

Weekly Devotional Questions

Belt of Truth — Week 3: Live Truthfully

Text: Ephesians 6:14

Monday — Return to the Text: What Does It Mean to Live Truthfully?

1. Read Ephesians 6:10–14. Why do you think Paul begins the armor of God with the belt of truth?
2. The sermon says, “Every place where falsehood rules in our lives is a place where the belt is loose.” Where do you see that principle in this passage?
3. What is the difference between merely believing true things and actually living truthfully?
4. Ask God to show you one area where your emotions, words, or actions need to be brought more fully under His truth.

Tuesday — Understand: Feeling Rightly

1. Read Psalm 42. How does the psalmist bring his emotions honestly before God without letting them rule over him?
2. Why are emotions real but not always righteous?
3. What is the danger of saying, “That’s just how I feel,” as though that settles whether something is true or right?
4. What emotion have you recently trusted too quickly—anger, fear, hurt, bitterness, anxiety, jealousy, or discouragement?

Wednesday — Gospel Focus: The Spirit Exposes and Heals the Gaps

1. The sermon says, “The enemy exploits the gap, the Spirit exposes the gap, and the gospel heals the gap.” How have you seen that in your own life?
2. Read Galatians 5:16–25. What does this passage teach about the Spirit’s work in reshaping our desires and responses?
3. Where do you need the Spirit to bring your emotions into the light—not to shame you, but to sanctify you?
4. How does the mercy of Christ give you courage to be honest before God?

Thursday — Examine: Speaking Truthfully

1. Read Ephesians 4:15, 25–32. What kind of speech belongs to those who are in Christ?
2. The sermon asks, “Who are your words working for?” How can words join either Satan’s work of destruction or God’s work of truth and love?
3. Where are you most tempted to misuse words—lying, exaggerating, gossiping, venting, flattering, harshness, silence, or careless criticism?
4. Before you speak about someone, what would change if you asked: “Is this true? Is it needed? Is it loving? Am I the right person to say it?”

Friday — Respond: Speaking with Wisdom, Love, and Restraint

1. Read Proverbs 18:17. Why is it dangerous to believe one side of a story too quickly?
2. What does it look like to “steward truth” rather than weaponize truth?
3. Is there a conversation where you need to slow down, seek facts, speak with love, or say less?
4. What specific habit could help your speech become more truthful this week?

Saturday — Relationships: Acting with Integrity

1. Read 1 John 1:5–10. What does it mean to walk in the light?
2. The sermon defines integrity as being “the same person everywhere, with everyone, because you know that you’re living before the face of God.” Where is that hardest for you?
3. Are there places where your public life and private life do not match?
4. Who are the right people in your life who can lovingly call you out when you are hiding, pretending, or drifting?

Sunday — Hope: Bring the Gaps to Jesus

1. Where are the main gaps in your life right now—between what God says and what you feel, what you say, or how you act?
2. Read 1 John 1:9. What promise does God give to those who confess their sins?
3. How does Jesus meet you not only with forgiveness, but also with power to change?
4. Pray honestly: “Lord, expose, heal, and close the gaps in me so that I don’t merely believe and love the truth, but live it.”