

Spiritual Warfare

**Armor:
Belt of Truth**
Message 2

Perry Duggar
September 25, 2022

► Outline

Stand your ground, putting on the belt of truth...

Ephesians 6:14 (NLT)

A. Introduction

(John 8:44; Ephesians 6:10-14; Revelation 12:9-10)

**Belt of truth = _____ throughout
my life (integrity).**

**Integrity = consistency between my _____
and my _____.**

B. The Belt of Truth enables me to battle Satan by...

**1. Reminding the world is _____.
(Matthew 16:24-26; 18:7; James 4:3-4; 1 John 2:15-17)**

**2. Realizing flesh results in _____.
(John 8:31-32; Romans 8:5-8;
Galatians 5:16-21; Ephesians 4:21-23)**

**3. Recognizing the devil's _____.
(John 8:44; 2 Thessalonians 2:9-12; 2 Timothy 2:25-26;
James 4:7-8; 1 John 3:8)**

Answers: A. Truthfulness, beliefs, behavior B. 1. temporary 2. death 3. deception

Resource Information: Scripture quotations marked (NLT) are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, a Division of Tyndale House Ministries, Carol Stream, Illinois 60188. All rights reserved. C/R refers to a 'cross reference.' Today's outline and discussion guide are available through the Brookwood Church app.

► Discussion Guide

Use this guide by yourself or with friends to pursue a deeper relationship with Jesus. To connect with others, visit brookwoodchurch.org/adults.

Conversation Starter

Describe a time you stood strong for what you believed to be true.

Begin your study with prayer

Pause for a few minutes to quiet your heart and mind. Then ask God for insight and direction as you study and reflect on this week's lesson.

Bible Study and Group Discussion

Read Ephesians 6:10-18.

To be strong in the Lord and in His mighty power (vs. 10), Paul tells us to *put on all of God's armor* (vs. 11). These seven pieces of armor enable us to resist the enemy in times of spiritual warfare (vs. 13). Our focus this week is on the **belt of truth**.

1. What kind of warfare are we engaged in (vs. 12)? What are examples?
See also Ephesians 2:1-2.
2. Describe a time you faced a spiritual battle and how you handled it.
3. The belt of truth refers to integrity or truth in the inward being. What does it mean to live with integrity? When has integrity kept you strong?
4. Soldiers wore a belt, usually made of leather, to gather loose clothing and firmly hold their swords. This provided freedom of movement and prepared them for action. How do you prepare yourself for spiritual battles?

Read Romans 8:5-12.

5. What does it mean to be *dominated by the sinful nature* (vs.5)? Describe a time your thoughts or desires pulled you away from God. How did that leave you feeling? What impact did it have on the people around you?

6. Being *controlled by the Holy Spirit* (vs. 9) means allowing the Spirit to direct the decisions you make and the way you live. What does it feel like to be controlled by the Spirit?
7. Describe a time you struggled between doing what was right and doing what was wrong. Which path did you choose? How did it impact your relationship with God?

Read 2 Timothy 2:25-26.

8. Describe a time you saw someone being held captive by a lie.
9. How can you help someone who knows what's right but doesn't do it?

Spiritual Practice

A spiritual practice is something we can do to help us live in and enjoy God's grace. We hope these practices become a regular part of your life so that walking and talking with God is the most natural thing you do.

On individual note cards or sticky notes, write down specific truths you see in Ephesians 1:1-11. Post those all over your world to help you see things as God sees them. Ask God to make these *truths* a part of who you are. If you're in a group, come up with a few of these together and reflect on ways to apply them to your lives.

Memory Verse

Jesus said to the people who believed in Him, "You are truly My disciples if you remain faithful to My teachings. And you will know the truth, and the truth will set you free."

John 8:31-32 (NLT)

Daily Reading

- | | |
|---------------------------|--------------------------|
| Day 1: Revelation 12:7-12 | Day 4: Ephesians 4:21-23 |
| Day 2: Matthew 16:24-26 | Day 5: James 4:7-10 |
| Day 3: Galatians 5:16-21 | |

Prepare for Next Sunday

Next Sunday, October 2, we'll continue the series *Spiritual Warfare*. To prepare, read Titus 2:11-14, 2 Timothy 2:22 and 1 John 2:1-6.

