The Whole Armor of God series #1
The Belt of Truth
Ephesians 6:10-20

1. The sermon began with the story of the man and the jeweler whose clocks were setting each other. Can you think of modern examples where people or culture are stuck in a similar "circle of error" when it comes to defining truth or right and wrong?
2. Paul begins the armor of God with the belt of truth rather than a more obvious piece of protection or a weapon. Why do you think he starts here? What does the image of "girding your loins with truth" communicate that a modern belt might not?
3. The sermon emphasized that real truth is objective and comes from outside ourselves. How does this contrast with the way our culture often defines truth today? Where do you see the tension between objective truth and subjective feelings most clearly?
4. The preacher connected the belt of truth to Satan's first attack in Genesis 3 ("Did God actually say…?"). How does doubting or misquoting God's Word still show up in our lives or in the church today?
5. The sermon used the example of cancel culture and the tragic story of Hana Kimura. How does a lack of a firm foundation in God's Word contribute to the harshness and instability we see in online and cultural judgment? What would a more biblical response to offense look like?
6. What are some of the "lesser truths" (politics, identity, lifestyle, success, national pride, etc.) that compete with Scripture for the central place in your life? Which ones are the strongest temptations for you right now?
7. The sermon called us to "center our lives on the Word of God." What concrete habits or practices help you fasten on the belt of truth during the week? What tends to pull you away from it?
8. Jesus is described as both the Truth and the Word of God. How does remembering that Jesus (not just information about Him) is the center of the belt of truth change the way we approach Scripture and daily life?
9. The preacher said Jesus is not an accessory, a team jersey, or a parachute—He must be the belt that holds everything together. In what area of your life do you most need to re-center on Christ as the foundation right now?