

Day 1: Stand Firm in Truth

Reading: Ephesians 6:10–14; John 14:6

Devotional:

We begin this journey in Paul's prison cell, where the chains rattling on his wrist matched the sound of the Roman soldier's armor beside him. He wasn't just writing from theory—he was living in tension. Paul opens with, "Be strong in the Lord..." because the strength we need doesn't come from us. The first piece of armor he mentions is the **belt of truth**. In Roman gear, the belt wasn't just for holding things together; it supported and secured the rest of the armor.

Truth does the same for us—it grounds us. In a world twisting truth and weaponizing lies, God's truth is your anchor. Jesus said, "I am the way, the truth, and the life." When you hold to Him, your armor doesn't fall apart. When lies whisper that you're not enough, not forgiven, not loved—you anchor yourself in what God has declared.

Reflection Questions:

- What lie have you been believing that God's truth needs to replace?
- Are you letting culture shape your truth, or Christ?

Today's Challenge:

Write down 3 truths from Scripture that confront lies you've battled. Read them aloud every morning this week.

Prayer:

Jesus, You are the truth. In a world that shifts, help me anchor myself in You. Fasten Your truth around my life so I may stand firm and walk freely. Amen.
