

WEEK 2: THE BELT OF TRUTH

ARMOR OF GOD

The Belt of Truth is Knowing and Living God's Word in Our Daily Lives

Stand your ground, putting on the belt of truth... (Ephesians 6:14)

Ephesians 6:14

The belt was an essential piece of the Roman soldier's uniforms at the time **Jesus** lived on earth. It firmly secured the soldier's weapons and made him ready for **battle**. Think of a tool belt. It holds all the essential tools a handyman may need. It prepares him for what is ahead.

The Belt of Truth has a similar function when it comes to the spiritual battle we face. We are soldiers for Christ and when we are **equipped** with the truth of God's word, all the other pieces of our **armor** can be held in place and ready for battle at a moment's notice. Truth is essential to this fight. When we are up against a powerful enemy like Satan, it is crucial that we know and cling to the **truth** of God's word.

Satan is often called the "Father of Lies" because he wants nothing more than for Christ-followers to forget the truth of God's **word** and start to believe his lies. He confuses and deceives us into **believing** lies over truth. In doing this, Satan is slowly loosening your Belt of Truth, making it harder for you to defeat him.

When you cling to God's word, spend time memorizing and recalling **scripture**, and discussing it frequently, you are tightening the Belt of Truth. We are at our best and **ready** to fight when we know and live out God's word on a daily basis.

Questions with space for them to respond in the book:

1. How frequently do you spend time in the Word of God?
2. How can you be better about tightening the Belt of Truth in your life?
3. Find some Bible verses that are meaningful to you and try to memorize them by writing them down and putting them somewhere you look frequently.