The Belt of Truth

Put on the Belt of Truth by being honest. Just like a belt helps a soldier to carry the weight of their armor and keep it all in place, our integrity and trustworthiness help to strengthen the rest of our spiritual armor, the Armor of God. If you are dishonest, it will be very hard to fight against the spiritual forces of evil.

One of the most important things that a Christian can do is to tell people about the Good News of Jesus Christ. People need to know that Jesus loves them, that He died for their sins, and that everyone who believes in Him will have eternal life. Satan doesn't want people to know these truths, so he does whatever he can to get us to be dishonest so that people won't believe us. If you want people to trust you, you need to be trustworthy! That means we should not lie, we should stand up for what's right, and we should speak the truth in love.

Family Time Questions

● How can you "put on the Belt of Truth?"

● Why is it so important (especially for Christians) to be honest?

● What does it mean to "speak the truth in love"?

Bible Verses

● **Ephesians 6:13-17** | Put on the full armor of God.
● **Ephesians 6:11** | Stand up for what's right.
● **Proverbs 12:22** | Don't lie.
● **Ephesians 4:15** | Speak the truth in love.
● **John 14:6** | Jesus is the way, the truth, and the life.

Prayer

Dear God, thank you for being the way, the truth, and the life. Please help me to be honest, to stand up for what's right, and to speak the truth in love. In Jesus' name, Amen.