparing your minds for action..."

NKJV "...gird up the loins of your mind..."

Message "...roll up your sleeves, put your mind in gear..."

It means to be mentally prepared, disciplined, and focused in the face of trials, trouble, and temptation.

Massage that truth down into your own heart and mind. That's what Jesus was talking about in the house built on the sand and the house built on the rock.

Luke 6:47-48 NIV "...hears My words and puts them into practice...who dug down deep..."

Message "...work these words into your life..."

Putting on the belt of truth means that you've got a hold of God's Word, you've dug down deep, and made it a part of who you are and how you think. You've put it into practice.

That's when you become more resilient, have more hope, and that's when your emotions begin to settle with fewer high-highs and low-lows.

A. Look At Where The Battle Takes Place

2 Corinthians 10:4-5 "For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. ⁵We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ..."

It's a mental battle that's comprised of arguments, lofty opinions, and thoughts that have to be destroyed and taken captive.

The word "arguments" in **v. 5** is the Greek word "logismoi" that means thought patterns, internal narratives, or internal belief structures. This matters so much because the internal story you live in, is the story you'll live out every day.

You're going to have to dismantle some of that stuff and haul it off like a prisoner taken captive because you have a new king, Jesus!

B. Look At Examples Of People Doing It

1. Psalm 103:1-5 "Bless the Lord, O my soul, and all that is within me, bless His holy name! ² Bless the Lord, O my soul, and forget not all His benefits, ³ who forgives all your iniquity, who heals all your diseases, ⁴ who redeems your life from the pit, who crowns you with steadfast love and mercy, ⁵ who satisfies you with good so that your youth is renewed like the eagle's."

You've got to learn to talk to yourself instead of just listening to yourself, so that you can build your emotions on truth instead of your ever-changing mood of the moment.

2. Psalm 42:5-9, 11 "Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation ⁶ and my God. My soul is cast down within me; therefore, I remember You from the land of Jordan and of Hermon, from Mount Mizar. ⁷ Deep calls to deep at the roar of Your waterfalls; all Your breakers and Your waves have gone over me. ⁸ By day the Lord commands His steadfast love, and at night His song is with me, a prayer to the God of my life. ⁹ I say to God, my rock: 'Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?'... ¹¹ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God."

Putting on the belt of truth is learning how to practice scripture-saturated, Spirit-led self-talk.

"No one is more influential in your life than you are because no one talks to you more than you do."

~ Paul Tripp, *How the Gospel Changes Us*

“Take those thoughts that come to you the moment you wake up in the morning. You have not originated them, but there they are, talking to you. They bring back the problem of yesterday. Somebody’s talking. Who’s talking? Your self is talking to you. Now this man’s treatment in Psalm 42 was this: instead of allowing this self to talk to him, he starts talking to himself, ‘Why are you cast down, O my soul?’ he asks. His soul had been depressing him, crushing him. So he stands up and says: ‘Self, listen for a moment, I will speak to you.’”

~ Dr. Martin Lloyd-Jones, *Spiritual Depression*

C. Look At Where You Get Mentally Trapped Most

1. **Filtering** [“Yeah, but...”] – Minimizing or ignoring anything that doesn’t correspond to your critical mood or deep “funk” of the moment
2. **Personalizing** – Blaming yourself for every bad thing that happens, spiraling into self-loathing and shame
3. **Catastrophizing** – Assuming the worst possible outcome in any given situation before it even begins to play out
4. **Exaggerating** – Extreme all-or-nothing, black-or-white thinking that has no place for moderate or middle ground

D. Learn How To Argue With Yourself From Scripture

Lies I Hear in My Head	Scriptural Truth	Scripture Text
You will never change.	I can change because God is changing me.	Philippians 1:6
You need the approval of others to have any worth.	I have God’s approval, and that is enough.	Romans 8:31
I am a failure and a total screw-up.	God has unlimited forgiveness for my sin and abounding grace for my weaknesses. I am not defined by what I’ve done, but by who I am in Christ and what He’s done for me.	1 John 1:9 2 Corinthians 12:9 Colossians 3:3
I am alone and abandoned in this world.	I am an adopted and beloved child of God with a Father who delights in me.	Zephaniah 3:17 Romans 8:15-17