

# Ready for battle?

**“...put on the full armour of God...”**



## **Week 2: “... the belt of truth buckled around your waist...”**

*“Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

*Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.*

***Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.***

*In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.”*

*And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.*

Ephesians 6:10–18 (NIV - Anglicised)

### **“Stand firm then, with the belt of truth buckled round your waist....”**

In biblical times, the belt in someone’s armour functioned as the foundation for all the other pieces of the armour. The belt performed a foundational duty in the ancient soldier’s armour, much as truth performs a foundational duty in our spiritual armour.

No matter what confronts us in our life, we can rely on the Truth of God’s Word to be rock solid for our Christian faith.

Having the truth of the Gospel buckled around us allows us to see the Devil’s lies more clearly. Truth revealed in the Bible tells us everything we need to know about God, what he has done for us in Jesus and who He made us to be.

The Word contains the Gospel by which we are saved, it contains guidelines by which we are to live, and it contains God’s promises to His followers through which He guarantees certain things to faithful believers.

With our minds centred on him we’ll have a great balance to our walk with Him. It’s also right to think of the truth as honest living (Proverbs 10:9; Ephesians 4:25). The Devil deals in lies and as soon as we do the same, we fall into his traps.

**Think / Talk it over....**

Think of a time when someone deceived you or lied to you. What impact did it have on you and your relationship with that person?

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Have you considered lying about something or being deceptive or sneaky? What did you do and what were the consequences? (Either of doing or not doing it)

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Paul may have been drawing from the Divine Warrior motif of the Old Testament. As we can see in Isaiah 59:14-21, the Lord puts on armour. Why does Paul instruct the Ephesian believers to put on the armour of God?

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Read Genesis 3:1-15. What fundamental aspect of God's character that is being put into question?

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Read the rest of Genesis 3. What were the results of Adam and Eve's falling for this deceit?

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How do you deal with doubt and questions, whether your own or others?

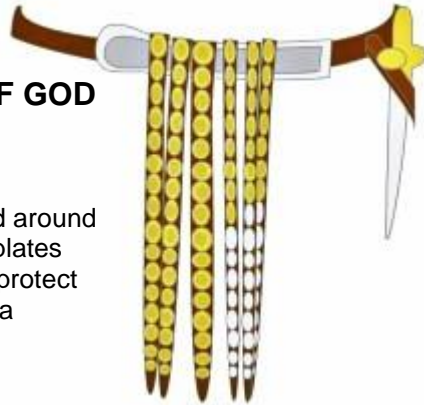
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Can you honestly say, "I am who I am, no matter where I am or who I am with"? Do your words match your actions? In what situations do you find this difficult to maintain?

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**THE ARMOUR OF GOD**

**Belt**

A leather belt was tied around a wool tunic. Bronze plates hung from the belt to protect the soldier's groin area

**THE ARMOUR OF LEGIONARY**

**Cingulum (Girdle or Belt)**

It supported a sword, dagger and bronze apron, and was worn at all times, even without other pieces of armour

**Belt of Truth**    **“Stand firm then, with the belt of truth buckled round your waist....”**

Ephesians 6:14 (NIV - Anglicised)

**WORD SEARCH**

S	G	D	B	S	R	F	B	O	G	G	U
H	U	L	G	P	I	M	S	G	B	I	K
T	U	S	B	O	G	B	U	F	I	A	L
L	F	F	M	L	H	C	H	G	D	L	E
K	O	F	K	M	T	N	L	R	G	F	P
B	U	C	K	L	E	D	H	K	M	F	L
F	T	S	E	H	O	D	S	I	B	U	A
L	I	B	T	R	U	T	H	D	L	M	C
A	B	R	E	A	S	T	P	L	A	T	E
B	M	K	M	D	N	M	H	L	E	P	E
G	P	A	S	I	E	D	S	U	H	K	I
E	T	F	C	I	S	O	L	G	H	T	D
P	R	C	B	L	S	H	G	I	P	S	O

- BELT**
- BUCKLED**
- BREASTPLATE**
- FIRM**
- PLACE**
- RIGHTEOUSNESS**
- STAND**
- THEN**
- TRUTH**