



Ephesians 6:10-12 “Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”

Ephesians 6:13-14a “Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth”

I. The Role of Truth

- The Belt Holds Everything _____

II. The _____ of Truth

John 18:37-38a “Then Pilate said to him, ‘So you are a king?’ Jesus answered, ‘You say that I am a king. For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth. Everyone who is of the truth listens to my voice.’ Pilate said to him, ‘What is truth?’”

A. Truth is _____

Numbers 23:19 “God is not a man, that He should lie.”

B. Truth is _____

1. Through _____

Romans 1:19-20 “For what can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse.”

2. Through the _____

Romans 2:15 “They show that the work of the law is written on their hearts, while their conscience also bears witness, and their conflicting thoughts accuse or even excuse them”

3. Through the _____
(John 8:43-44)

Psalms 119:160 “The sum of your word is truth, and every one of your righteous rules endures forever.”

John 8:45-47 “But because I tell the truth, you do not believe me. Which one of you convicts me of sin? If I tell the truth, why do you not believe me? Whoever is of God hears the words of God. The reason why you do not hear them is that you are not of God.”

Romans 1:18 “For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.”

4. Through _____

John 14:6 “Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.’”

John 1:17 “For the law was given through Moses; grace and truth came through Jesus Christ.”

Ephesians 4:21b “the truth is in Jesus”

Colossians 1:17 “And he is before all things, and in him all things hold together.”

III. The _____ to Truth

A. Read the Word of God _____

John 17:17 “Sanctify them in the truth; your word is truth.”

B. Be _____ With God

1 John 1:9 “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

C. _____ the Truth in Love

Ephesians 4:15 “Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ”

D. Guard Your _____

2 Corinthians 10:5 “We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ”

E. Cling to _____

John 8:31b-32 “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”

F. _____ God in Spirit and in Truth

John 4:24 “God is spirit, and those who worship him must worship in spirit and truth.”



October 12, 2025

BACKGROUND:

Last Sunday Pastor Jason introduced us to the section of Ephesians where Paul admonishes us to be strong in the Lord and in His strength by putting on the full armor of God. All the pieces of the armor belong to God and come from Him. The “belt of truth” is the first part of the armor listed because without truth we are vulnerable to the lies and schemes of the devil.

DIGGING DEEPER:

Jesus described Satan that “He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies” (John 8:44) Whereas Jesus said of himself “I am the way, the truth, and the life.” (John 14:6) The contrast couldn’t be more plain.

1. Jesus accused Satan of not holding to the truth. What is the truth? And how do you hold to it?
2. If Jesus is the way, the truth, and the life – then what lies could we expect from Satan about Jesus?
3. What lies does the devil want you to believe about yourself? Contrast that with the truth about who you are in Christ.

God the Holy Spirit is not only our Helper, but He is also the Spirit of Truth who dwells within the believer.

4. Why is He called the Spirit of Truth?
5. What or who does He testify to?
6. How can the Spirit of Truth protect us against Satan's lies and schemes?

If you think of a Police Officer's duty belt it's more than a thin leather strap many of us wear daily. It is a utility belt which holds a variety of tactical tools needed in the line of duty. Likewise, a Roman soldier's belt was a thick, heavy leather and metal band that held the soldier's sword and other weapons. The belt of truth is a spiritual belt that holds the sword of the Spirit.

7. How does the belt of truth link us with the Word of God?

8. What tools or weapons can you tether to the belt of truth and take into your daily battles with you?

TAKING IT HOME:

Paul warns us that without truth we can be “carried about by every wind of doctrine, by the trickery of men, by the craftiness in deceitful scheming” (Ephesians 4:14). The belt of truth is a crucial piece of defensive armor that guards us against the lies and deceptions of the enemy.

9. Can you identify the battlefields of your life?
10. How can the belt of truth protect you and prepare you for battle? Also, equip within the battles?
11. How can your group members join you in battle and in prayer?