

# Belt of Truth

Scripture Reference

**Ephesians 6:16** - "Stand firm then, with the belt of truth buckled around your waist."

## Main Points

- **Point 1: God Provides Protection**

Just as a parent prepares a child for a cold day, or firefighters and police wear protective gear, God gives us armor. Ephesians 6:11 tells us to put on the whole armor of God to stand against the devil's schemes. We need this protection every day.

- **Point 2: The Danger of Deception**

The devil uses lies, slander, and clever traps to lead us astray. "Wiles" are deceitful tricks; "schemes" are planned traps. Proverbs 12:18 says words can either be life-giving or harmful—just like in Ephesians 4:27, we must not give the devil a foothold.

- **Point 3: Truth is Absolute**

Truth is not what we feel or believe—it is what God says. We can't fall for half-truths. When we stand on truth, we avoid traps—like anger in traffic or the subtle lies of culture. As Jesus says in John 14:6, He is the way, the truth, and the life.

## Reflection/Action Step

Am I living in God's truth, or have I been swayed by what feels right?

## Prayer

Lord, anchor me in Your truth. Help me recognize deception and stand firm in what You say. Guide my words and actions, so I reflect Your light. Amen.

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## Bonus - Key Verse to remember

John 4:16

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."