



Zoom & In Person Community Group Lessons – May 11 & 15, 2022

Armor of God – Belt of Truth

Main Point

- The first piece of armor we read about is the belt of truth. The belt of truth is like a tool belt; it holds everything we know and believe together, just like Jesus.

Scripture

- Ephesians 6:13-14
 - Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.
- John 14:6
 - Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

Prayer Time

- Spend a couple of minutes in praise and prayer to God.

Praise and Worship

- Voice of Truth – Casting Crowns
<https://www.youtube.com/watch?v=tcuiulwtpa4>
- Jesus – Chris Tomlin
<https://www.youtube.com/watch?v=uozpROwHmTw>

Memory Verse

- Ephesians 6:11
 - "Put on the whole armor of God, that you may be able to stand against the schemes of the devil."

Review of Last Week

- Last week, we learned about protecting ourselves from sin by wearing the armor of God and fighting at war against Satan with God.
- Take a look at the bottom of the lesson plan and see if you can *match the Armor pieces to the correct places on the boy's body*.
- Also, do you know the Bible verse yet? If so, practice it by saying it out loud now.

Lesson

- Let's start by reading Ephesians 6:13-14 and find what it says about the belt of truth.
 - Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.
- Who can tell me what a **belt** does? Belts hold up your pants and keep them from falling, that's right!



- But a **Roman soldier's belt** was important because only soldiers could wear them; soldiers wore them to take some of the weight off of their shoulders; some soldiers even wore two belts: one for the sword and one for the dagger; the belt also held all the armor together so it didn't fall off or fall apart during the fight!



- Belts were very important to a soldier; without them, they could have no sword so they couldn't attack the enemy; a soldier's armor was too heavy for them to wear and it would probably fall off and be dragging behind them as they tried to defend themselves or run away from the enemy
- The belt of truth is kind of like that too; the soldier's belt holds everything together just like the belt of truth

- The belt of truth is also like a **tool belt**. What are tool belts used for? – we use them to store our tools when we are building something.



- The belt of truth is not something we can go buy at the store. God's armor is something that we must **learn** to put on every day by learning new things about God through the Bible.
- So, when we put on the belt of truth, that means we learn about the truth of God and we keep it close to us. The belt of truth has everything we need to fight evil is on that belt. Everything we can ever need to know to fight evil is the Truth, and we wear the Truth tight around us.
- Read John 14:6
 - Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."
- Truth is the first piece of God's armor, the part that holds everything together; we shouldn't go any further until we have "put on" – that means study, learn, remember the truths found in the Bible, in Jesus.

Application and Group Discussion

- What is a true statement?
 - Jesus Christ is God
 - God loves us so much that He sent His Son to die for us
 - Jesus is always with us
 - God created the world out of water
 - God is always good
 - God did not create us in His likeness
 - We are all sinners and we all need salvation, which only comes from Jesus
 - All we have to do to be forgiven of our sins is say sorry to God, love Him, and try to do what He tells us to do in the Bible

- Jesus never did any miracles on earth
- Jesus is the way, the truth and the life. No one comes to the Father but through Him
- Pick one truth from the list above...
 - How can this truth make a difference in our lives?
 - How can you remember that truth this week?
- When we remember these truths about God, we are putting on the belt of truth.
- If we are to stand up to evil, we must be firmly secured by the truth that is found only in Jesus.

Live it out Challenge

- This week, when something overwhelms you, actually grab onto your belt if you wear one, or grab onto your pants where a belt would be, and call out the truth you wrote down and circled on your piece of paper.
 - Jesus Christ is God
 - God loves us so much that He sent His Son to die for us.
 - Jesus is always with us
 - God is always good
 - We are all sinners and we all need salvation, which only comes from Jesus
 - All we have to do to be forgiven of our sins is say sorry to God, love Him, and try to do what He tells us to do in the Bible
 - Jesus is the way, the truth and the life. No one comes to the Father but through Him (John 14:6)
 - Something else

Additional Learning

- On the next page is a word puzzle and a colouring page. Enjoy as you reflect on what you just read about the belt of truth and how we can find all the truth we need in our Bibles.

Belt of Truth Word Unscramble

Unscramble the words below.

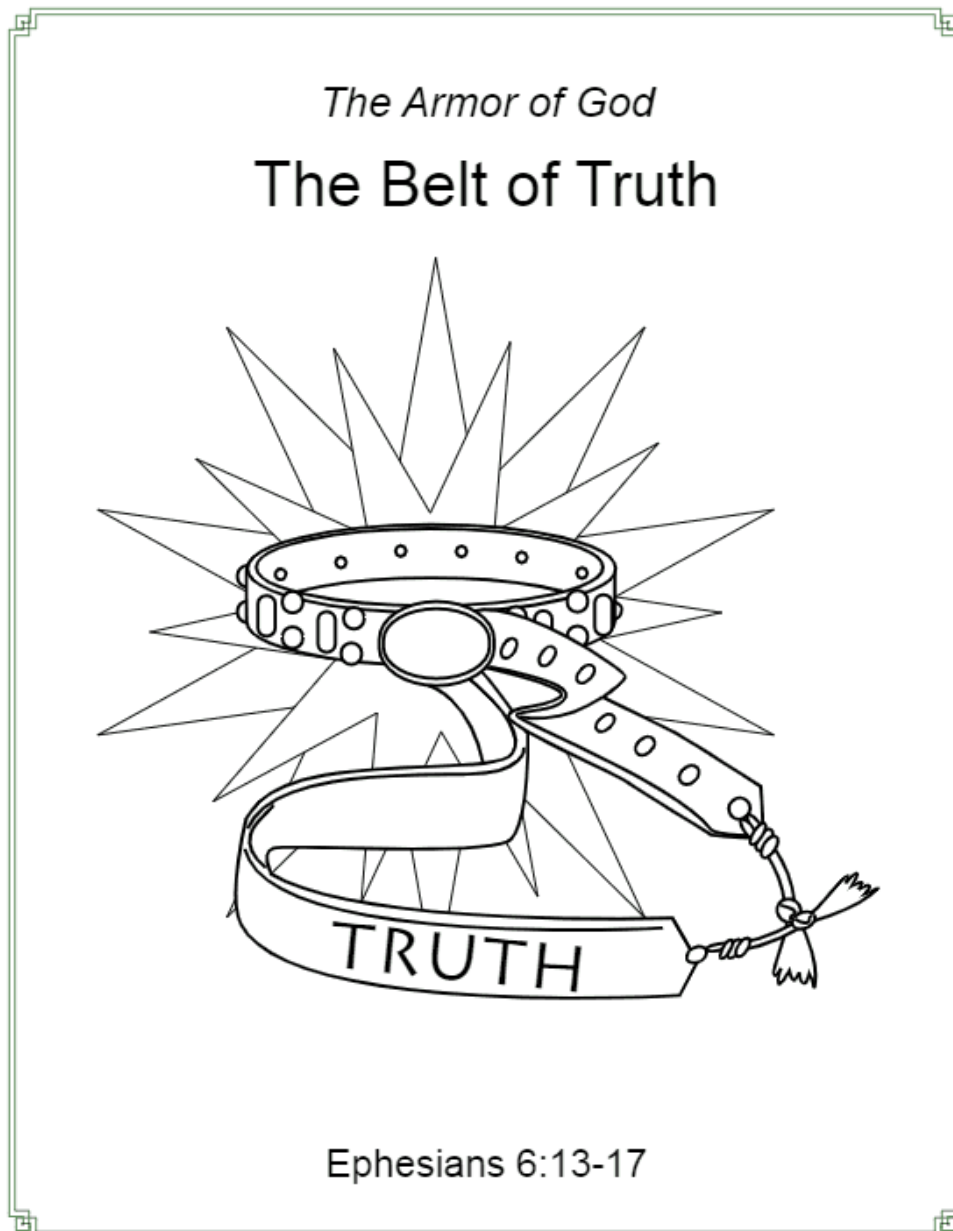
RMOAR _____

STIWA _____

DANST _____

DCLKUBE _____

RFIM _____



Match the armor pieces to the correct places on the boy's body.



“Put on the whole armor of God, so that you can stand strong against the devil’s plans.”