

The Attackers: The Panoply, 2d Element: the Belt of Truth: Doctrine Retained in the *Kardia*; 3d Element: Breastplate of Righteousness: Refers to Thorax which Contains Lungs & Heart: Illustrates Spiritual Metabolism; 3 Categories of Righteousness; Doctrine of Spiritual Metabolism: Respiration of Air & Digestion of Food

Ephesians 6:14 - Stand fast therefore, having buckled around your waist the belt of biblical truth in the soul ...

1. The word for truth is **ἀλήθεια (*alētheia*)**. It is the same as the Hebrew words for truth: **(1) עֵמֶת (*'emeth*)** and **(2) חֹכְמָה (*chochmah*)**: doctrine in the soul ready for application. In our verse, the word refers to the content of truth in the *kardia* and can be translated “the belt to biblical truth,” or “the belt of biblical doctrine.”
2. The action of buckling the belt around the waist is noted by the aorist middle adverbial participle of **περιζώννυμι (*perizōnnumi*)**. This action occurs before the action of the main verb which is to “Stand fast,” the aorist active imperative of the verb **ἵστημι (*hístēmi*)**.
3. The verse continues with the exposition of the second element of the panoply and is introduced by the aorist middle adverbial participle of the verb **ἐνδύω (*endúō*)**: “put on.”
4. What is to be put on is said to be the “breastplate,” the masculine singular direct object of **θώραξ (*thōrax*)**.
5. It is defined as a “coat of mail”; “the abdominal cavity but also the chest.”¹ The Latin word is *lorica*: “A leather cuirass; a metal breastplate.”²
6. The Roman breastplate was usually constructed of leather overlaid with metal strips. Its appearance is of a sleeveless coat that protects the soldier’s body from shoulders to waist.
7. The shoulders and back of the breastplate were constructed with overlapping metal hinges that gave it flexibility for movement.
8. The belt held the breastplate in place. The armor also extended down below the belt to protect the loins.
9. The process of putting on the breastplate includes attaching it to the belt of truth. The attachment is indicated by the adjunctive use of the conjunction **καί (*kai*)** translated “also”: “also having put on the breastplate.”
10. The Greek word *thōrax* is transliterated into the English but pronounced *thaw'-raks* and is defined as follows:
The part of the mammalian body between the neck and the abdomen; also: its cavity in which the heart and lungs lie.³
11. Therefore the breastplate is metaphorical for the soul which breathes in doctrine under the enabling power of the Holy Spirit.

¹ Henry George Liddell and Robert Scott, “θώραξ,” in *A Greek-English Lexicon*, rev. Henry Stuart Jones (New York: Oxford University Press, 1968), 814.

² *Cassell's Latin Dictionary*, s.v.: “lorica.”

³ *Merriam-Webster's Collegiate Dictionary*, 11th ed., s.v.: “thorax.”

12. As the breastplate protects the heart and lungs of the soldier, so also the metaphor emphasizes the protection of the soul by means of inculcated doctrine into the *kardía*.
13. The breastplate is defined by the word that refers to integrity, the noun **δικαιοσύνη (dikaiosúnē)**. The word is best translated “righteousness” but personal integrity which also involves justice and love is also implied.
14. These two elements of the spiritual panoply refer to a number of doctrines, two of which we will address: **(1)** Spiritual Metabolism and **(2)** Capacity Righteousness.
15. There are three categories of righteousness addressed in Scripture: **(1)** Imputed righteousness which occurs at the moment of salvation resulting in **(a)** justification before the integrity of God, **(b)** the establishment of a grace pipeline, and **(c)** the target for rewards and blessings, **(2)** Positional righteousness which is the result of positional sanctification or union with Christ, i.e., the baptism of the Holy Spirit under current positional truth and sharing with Christ top-circle assets, and **(3)** Capacity righteousness which refers to the advance to spiritual maturity inside the bubble.
16. The fourteenth verse reads this way in expanded translation:
Ephesians 6:14 - Stand fast, therefore, after having buckled around your waist the belt of truth and after having put on the breastplate of capacity righteousness. (EXT)

The Doctrine of Spiritual Metabolism

Biological Illustrations:

I. Respiration of Air & Digestion of Food

1. Air enters the body through inhale and is quickly absorbed by alveoli, small air-containing compartments of the lungs where oxygen is exchanged for carbon dioxide.
2. This process is described in this excerpt from the *Encyclopaedia Britannica*:

Gasses from the air in the alveoli are exchanged with gases contained in the pulmonary capillary blood by means of diffusion. Hemoglobin transports oxygen to the rest of the body and returns carbon dioxide to the lungs to be expired. Freshly oxygenated blood leaves the lungs through the pulmonary veins and is carried to the left atrium of the heart, where it is then pumped throughout the body.⁴

3. A deep breath contains about 300 cc's of air while a forced exhale releases about half that. What remains is residual oxygen.
4. This illustrates the Grace Apparatus for Perception or Operation Z. As doctrines are taught, not all is circulated into the soul. Some are misunderstood, some are esoteric, and some are rejected due to lack of a large enough inventory by which to process it.

⁴ *The New Encyclopaedia Britannica: Micropaedia*, 15th ed. (Chicago: Encyclopaedia Britannica, 2010), 9:1042.

4. Air circulated into the blood and transferred to the heart for distribution to the various parts of the body illustrates the Holy Spirit's involvement in a believer's spiritual growth.
5. The metabolization of doctrine is illustrated by that portion of inhaled oxygenated air that is distributed by the blood to the heart and then out to the various components of the physical body.
6. Thus the Greek word **καρδία (kardia)** becomes an excellent teaching aid for the process of spiritual growth that occurs in the soul's steam of consciousness.
7. Principles of grace are also significant in the illustration. Air, made up primarily of nitrogen (78%) and oxygen (21%), is available by grace. Man cannot manufacture the air necessary for his survival. God provides it.
8. Man cannot discover truth from his own devices. It must be revealed to him by means of a supernatural process:
 - (1) **Revelation:** The divine act of communication to man what otherwise man would not know. (Inhale)
 - (2) **Inspiration:** The direct divine influence which secures an accurate transference of truth into language which others may understand. (Exhale)
 - (3) **Illumination:** The influence and ministry of the Holy Spirit which enables all who are in right relation with God to understand the Scriptures.
 - (4) **Interpretation:** The science and art of biblical analysis where the meaning of Scripture is discovered by utilizing the literal, grammatical, historical system of hermeneutics.
 - (5) **Animation:** The Word of God is alive and powerful and efficacious through the power of the Holy Spirit in accomplishing supernatural results.
 - (6) **Preservation:** The Word of God shall endure forever.⁵
9. The metabolism of food in the digestive system is a product of divine grace. This process is not the product of an evolutionary crapshoot, but a gift of God's grace.
10. The technical aspects of this system of acquiring and using energy are summarized by the *Encyclopaedia Britannica*:

Metabolism: the sum of all the chemical reactions that take place within every single cell of a living organism, providing energy for vital processes and synthesizing new organic material.

⁵ Definitions summarized from: Lewis Sperry Chafer, "Bibliology," in *Systematic Theology* (Dallas: Dallas Theological Seminary, 1947), 1:48, 50, 115, 109, 120, and 124.

Metabolic reactions are of two sorts. Some are anabolic⁶ reactions, which use energy to build complex molecules from simple molecules. The others are catabolic⁷ reactions, which make chemical energy available in the course of breaking down complex molecules into simpler molecules.

All the energy used by living organisms derives ultimately from the Sun. Photosynthetic plants use solar energy directly to synthesize organic compounds from inorganic constituents, e.g., carbon dioxide, water, and ammonia. By digesting photosynthetic organisms, non-photosynthetic organisms obtain nutrients—mostly proteins, carbohydrates, and lipids—that serve them both as indirect sources of solar energy and as materials from which to synthesize their organic constituents.⁸

11. These terms illustrate the process of spiritual growth: anabolism for inculcation of doctrine for momentum; catabolism for discernment and destruction of human viewpoint.

⁶ “The synthesis of complex molecules in living organisms from simpler ones together with the storage of energy; constructive metabolism” (*The New Oxford American Dictionary*, s.v.: “anabolism”).

⁷ “The breakdown of complex molecules in living organisms to form simpler ones, together with the release of energy; destructive metabolism” (*Ibid.*, s.v.: “catabolism”).

⁸ *The New Encyclopaedia Britannica: Micropaedia*, 8:55.