

DISCUSSION GUIDE

ARMOR UP: Belt of Truth

April 23, 2023



1. Why do people struggle to tell the truth?

“The Cingulum (i.e., belt) is the mark of the soldier—not only that, it’s really a status symbol of being a soldier. Worn at all times, even off duty, only soldiers were allowed, by law, to wear this unique belt. A soldier’s belt served as the foundational piece of his entire suit of armor, holding his sword in place, supporting him in battle and binding the rest of his armor together.”

—The Roman Soldier’s Belt | romanobritain.org/8-military/mil_roman_soldier_belt.php

2. What’s the difference between how most belts are used today versus how a belt was used by a Roman soldier?

3. Why do you think Paul paired the belt with truth?

4. Read John 17:17 and Matthew 7:24-27. In Jesus’s parable, what was the difference between the house that was stable and the house that crashed?

How does the truth of God’s word, and putting it into practice in our daily lives give us stability to deal with life?

5. Read Matthew 25:14-30. Which of the servants believed the truth about the master?

Did the man who received one talent know that he believed a lie?

How did the servants’ belief in either the truth or a lie about the master affect their lives and actions?

Is there a fundamental truth about God that guides you in

your day-to-day life and interactions with other people?

6. Read John 1:1-5, 14; John 14:6 and John 8:44. From before the world began, who has been truth and who has promoted lies?

Does understanding that Jesus is, at his very core, truth, while the enemy is, at his core, a liar, have an impact on what you say, do and believe?

7. How are you using the belt of truth to overcome battles in your life?