

The Belt of Truth

(Ephesians 6:14a)

Pre-Session Warm Up

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, they would light the end of their arrows with fire and shoot them at their enemies.

Now that we are Christians, whether you know it or not, we have a daily battle with Satan. Who knows what kind of weapon the enemy has? We are in constant danger of being tempted to sin. 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 spiritual armor to protect us from our enemy, Satan. You can think of Jesus as 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 enemy attacks us and what we can do to protect ourselves. In Jesus' name, I pray. Amen.

Memory Verse

"Stand therefore, having girded your waist with truth..." (Ephesians 6:14a)

Lesson

We've been studying Ephesians 6. Let's review what we've learned so far by reading verses 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. (Ephesians 6:10-11)

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

Satan's Battle Plan

- **Doubt** — Make you question God's Word and His goodness.
- **Discouragement** — Make you look at your problems, rather than at God's solutions.
- **Diversions** — Make the wrong things seem attractive so that you will want them more than the right things.
- **Delay** — Make you put off doing something so that it never gets done.

Satan's battle plan against us then is to make us doubt God's word, to discourage us, to divert our attention from the good things God wants for us, and to delay us from doing right things.

God's Word tells us that Satan is a murderer, a deceiver (Revelation 12:9), a liar (John 8:44), and a destroyer (Psalms 17:4), but he can change himself into an angel of light (2 Corinthians 11:14). The demons can do it too, and seem like godly ministers. That's why God tells us in 1 Peter 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."

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 not only protected his vital organs, but it held all the other pieces of the armor together. With his belt on, the soldier could move around with confidence, knowing his other pieces would not slip out of place.

Ephesians 6:13-14

*Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. (14) Stand your ground, putting on the **belt of truth** and the body armor of God's righteousness.*

Satan fights with lies, and sometimes his lies sound like truth; but only believers have God's truth, which is the only thing that can defeat Satan's lies. As Christians, we are to put on the "*Belt of Truth*." How do we do that? There are two ways.

First, we put on the Belt of Truth by learning as much as we can of the Bible's truths. How can you learn God's truths? (By going to church and Sunday School; by having your quiet time; by memorizing Bible verses and thinking about them.)

What are some things you already know about God that make you confident in your battle with Satan? [Let the children respond.]

John 3:16 — God's Love and Salvation

"For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life."

Hebrews 13:5b — God's Presence Always

For God has said, "I will never fail you. I will never abandon you."

1 Corinthians 15:57 — God's Promise of Victory

But thank God! He gives us victory over sin and death through our Lord Jesus Christ.

If you tuck these verses into your heart by memorizing them, you'll be ready for Satan's attacks.

If you are learning God's Word and putting on the Belt of Truth each morning, then you will be ready to face Satan. When he tempts you to doubt God's goodness, the Belt of Truth will help protect you because you can remember what you have learned about God and His promises.

Besides learning as much as we can of the Bible's truths, another way to put on the Belt of Truth is to be sure that you are always truthful in everything you do. The Lord Jesus called Satan the "*father of lies*."

John 8:44

*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**.*

Satan is happy when you tell even a small lie. Jesus said, "*I am the way, the truth and the life. No one comes to the Father except through me.*" (John 14:6) Jesus is the truth and is therefore your protection against Satan's temptations to lie. You can use Scripture to ask Jesus to help you tell the truth:

Psalm 19:14

May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer.

Psalm 119:29

Keep me from lying to myself; give me the privilege of knowing your instructions.

So, there are two ways to put on the Belt of Truth: First, by learning as much as you can of the Bible's truth, and second, by always being truthful in everything you do.

When you have put on the Belt of Truth, you will have a clear conscience and you can face the enemy without fear and with confidence of victory.

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

Make copies of the card on page 10 to send home with the children, or have them make a similar poster on their own.

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, discourage us, divert our attention from the good things God wants for us, and keep us from making right choices)
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.)

Things you need to know about God that will make you confident in your battle with Satan:

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.'"

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

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