

Weekly Devotional Questions

Belt of Truth, Week 1 — Believe the Truth

Monday — Return to the Text

Read Ephesians 6:10–14 and John 17:17; John 14:6.

1. In Ephesians 6, why do you think Paul begins the armor of God with the belt of truth? (It girds everything together, is foundational for the rest of the armor, and follows the Roman soldier imagery for readiness and free movement.)
2. According to the sermon, what is the primary way the devil fights against God's people? How does fastening the belt of truth help us stand against his schemes of deception?
3. The sermon emphasized that truth is objective—"true whether you believe it or not"—and comes ultimately from God. Why is it dangerous to treat truth as subjective ("my truth" or "true for you, true for me")?
4. Ask God this week to reveal where you have been loosening the belt of truth by believing lies instead of actively trusting His Word.

Tuesday — Truth is Revealed by God

Read Romans 1:19–20; 2 Timothy 3:16–17; Psalm 19:1–4.

1. The sermon distinguishes general revelation (through creation) and special revelation (through Scripture). How does each help us know and stand in truth?
2. Why must truth be "verifiable" and rooted in God's unchanging character rather than our opinions, feelings, or cultural trends?
3. The sermon warns: "If truth is always changing, then ultimately nothing is finally true." How have you experienced the exhaustion of constantly sorting truth from lies in our current culture of distrust?
4. What is one practical way you can "fasten on" the belt of truth this week by engaging more deeply with God's Word?

Wednesday — Truth is a Person: Jesus Christ

Read John 14:6; John 1:14; Ephesians 4:21.

1. Jesus declares, "I am the way, and the truth, and the life." What does it mean that truth is ultimately a Person (Jesus) rather than just a concept, set of facts, or philosophy?
2. The sermon says we stand "by trusting a person"—Jesus, the One who has already defeated the father of lies. How does this personal relationship with the Truth give you strength and confidence in spiritual battle?
3. How does knowing that "apart from Jesus, we can't win" change the way you approach fighting the enemy and standing firm?
4. Today, take intentional time to know Jesus more deeply—read a Gospel passage about His life or character and thank Him that He Himself is the Truth you are called to believe.

Thursday — Think Clearly: Four Questions for Discernment

Read 2 Timothy 2:15; 1 Thessalonians 5:21; Proverbs 3:5–6.

1. The sermon describes our culture as "drowning in information while starving for truth" and living in "extreme distrust." Where do you feel this exhaustion or confusion most strongly right now?

2. Apply the first two questions to something you've recently heard, read, or been told (online, news, conversation, or teaching): (1) What does God's Word say about this? (2) Does this idea fit the world God has made?
3. The third question—"What does this idea or teaching instruct me to believe about God?"—is especially powerful. Why is it essential to ask this when evaluating any belief or teaching?
4. The fourth question challenges us about echo chambers. How can you cultivate humility this week to listen to other godly voices and avoid only hearing what confirms your existing views?

Friday — The Enemy's Lies About the Gospel

Read 2 Corinthians 11:3; John 8:44; Romans 8:28; 1 John 1:9.

1. The enemy's first target is the gospel—lies about who God is ("He's not good," "He's not in control," "He doesn't really care about this") and what Christ has done. Which of these lies have you been battling recently?
2. How does the truth that God is sovereign, always good, and working all things together for good (Romans 8:28) help you stand firm when hardship, disappointment, or fear comes?
3. The enemy loves to make us believe we are defined by our failures, struggles, or past rather than by Christ's finished work. What lie about your salvation, forgiveness, or identity in Christ have you been listening to?
4. Confess any lie you've believed about God or the gospel. Replace it with the truth of 1 John 1:9 and the finished work of Christ on the cross.

Saturday — The Enemy's Lies in Our Most Important Relationships

Read Ephesians 5:25–33; Proverbs 22:6; 1 Timothy 3:15; Hebrews 10:24–25.

1. In marriage (or closest relationships), the enemy whispers: "This is not the right person," "They are the whole problem," or "There is no hope." Which of these lies has the enemy used against you?
2. For parents or those who influence children: What lies has the enemy told you ("It's too late," "Just keep them happy," "You've messed up too much," "There's no hope")?
3. Regarding the church, the enemy says: "You don't need it—it's too broken," or "Your disagreements justify division." But Scripture calls the church the "pillar and buttress of truth" (1 Timothy 3:15). How does this truth help you stay committed to your local church family?
4. Choose one key relationship (spouse, child, parent, friend, or church member) and commit this week to rejecting the enemy's lies and instead speaking and believing truth in love.

Sunday — Stand Firm in the Truth

Read Ephesians 6:10–14; John 8:31–32; 2 Thessalonians 2:13–15.

1. The sermon reminds us: "We will not drift into truth. We always drift into lies." If you are not actively engaging with God's Word, you are already beginning to head in the direction the enemy wants. What daily practices will help you actively believe and stand in the truth this week?
2. Looking back at the four questions from Thursday, which one do you most need to apply right now in your current situation or thought life?
3. The closing prayer of the sermon asks God to help us "hold firm to the truths of the gospel" and "all of the truth that's found in Christ." What specific truth about Jesus do you need to hold firm to today?
4. This week: Name one lie you will reject, one truth from God's Word you will believe more deeply, and one concrete step you will take to tighten the belt of truth (more time in Scripture, prayer, Christian community, turning off echo chambers, etc.).

Summary Question for the Week

Where is a lie taking root in your life because you have not been actively believing the objective truth revealed in God's Word and in the person of Jesus Christ—and what would it look like this week to fasten the belt of truth more tightly by trusting Him and standing firm in His strength?

“Stand therefore, having fastened on the belt of truth.” — Ephesians 6:14

Week 1 of 3 — Believe the Truth | Next Week: Love the Truth