



Sermon Guide: The Belt of Truth - 06/28/26

Text(s): Ephesians 6:10-14a

Big Idea: *We stand firm when we gather our minds under God's truth*

Summary of the Sermon - Every day we are surrounded by voices competing to tell us what is true, but God's Word alone provides the unchanging truth we need to stand firm. In this message, we discover why Paul begins the armor of God with the belt of truth and how fastening our minds to God's revealed truth prepares us to recognize Satan's lies and remain steadfast in Christ.

Discussion Questions

1. Looking back over the message, what stood out to you most, and why do you think it resonated?
2. The sermon described the belt of truth as "gathering our minds under God's truth." What does that picture communicate to you about the role of your mind in the Christian life?
3. Which voices most compete for your attention during the week—your emotions, your circumstances, cultural messages, other people, or something else? How do they influence your thinking?
4. Satan's strategy from the Garden of Eden has always been to question God's Word and God's character. What lies about God do you find yourself most tempted to believe during difficult seasons?
5. What's the difference between knowing what God says and actually submitting your life to what He says? Where do you see that difference in your own walk with Christ?
6. When God's truth conflicts with your feelings, your preferences, or the opinions of those around you, which voice usually wins? What does that reveal about your true authority?
7. Jesus responded to anxiety by calling His disciples to "look at the birds" and "consider the lilies." Peter reminded suffering believers that "He cares for you." How do these passages teach us to engage our minds in spiritual battles?
8. The sermon emphasized that every piece of the armor depends upon first fastening on the belt of truth. Why do you think truth is foundational to righteousness, faith, peace, salvation, and the Word?
9. If putting on the belt of truth is something we do every day, what practical habit could you begin this week to intentionally bring your mind under God's truth before the voices of the world shape your thinking?

Sermon Guide: The Benefits of the Gospel

Purpose - Throughout this series, we have said that the armor of God is a picture of the benefits and privileges that are already ours through the gospel of Jesus Christ. To help you continue fastening the belt of truth, we've compiled several passages that highlight these gospel realities. This is not an exhaustive list, but a starting point for meditating on, believing, and submitting yourself to the unchanging truths God has declared about Himself and about all who are in Christ.

1. Ephesians 1:3–14 — **Everything God has given us**
2. Ephesians 2:1–10 — **What God has done for us**
3. Romans 5:1-11 — **Our new standing before God**
4. Romans 8 (the whole chapter) — **Our security in Christ**
5. Colossians 1:12-23 — **Our fullness in Christ**
6. Hebrews 4:14-16 & 10:19-25 — **Our access to God**
7. 1 Peter 1:3-9 — **Our future hope**

Other passages for reflection:

2 Cor. 5:17-21; Gal. 3:23-4:7; Col. 2:6-15; Rom. 6; Col 3:1-4; Titus 3:3-7;
John 10:27-30