

# Bible Study Discussion Guide

**Series Title:** Armor Up - Week 3

**Text:** Ephesians 6:10-18

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## Sermon Summary

College football may feel high stakes, but the real contest is the daily battle for hearts and souls. Scripture teaches that spiritual warfare is real and that God has not left His people uncovered. Paul paints the picture of a first century soldier to show how believers are equipped to stand firm.

Today's focus is two pieces of the armor: the **belt of truth** and the **breastplate of righteousness**. A soldier's belt gathered the tunic, held the sword, and kept the whole kit in order so he could move freely. Spiritually, truth holds everything together. It gives mental and spiritual agility to observe, orient, decide, and act in the moment of temptation or deception. The breastplate covered vital organs. Spiritually, righteousness guards the heart. In Christ, believers receive His righteousness, and daily obedience flows from that gift and protects from the shame and fallout of sin.

God's Word is the fixed standard of truth, not shifting opinion. Christ Himself is the Truth. In Him we receive a new standing before God and a path for living that keeps the heart guarded and the life steady.

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## Key Points

### 1. Spiritual warfare is real

- Our struggle is not against people but against spiritual forces of evil. God commands us to put on the whole armor so we can stand.
- Ephesians 6:10-18

### 2. The belt of truth enables agility

- Truth holds life together so we can respond wisely and quickly in trials and temptations.
- God's Word is the standard for truth in every area of life. Let it dwell in you richly.
- Colossians 3:16; John 14:6; John 5:39-40

### 3. **The breastplate of righteousness safeguards the heart**

- In salvation, God removes our sin and gives us the righteousness of Christ. Our assurance rests in His finished work, not our performance.
- Righteous living then protects us from the consequences and the crushing weight of guilt and shame.
- 2 Corinthians 5:21; John 19:30; Proverbs 4:23; Psalm 25:21

### 4. **Truth and righteousness work together**

- Truth informs the mind. Righteousness guards the heart. Together they keep the believer steady and responsive in battle.

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## Scripture References

- **Ephesians 6:10-18** The armor of God
- **Colossians 3:16** Let the Word dwell in you richly
- **John 14:6** Jesus is the way, the truth, and the life
- **John 5:39-40** Scripture points to Christ
- **2 Corinthians 5:21** Given the righteousness of God in Christ
- **John 19:30** It is finished
- **Proverbs 4:23** Guard your heart
- **Psalm 25:21** Integrity and uprightness protect me

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## Discussion Questions

### 1. Truth that holds

- Where do you feel the pull of cultural truth vs biblical truth most strongly right now?
- What habits help the Word of God dwell in you richly?

### 2. Agility in the moment

- Share a recent situation where you needed to respond quickly to a lie or temptation.
- How would the belt of truth have shaped your Observe, Orient, Decide, Act flow?

### 3. Righteousness received

- How does 2 Corinthians 5:21 strengthen your assurance when accused or reminded of past sin?
- What changes when your confidence rests in Christ's finished work rather than your record?

### 4. Righteousness practiced

- Where is God calling you to make a clear righteous choice this week?
- How have you seen daily obedience protect you or others from the fallout of sin?

### 5. Whole life alignment

- What practical steps can your group take to keep truth at the center and hearts guarded throughout this series?
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## Application and Takeaways

- **Set the standard**  
Commit now that Scripture is your final authority for truth in every area of life.
- **Feed on the Word**  
Build a daily rhythm for intake and meditation so the Word dwells in you richly.
- **Stand in Christ**  
Rest your assurance in the finished work of Jesus. Preach 2 Corinthians 5:21 and John 19:30 to your own heart.
- **Walk in righteousness**  
Make the next right choice. Integrity and uprightness will protect you. Psalm 25:21.
- **Guard your heart**  
Aim your habits, friendships, and media diet toward holiness. Proverbs 4:23.