

# Stand Having Your Loins Girt About With Truth



What does it mean to gird up your loins?

## Prepare

### ***D&C 38:9***

*Wherefore, gird up your loins and be prepared. Behold, the kingdom is yours, and the enemy shall not overcome.*

To gird up your loins is to prepare yourself for the attacks of the enemy.

### ***D&C 27:15-16***

*Gird up your loins, and take upon you my whole armor, that ye may be able to withstand the evil day, having done all, that ye may be able to stand. Stand, therefore, having your loins girt about with truth.*

How should you prepare?

# Truth

To put on the Whole Armor of God, the first essential thing that you need is truth. You are here on Earth to learn, yet there are a lot of things being taught, some true, some false, and some truth mixed in with what is false. You must learn to discern right from wrong, truth from error.

In our world today, many people say things like “speak your truth” or “live your truth” and even “you need to honor my truth.” This would imply that there are differing truths for each person, they suggest “what’s true for me may not be true for you.”

Is this true? Can truth be different for each person? The scriptures refer to truth as “the truth” over and over again. So what is going on here?

## ***Romans 1:25***

*Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever.*

Some people change the truth into a lie to suit themselves.

The scriptures were written a long time ago, a lot has changed since then. Can truth change based on the time we live in?

## ***D&C 93:24***

*And truth is knowledge of things as they are, and as they were, and as they are to come;*

## ***Psalms 117:2***

*The truth of the Lord endureth for ever.*

But we each have different circumstances, the world is changing, things change around us. Does truth change with it?

## ***D&C 1:39***

*For behold, and lo, the Lord is God, and the Spirit beareth record, and the record is true, and the truth abideth forever and ever.*

Truth is unchanging, that is something we can count on.

# Be a Truth Seeker

Receiving truth requires humility, many things that you think you know may not be true. And truth is not common knowledge, you will need to seek to find it.

## ***D&C 97:1-2***

*Many of whom are truly humble and are seeking diligently to learn wisdom and to find truth. Verily, verily I say unto you, blessed are such, for they shall obtain;*

How do you seek truth?

## Truth in God's Word



Compare everything you learn to the word of God in scripture. If something contradicts God's word, it's not truth.

## ***D&C 84:44-45***

*For you shall live by every word that proceedeth forth from the mouth of God. For the word of the Lord is truth, and whatsoever is truth is light, and whatsoever is light is Spirit, even the Spirit of Jesus Christ.*

# Ask God



God will tell you what is truth by the power of the Holy Ghost. He has promised that if you sincerely ask God, intending to hear and follow His answer, and you put your faith in Christ, He will tell you through the Holy Ghost if something is true. This is how you can know the truth of all things.

## ***Moroni 10:4-5***

*And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost. And by the power of the Holy Ghost ye may know the truth of all things.*

You can be guided by Spirit of Truth to all truth.

## ***John 16:13***

*Howbeit when he, the Spirit of truth, is come, he will guide you into all truth:*

# Do Not Be Deceived

## ***D&C 45:57***

*For they that are wise and have received the truth, and have taken the Holy Spirit for their guide, and have not been deceived—verily I say unto you, they shall not be hewn down and cast into the fire, but shall abide the day.*

Remember, your enemy would like to deceive you, he wants you to be cut down and cast into the fire. But if you receive the truth, and let the Jesus Christ be your guide, you will be safe.

## ***D&C 50:19-20***

*And again, he that receiveth the word of truth, doth he receive it by the Spirit of truth or some other way? If it be some other way it is not of God.*

Have you been listening to the right voice? There are many voices speaking, even within your own mind. Learn to listen to the voice of God.

# Stand for Truth

## ***D&C 27:15***

*That ye may be able to withstand the evil day, having done all, that ye may be able to stand. Stand, therefore, having your loins girt about with truth.*

Once you have obtained truth you need to stand up for the truth, and stand firm. You can't just hide, for that is what the enemy would like you to do.

## ***D&C 84:45***

*For the word of the Lord is truth, and whatsoever is truth is light, and whatsoever is light is Spirit, even the Spirit of Jesus Christ.*

Light and truth are used synonymously in the scriptures. Hiding the truth that you have been given will not help anyone. No, you must let your light shine for all to see!

### **3 Nephi 12:14**

*Verily, verily, I say unto you, I give unto you to be the light of this people. A city that is set on a hill cannot be hid.*

This is so important, having the truth and standing firm in the truth will prepare you for the day of the Lord's coming!

### **D&C 106:4-5**

*And again, verily I say unto you, the coming of the Lord draweth nigh, and it overtaketh the world as a thief in the night— Therefore, gird up your loins, that you may be the children of light, and that day shall not overtake you as a thief.*

## **Loins of Truth Printable Activity**

This activity called Truth and Lies can be used often to help you remove the enemies lies from your heart and replace them with truth.

Think of the thoughts, feelings and beliefs that you have had, and make a list of them. Recognize that these are not from God and are not true, in fact just the opposite is the truth! Write down what is the opposite of each lie, then tear the page down the middle. Throw away the lies and keep the truth to read to yourself each day.