



"The Belt of Truth"

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We are in a fight; a spiritual fight. We need to be prepared for the fight and take advantage of the weapons that God has provided for us.

Read Ephesians 6:10-14 (Message).

- 1. How do you prepare for the spiritual fight?**
- 2. What weapons does God provide for you to use?**

In the New International Version, Ephesians 14 reads "Stand firm then, with the belt of truth buckled around your waist". When a soldier puts on his armor it is the belt that holds the rest of the armor in place. The belt is also where the other weapons are carried. In the same way, truth is what holds the Christian life together. Read John 14:16.

- **What is Truth**

The enemy's #1 weapon is sowing seeds of doubt; he does this by twisting the truth. Read Matthew 4:1-11 (Message).

- 3. How did the enemy try to twist the truth?**
- 4. How did Jesus fight the enemy's attempts to twist the truth?**
- 5. Have you experienced the enemy tempting you with twisted truth? How did you respond?**

- **Why Truth**

Truth is imperative; it ties together and upholds the rest of our spiritual armor. The truth is immutable. It is not relative or subjective or able to be manipulated. At the core of truth is integrity; a life where the talk matches the walk.

6. Have you ever tried to manipulate the truth? What was the result?

7. Does your life reflect truth? Does your talk match your walk?

- **Got Truth**

Knowledge of the truth is not enough to engage in the fight. Being committed to the truth and putting the truth in action in every area of life is what prepares us for the fight. How you handle the truth is the mark of how trustworthy and dependable you will be in the fight.

9. How trustworthy and dependable are you with the truth?

10. Have can you gird yourself with the belt of truth?

Family Discussion Starter:

Read Ephesians 6:13-14 (Message). Explain how the belt ties together the rest of the armor. Discuss how God wants us to know and use truth to defend ourselves against the temptations of the enemy.