

The Belt of Truth

(Ephesians 6:14a)

Introduction

In battle, Roman soldiers were in great danger of being stabbed. Their battles were fought hand-to-hand with javelins, swords, and daggers. Sometimes during a battle, their enemies would light the end of their arrows with fire and shoot them at them.

Last week we began a study on Spiritual Warfare. If you are a follower of Jesus, whether you know it or not, you have a daily battle with an invisible enemy, Satan. We learned that the devil never stops trying to get us to sin against God.

Ask: How does Satan attack us? Where is this battle?

We are in constant danger of being tempted to sin. Satan puts thoughts in our minds. He tempts us to think wrong things, say wrong things, and to do wrong things.

Ask: What are some examples of the wrong things he wants us to think, or say or do? [Let the children respond.]

He is constantly putting ideas in our minds to be rebellious, defiant, angry, prideful, selfish, or jealous. He puts thoughts in your mind like, "I'm stupid." Or, "I'm ugly." Or, "No one likes me." Or, "I'll never pass this test; I should just cheat." These are all flat out lies of the evil one.

Let's talk about Satan's battle plan. [Teacher, write on the board:]

- **Doubt** — God's Word and His love.
- **Tempt** — Think, say, and do wrong things.
- **Stop** — Keep you from living your life in a way that pleases God. He wants to discourage you and keep you from making good choices in life.

We can think of those thoughts to do wrong things or say wrong things as *fiery darts* sent from the enemy.

Just as it was important to soldiers in the Roman army to have armor that protected them from their enemies, we Christians need a way to protect ourselves from our enemy, Satan. Thankfully God has given us a way to defend ourselves and do battle with the enemy of our souls by putting on the armor of God.

Let's review what we've learned so far:

Ephesians 6:10-11

A final word: Be strong in the Lord and in his mighty power. (11) Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

Over the next few weeks, we will learn that Jesus is our spiritual armor, our defense against Satan and his army of demons.

Opening Prayer

Father, we know we are in a spiritual battle. Every day we have temptations to sin. This morning, help us to become much more aware of how our enemy attacks us and what we can do to protect ourselves. In Jesus' name, I pray. Amen.

Memory Verse

We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. (2 Corinthians 10:4 NLT)

"Stand therefore, having fastened on the belt of truth..." (Ephesians 6:14a ESV)

Lesson

Last week we learned that God's word tells us that Satan is a liar and a murderer (John 8:44) and that he always comes to steal, kill, and destroy what God loves (John 10:10).

John 8:44 [Jesus talking to the Jewish religious leaders...]

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.***

Ask: Did you know that Satan and his demons can also change themselves into an angel of light?

Satan and his demons trick you into thinking they are godly, safe, clever, and good.

2 Corinthians 11:14

But I am not surprised! Even Satan disguises himself as an angel of light.

That's why God tells us to...

1 Peter 5:8

Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."

Remember what happened to Eve in the garden. She was tricked into thinking the serpent was telling her the truth. She believed Satan's lies.

Ask: Have you ever told a lie? I have, and it makes me feel ashamed to admit it.

Ask: Why do people lie?

Fear. They are afraid someone is going to hurt them, or make a fool out of them. They are afraid of the truth and want to cover up their sins and short comings. They're afraid that people won't believe them if they tell the truth.

Ask: Where do lies come from? Satan, the father of lies.

That's why we need the first piece of the armor of God: The **belt of truth**. Truth protects us and prepares us for the battle that is part of every Christian's life.

Ephesians 6:14a

Stand therefore, having fastened on the belt of truth.

The Roman soldier wore a strong, wide piece of armor around the middle of his body like a belt. It had long leather strips hanging down in front so that he could move his legs, while his stomach and thighs were still protected from sword blows.

There were two good reasons to wear the belt:

- It protected his vital organs.
- It held the breastplate secure.

With his belt on, the soldier could move around with confidence, knowing his breastplate would not slip out of place.

Satan fights with lies, and sometimes his lies sound like truth; but only believers have God's truth, the word of God. The truth is the only thing that can defeat Satan's lies.

That's why we need to put on the "*belt of truth*" first. Without truth the rest of the armor would be of no use to us. We must have the truth because without truth, we are lost, and the schemes of the devil will surely overpower us.

Remember that Jesus is the truth.

John 14:6

Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through Me.

It is only through Jesus that we can come to God. That's why it is the first piece of armor we must put on.

Ask: What do you think it means to put on the "*belt of truth*"? And, how do we do that?

It means that we need to know Jesus, who is The Truth. We need to not just know *about* Him; but we need to know Him personally. We

need to know what He is like and we need to trust in everything He has told us in His Word because He is the truth.

There are two ways to put the belt of truth on:

- First, we must know the truth. We must know Jesus and trust what He has told us in His word.
- Second, we need to always be truthful in everything we do.

Ask: What's a good way to know the truth? (By going to church and Sunday school; by having your quiet time; by memorizing Bible verses and thinking about them, spending time talking to and thinking about Jesus.)

Ask: What are some things you know to be true about God? (God loves me; He promises to always be with me; He promises to give me victory in my battle with Satan.)

Ask: Do you know any Bible verses that can help you remember the truth about Jesus?

[Let the kids respond, but here are some suggestions:]

John 3:16 — God's love and salvation

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."

Hebrews 13:5b — God's presence always

"For He Himself has said, 'I will never leave you nor forsake you.'"

1 Corinthians 15:57 — God's promise of victory

"But thanks be to God, who gives us the victory through our Lord Jesus Christ."

Besides knowing the truth, we must always be sure that we are truthful in everything we do.

Ephesians 4:25

So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.

We must be honest. Satan loves it when we cheat in a game. Satan is happy when you tell even one a small lie. If you tell a lie, Satan will accuse you of not being good enough to deserve God's love. He'll rob you of your confidence in God's faithfulness to you. He'll rob you of your joy. He'll make you angry and defensive and jealous of others.

Jesus is the truth and He is our protection against Satan's temptations to lie. Jesus is the belt of truth; we need to get in the habit of putting Jesus on every morning as we get dressed, just like putting on your shoes.

What do I mean by that? Remind yourself of the truth that God has given us in His word. Spend a few minutes every morning remembering that Jesus loves you with an everlasting love. He loved you so much that He gave His life for you on the cross so that you can spend all of eternity with Him in heaven. Remember that He has promised to always be with you throughout your day.

The Bible tells us that the truth makes us free. When you know you have the truth, you can stand strong and not worry about what other people think about you.

When you have put on the belt of truth, you can face the enemy without fear and with confidence of victory in the battle with Satan.

Closing Prayer

Lord, Satan is constantly trying to make us doubt Your love for us. He wants to discourage us and keep us from making good choices in life. I pray that You will help us all to remember to put the belt of truth on every morning as we get dressed. Help us to remember that we are special to You and that we need to keep our eyes on the path You have laid out before us. Help us not to get discouraged or diverted off in the wrong direction. In Jesus' name, I pray. Amen.

Learning Activities

Craft Corner

Game Center

Bowling: Spray-paint 2 liter-sized, plastic soda bottles like bowling pins. Have each child take a turn, using a rubber ball. For a correct answer to a review question, a child gets an opportunity to bowl. The child or team gets a point for every pin knocked down.

Or, use the following questions in another game of your choice:

Review questions:

1. What types of weapons did the Roman soldier use? (Javelins, swords, and daggers)
2. What was the greatest danger a Roman soldier faced during battle? (Being stabbed)
3. What does our enemy, Satan, "stab" us with? (He shoots wrong thoughts at us, like fiery darts.)
4. What is Satan's battle plan against us? (To make us **doubt** God's word, **temp** us to think, say, and do wrong things, and to **stop** us from living our lives to please God.)
5. Describe what the Roman soldier wore around his waist. (A strong, wide piece of armor, like a belt)
6. Name two reasons that Roman soldiers wore the belt? (To protect vital organs and to hold other pieces of armor together)
7. What's the only thing that can defeat Satan's lies? (God's truth)
8. In a spiritual sense, what do we Christians call the first piece of the armor of God? (The belt of truth)
9. What's a good way to learn all you can about the Bible's truth? (By going to church and Sunday school and memorizing Bible verses and thinking about what they mean)
10. How can you be ready to face Satan when he tries to tempt you to do wrong? (By learning Bible verses that can help you remember what you have learned about God and His promises)
11. Can you tell me a promise of God that could help you if you were afraid? (Hebrews 13:5b, "*For God has said, 'I will never fail you. I will never abandon you.'*")
12. What's a Bible verse that could help you remember how much God loves you? (John 3:16, "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.")
13. What are the two ways you can put on the belt of truth? (First, by learning as much as we can of the Bible's truths, and second, by always being truthful in everything we do.)
14. What does the belt represent in the armor of God? (Truth)
15. What does Jesus say the truth can do for us? (You can stand strong and not worry about what other people think about you.)
16. Why is it important to know God's truth? (We won't fall for lies.)

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