



ARMOR OF GOD
THE BELT OF TRUTH
Family Study Guides

Armor of God: The Belt of Truth

Family Study Guide

Objectives:

- Define “truth” and describe how it is used in our lives as part of God’s armor to resist Satan.
- Identify where lies come from and discuss how God’s people can battle against them.

Materials:

- Satan’s Lies vs. God’s Truth Organizer Tool on page 7.
- Belt of Truth Game and activities on pages 10-15.
- The Belt of Truth Journal on page 9.

Say: The first piece of armor Paul mentions in Ephesians 6:14 is “the belt of truth.”

Ask: What purpose did the belt serve for a Roman soldier? What purpose does the belt of truth serve for us and how can we use it?

The entire purpose of the Armor of God is to keep us from Satan’s attacks on us as God’s people.

Ephesians 6:11 (TLB) Put on all of God’s armor so that you will be able to stand safe against all strategies and tricks of Satan.

13 So use every piece of God’s armor to resist the enemy whenever he attacks, and when it is all over, you will still be standing up.

In this study guide, we will discuss the Devil’s first and most successful attack strategy—causing us to doubt and disbelieve God. Notice the warning Jesus gives about who the devil is, and what he does.

John 8:44-47 (NLT) “For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. So when I tell the truth, you just naturally don’t believe me! Which of you can truthfully accuse me of sin? And since I am telling you the truth, why don’t you believe me? Anyone who belongs to God listens gladly to the words of God. But you don’t listen because you don’t belong to God.”

Satan hates the Truth. What is the Truth? Very simply, it is the Word of God!

John 17:14-15 I have given them Your word; and the world has hated them [disciples] because they are not of the world... I do not pray that You should take them out of the world, but that You should keep them from the evil one.

17 Sanctify them by Your truth. Your word is truth.

- “Truth” is a Greek word that means literally “the state of not being hidden; the state of being evident.” (A Greek–English Lexicon - Liddell; Robert)
- We do not need to wonder what truth is! God has given us His Word, the Bible—visibly and tangibly so we can see the truth with our own eyes.

What does God's Truth include?

2 Timothy 3:16-17 (KJV) All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be perfect, thoroughly furnished unto all good works.

God's Word is available to us, but like the people in the Parable of Sower:

Luke 8:12 Those by the way side are they that hear; then comes the devil, and takes away the word out of their hearts, lest they should believe and be saved.

THE BELT OF TRUTH

God tells us that the battle against Satan begins by putting on the Belt of Truth:

As a family, list several reasons why our Spiritual armor should begin with "truth." Also, why is a belt used to symbolize truth?

Ephesians 6:14 (NIV) Stand firm then, with the belt of truth buckled around your waist... If we don't know, believe and understand the Bible, then Satan has already won, and there is no battle.

Why, of all things, a belt? He could have started with the mighty sword of the Spirit, the towering shield of faith, the shining breastplate of righteousness—anything but some measly old belt. But he didn't.

So why a belt?

What purpose did the belt serve for a Roman soldier? What purpose does the belt of truth serve for us?

Did you know?

The belt was the first piece of armor a Roman soldier would put on because it held the remaining pieces of his armor together.

For the Roman Soldier, the belt was the most important item because:

1. It held the breastplate in place. If it sagged, vital organs like the heart and lungs were exposed.
2. Also, strips of leather were hung from the belt to protect the lower body.
3. It had a clip on which the shield rested.
4. It had a clip on which the soldier hung his sword.
5. It was also used to tuck in his tunic so it didn't get in the way of his feet moving forward in battle.

So why is truth something we should put on first? Because, the "truth of God" is central to our Christian lives, and holds everything else together. The Matthew Henry Commentary says the belt "girds on [secures] all the other pieces of our armor." Truth should wrap around us as a belt wraps around our body.

How do we use Truth to fight against Satan's deception?

The short answer is: Know what the Bible says, be convicted that the Bible is God speaking to us, and be determined to use God's power to help us follow what He says.

To do this we must be aware that the devil is constantly trying to get us to doubt God. Notice how Satan first started his deception of mankind—because he will do the same with us!

Let's examine his tactics:

Genesis 3:1-5 Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden?'" The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

"You will not surely die," the serpent said to the woman. "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

Satan will generally introduce his lies with *partial* truth. He used this strategy with Jesus in Luke 4:1-13.

Family Discussion Activity

Let's look how Satan might attack us. A discussion with someone using Satan's reasoning might go like this:

Older kids' scenario:

Satan asks: "Did God really say you should not have sex?"

You answer the truth: "No, God says sex is good, but that it must be within marriage between a man and a woman."

Satan answers: "Well, if it is OK in marriage, then what's wrong with having sex before marriage if you love each other? God just doesn't want you to have fun! It won't hurt you!"

Younger kids' scenario:

Satan asks: "Did God say you should not eat meat?"

You, knowing what God says, answer: "No, eating meat is OK, but he says not to eat pork."

Satan answers: "Well, that's dumb, you're not going to die if you eat a little bacon! Go ahead and try it!"

So what caused Eve to believe Satan's lie, and to reject God's Truth?

Genesis 3:6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

In a similar way, **James 1:14-18** describes how "[our] own desires" are what draw us away from God, but that God "brought us forth by the word of truth" to show us what is right. How might our own desires lead us away from the truth?

Ask: Can you think of some Bible examples that show this?

Think about how we can end up rationalizing things and rejecting God's Truth! Look at the scenarios on the next page.

Older:

“Well, God made sex to be good, so it would be a good thing to do now. She/he is certainly pleasing to the eye! And it is desirable to do, and then my friends at school will think I am cool. So why not?”

Younger kids’ scenario:

“Well, beef bacon is OK—but it does not smell as good as pork bacon. It looks good for food. I’d really like to have it on that hamburger, and my friends won’t think I’m stupid for not eating pork.”

When we do this, we decide our “own truth,” that is, Satan’s lies—instead of trusting and believing God’s Truth!

The world we live in teaches that truth is what we make it—that good and bad is relative and that there are no absolutes, only equally valid opinions. But the Bible teaches:

- Truth is God’s Word
- Good and bad are defined by Him
- There are eternal and unchangeable absolutes, not influenced by opinions.

Realize that most false teaching will sound good to the one not firmly grounded in the truth.

2 Corinthians 11:13-15 (NIV) For such men are false apostles, deceitful workmen, masquerading as apostles of Christ. And no wonder, for Satan himself masquerades as an angel of light. It is not surprising, then, if his servants masquerade as servants of righteousness. Their end will be what their actions deserve.

Discuss what these scriptures tell us about keeping the Belt of Truth firmly around us:

- **Romans 12:2** And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.
- **2 Timothy 2:15** Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.

2 Timothy 2:15 (CEB) ... one who interprets the message of truth correctly.

- **Ephesians 4:14 (TLB)** Then we will no longer be like children, forever changing our minds about what we believe because someone has told us something different or has cleverly lied to us and made the lie sound like the truth.

- **1 John 5:19-20** We know that we are of God, and the whole world lies under the sway of the wicked one. And we know that the Son of God has come and has given us an understanding, that we may know Him who is true; and we are in Him who is true; and His Son Jesus Christ.

Family Discussion Activity

Activity #1: In this activity, you will be discussing keeping the belt fastened and ways people lose the truth.

Read Luke 8:11-15. This parable is about four people who heard the truth, and three of them lost it.

Analyze why the three people who heard the word, lost it.

Discuss how those reasons could apply to us if the Belt of Truth is not firmly fastened to us. What were the characteristics of the person who held on to the truth? How can we apply them?

Activity #2: Evaluate how Satan counters Biblical truth statements in the world today.

As a “Compass Check” assignment, have the students research quotes from the world that state the opposite of these truths. They can use the Organizer Tool on page 7.

1 John 5:3 “This is the love of God that we keep his Commandments.”

Mark 7:13 (Easy to Read Version {ERV}) “So you are teaching that it is not important to do what God said. You think it is more important to follow those traditions you have, which you pass on to others. And you do many things like that.”

List as many of the world’s “traditions” as you can that counter the Bible.
Do you have friends that have been told Santa is real? They have built an entire belief and traditions around a lie.

Keeping the truth in love

1 Peter 1:22 Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart

Ephesians 4:15 (NKJV) but, *speaking the truth in love...*

Since God has chosen not to call most people right now and they do not believe the truth of the Bible as we understand it, how do we hold on to and even express the truth, yet show love to others who do not understand?

- For someone who does not really believe the commandment regarding adultery and fornication, you could say, “I know you believe that if two people love each other they can do what they want, but I really want to save myself for the person I marry.”
- We must believe and obey God’s laws regarding sex, but do not need to show condemnation to those who do not follow those laws. God will show them his ways in time.
- If your grandparent or friend believes they should keep Christmas, and wants to give you a gift, we can thank them for thinking of us, but just explain that although we believe in Jesus, we personally don’t keep Christmas.

Read how these men of God followed God’s truths, but without offending others:

- Shadrach, Meshach, Abednego and Daniel ate proper food without offending the host.

Daniel 1:6-20

- How did Paul speak the truth to the Greek leaders?

Acts 17:22-23

Ephesians 6:14 Stand therefore, having girded your waist with truth...

<i>What Satan Wants You To Think</i>	<i>The Truth</i>	<i>How do you know? (Scripture or Proof of Truth)</i>
Ex. There is no God	God exists	Fossils Romans 1:20
The Bible has some nice principles, but most don't really have practical application for us in the 21 st century.		
God wants me to be happy, so my happiness is more important than a bunch of restrictive laws.		
I am a pretty good person, so I think I can pretty much decide what is right and wrong – as long as it is not hurting anyone.		
God is not doing anything about this situation so I need to do something about it.		
How can the moralities of an ancient religion relate to the tragedies and disorders of today's broken world?		
If I tithe, I won't have enough money, and I'm sure God wouldn't want that for me.		
It isn't wrong to have sex before marriage if you love each other and plan on getting married.		
We need to love everyone and not judge or criticize their actions and thinking. Other's opinions are just as valid as my own.		
I don't need to obey God to be a Christian.		
We are under grace and the sacrifice of Jesus, so we are not required to keep the laws of the Bible.		

Activities

- Play “The Belt of Truth Game”

Template and instructions can be found on page 14-15.

Make Belts of Truth. (for younger children)

Materials:

- A canvas tool belt for each child
- Permanent markers

Process:

- Read *Ephesians 6:14a*.
- Remind the children what the Scripture means for us.
- Explain that these canvas belts only remind us of the spiritual belt.
- Allow the children to decorate their belt however they want, as long as it reminds them of Truth. Perhaps create strips attached to the belt, with each strip being one of God’s Ten Commandments.
- Use a permanent marker to write their names on the inside of the belt.

Catch the Counterfeit.

Research how money is made. What is on the US Dollar? How do people know if a dollar is real or fake? (Examples: Original colonies, signatures on Declaration of Independence, stripes in flag, stars above eagle, bars on the shield, leaves on the olive branch, arrows, letters in the Latin.)

The answer: study the real dollar so it is simple to spot whatever is not real. How can we compare this to studying God’s truth? What should that look like in our life?

Talk about some examples of what God’s truth says in His Word versus “counterfeit” thoughts or feelings. Plan out some ways to hold on to the truth and even express the truth when these thoughts or feelings come up in our lives.

Study God’s Word to know what is truth, and then compare what you see and hear in the world to His Word.

Build Your Core.

Talk about the “core” of your body, and the exercises that make it strong (a quick Internet search of “core exercises” would help. If it is appropriate, you can do some of these exercises as a family or group.) Why is it important to have a strong core? Talk about how it feels to exercise your core at the time (can be challenging, and you could be sore). Even if exercising your core can be uncomfortable, why do you need to do it? How is this similar to the Belt of Truth, the “core” or foundation of our armor?

Other Activities

- Belt of Truth Activities can be found on pages 9-15.
- Have the students write notes and reminders on the Belt of Truth Journal on page 7.

The Belt

The Roman Soldier

God's Armor

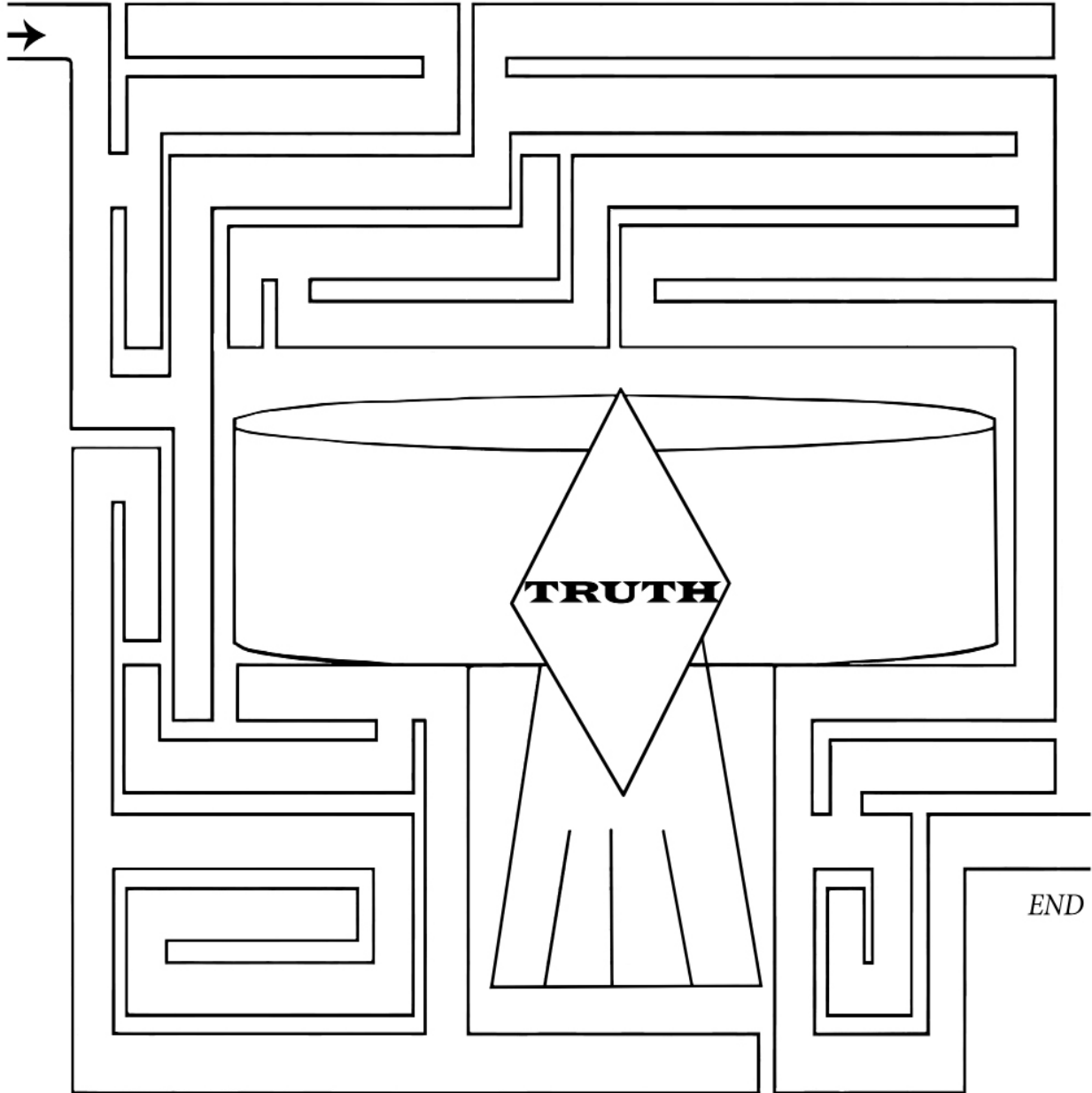
Key Scriptures

Spiritual Lessons

My Armor

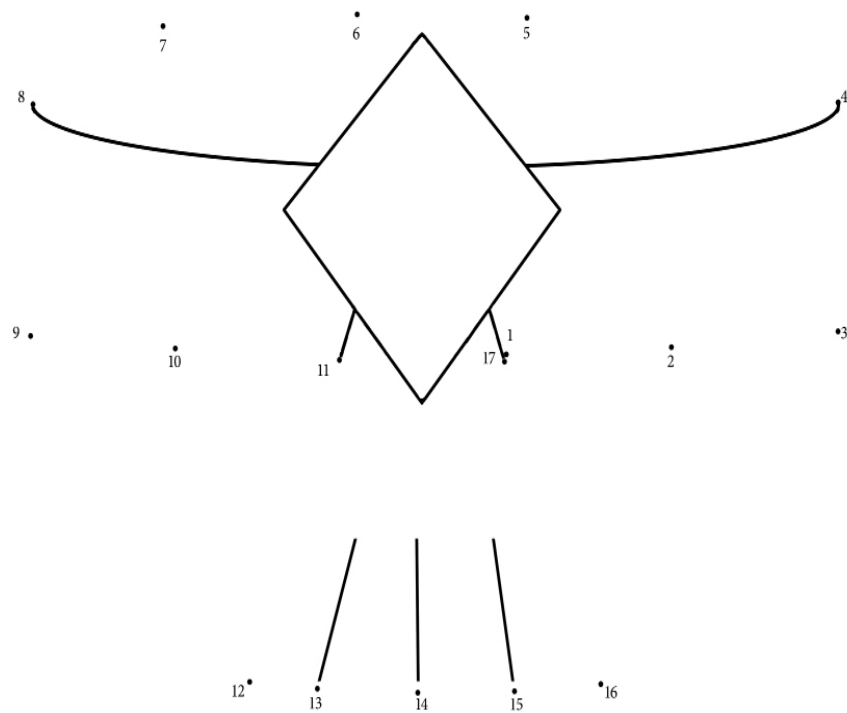
THE BELT OF TRUTH

START

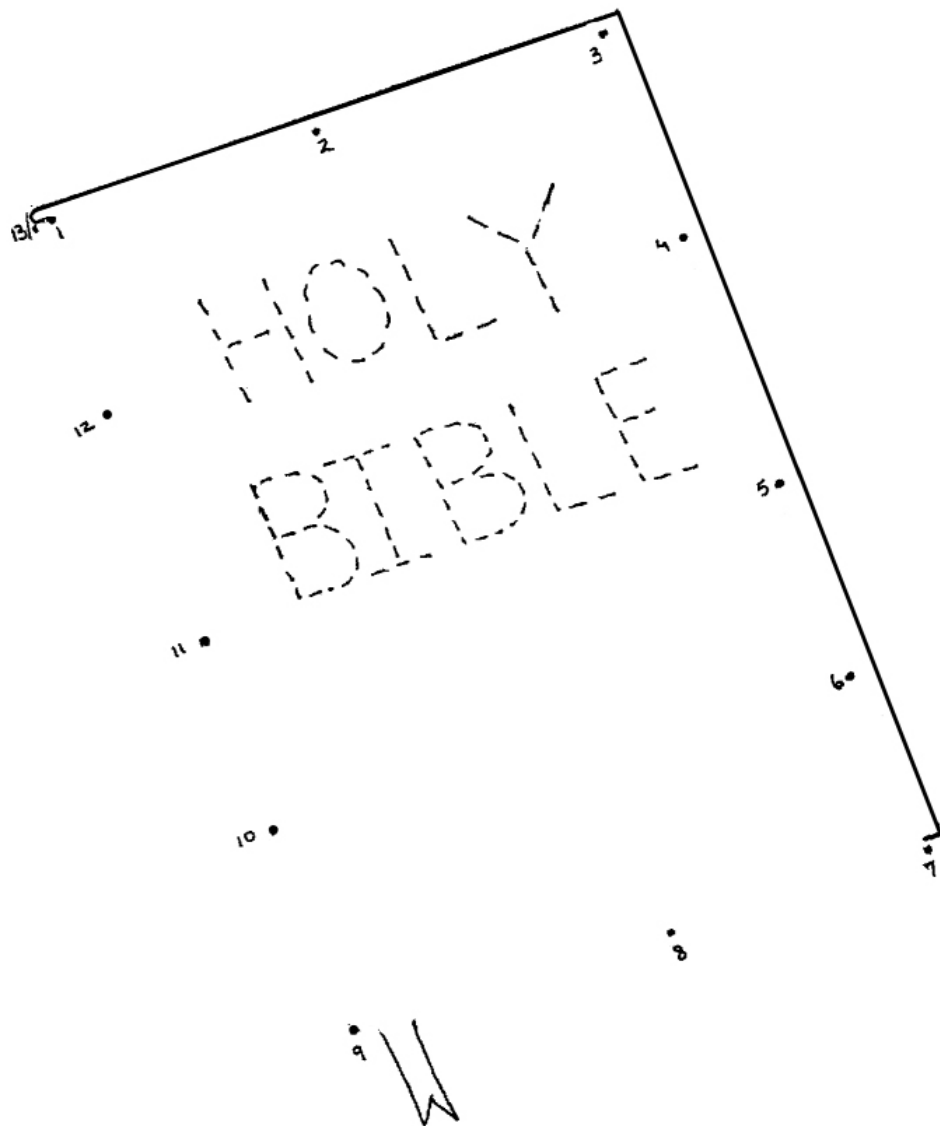


END

Connect the Dots

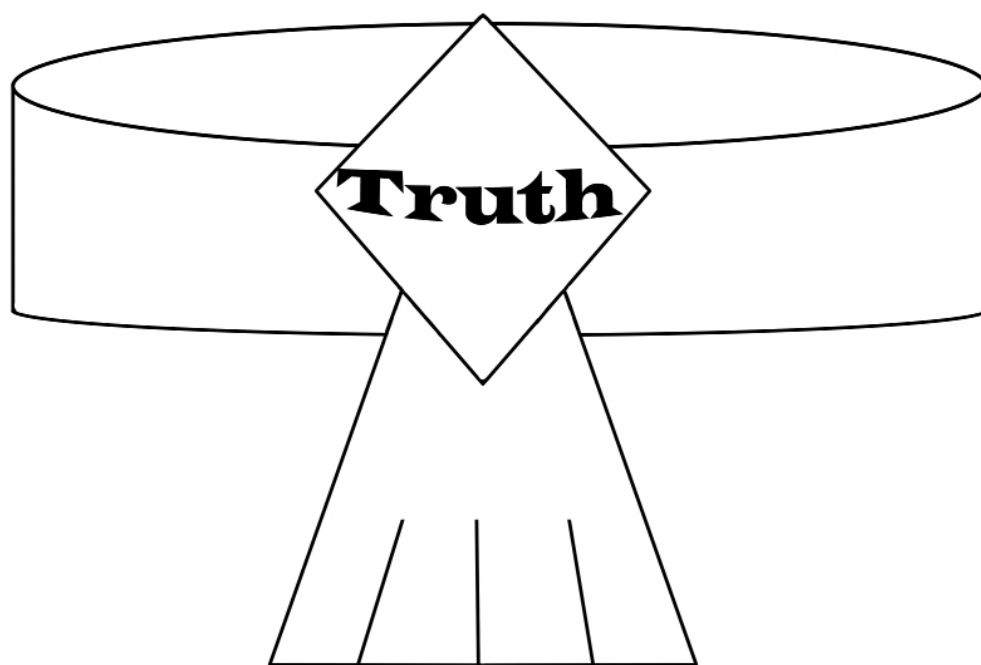


Connect the dots 1-17 to make your own Belt of Truth!



Connect the dots 1-13. Then trace over the broken line letters to find out what you read to put on the Belt of Truth.

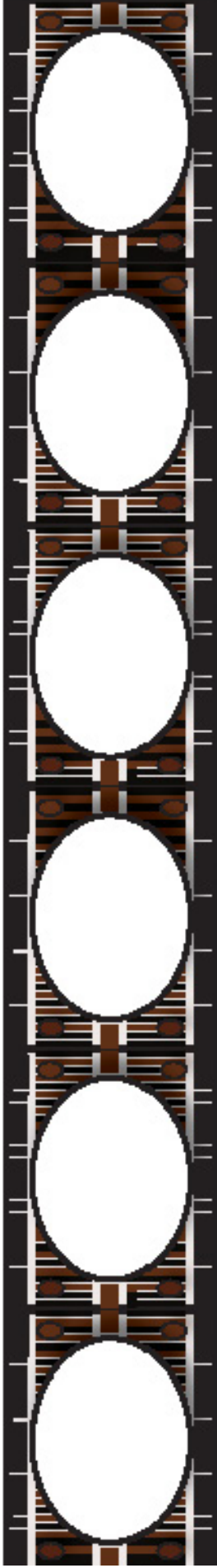
THE BELT OF TRUTH



Color the Belt of Truth any way you like.

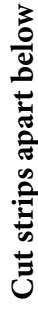
1. Define “lie” statements on the belt and “truth” Bible verses on the stripe. Older students can write in their own Bible verses.
2. Make several sets of the Belts of Truths.
3. Cut the “truth” Bible verse stripe apart so students can match them with the “lies” on the belt.
4. Divide the students into teams of two or three and give each team a belt and a set of “truth” Bible verse stripes. The students match up the “truth” Bible verses to the lies that are on the belt.

To Play: Match the “truth” Bible verse strips with the “lies” on the belt.

[illegible]

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