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*Put on the whole armor of God, that you may be able to stand against the wiles of the devil . . . Stand therefore, having girded your waist with truth. – Ephesians 6:11, 14 (10-18)*

### The Belt of Truth

#### I. What is Truth?

The topic of truth has already been central to Paul in the book of Ephesians . . . (1:13; 4:15; 4:21; 4:24; 4:25; 5:9)

- God is \_\_\_\_\_  
Cp. Jeremiah 10:10; John 17:3; Titus 1:2
- Truth is \_\_\_\_\_  
Cp. Heb. 13:8; Jude 25; Matt. 24:35; Mal. 3:6; Jam. 1:17
- Jesus Christ became truth \_\_\_\_\_.  
Cp. John 1:1, 14; 14:6; 17:3; 18:37
- God's Word is His \_\_\_\_\_.  
Cp. John 17:17; 2 Timothy 2:15
- God and His Word of truth are \_\_\_\_\_  
in every culture and in every age.  
Cp. Is. 40:8; Ps. 19:9; Mark 13:31; Ps. 119:89-91

That simple but profound message of the gospel has transformed the lives of both primitive, illiterate cannibals and of highly educated university professors. Truth is not limited to a few. We must hold firm to the idea of God and His Word as absolutely true in every culture and in every age. Since God is truth, a contempt for truth is equally a contempt for God.

#### II. What do we do with Truth?

- \_\_\_\_\_ truth (Cp. 2 Cor. 4:4-6)
- Embrace truth as \_\_\_\_\_  
(Cp. Eph. 4:17-32)

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1. Discuss among your group these questions, “What is Truth?” “How do you know when Truth is spoken?” “How do you distinguish between Truth and Error?”

Reflect back over What is Truth? from Sunday. Was there anything that might assist you answering the questions above?

2. We wonder/worry about our relationship with Christ, because we change . . . because we make choices that do not reflect the life of a Christian. There are times in your life when you squirm and twist and want to get away from God. And you may in fact **let go of Him**. But God **will never let go of you**. Why? Because He loves you with faithfulness. Jesus said of His followers: “*I give them eternal life, and they will never perish. No one can snatch them away from me, for my Father has given them to me, and he is more powerful than anyone else. No one can snatch them from the Father’s hand.*” John 10:28–29 (NLT)

Rest in His love and faithfulness toward you.

3. Read Romans 8:28-29. Reflect on this verse . . . *Whatever is good and perfect comes down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.* James 1:17 (NLI) What does it mean that God never changes?

Immutability means God’s attributes never change. God’s character doesn’t change. He will always be all the things that define His character. Since He is the embodiment of truth, truth doesn’t change. How does that bring security to us in our relationship with Christ?

*In what way are you struggling with feeling insecure in your relationship with God?*

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### Memory Verse

*If indeed you have heard Him and have been taught by Him, as the truth is in Jesus: that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness. – Ephesians 4:21-24*

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The topic of truth has already been central to Paul in the book of Ephesians . . . (1:13; 4:15; 4:21; 4:24; 4:25; 5:9)

- God is **Truth**  
Cp. Jeremiah 10:10; John 17:3; Titus 1:2
- Truth is **stable, firm, and reliable**  
Cp. Heb. 13:8; Jude 25; Matt. 24:35; Mal. 3:6; Jam. 1:17
- Jesus Christ became truth **lived out**.  
Cp. John 1:1, 14; 14:6; 17:3; 18:37
- God's Word is His **revelation of truth**.  
Cp. John 17:17; 2 Timothy 2:15
- God and His Word of truth are **absolutely true** in every culture and in every age.  
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#### II. What do we do with Truth?

- **Embrace** truth (Cp. 2 Cor. 4:4-6)
- Embrace truth as **a way of life** (Cp. Eph. 4:17-32)

1. Discuss among your group these questions, “What is Truth?” “How do you know when Truth is spoken?” “How do you distinguish between Truth and Error?”

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