

The Armor of God – The Belt of Truth

Ready (*Plant the seed*)

...Put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist...

Ephesians 6:13-14

Set (*Get the conversation started*)

Last week we talked about how God is our great protector and Jesus is our hero in the war against sin. Scripture tells us that God has given us armor to help us in our battle. The first piece of armor is the belt of truth. In biblical times, soldiers used a leather strap buckled around their waist to keep their clothes from getting in the way when they fought. It was part of being prepared for battle. Within the Armor of God, we are to put on the belt of truth which will prepare us to stand firm against the temptation to sin. Scripture tells us that the word of God is true and that we should be prepared to always give an answer for why we believe. We can put on the belt of truth by reading God's word for us and arming ourselves with the truth we find in the Bible. When we know what is true, we can recognize when something is not right and choose to do the right thing.

Honesty and truth are integral parts of good sportsmanship. Lying and cheating are not good ways to win a game. It shows others that you can't win on your own and doesn't make it fair for others who work hard on the field. Like the soldiers who put on the belt of truth in preparation for battle, you prepare for your game by working hard at practice and listening to your coaches so that you can be the best version of yourself; that way if anyone asks you why you are so good, you have an answer that tells others you are giving your best and don't need to cheat or lie.

Grow (*Talk it over*)

- How do you feel when other people cheat to win?
- Why is it important to be honest and truthful as an athlete?
- How can you prepare for the battle against the temptation to sin?

Pray

Father God, thank you for your word that guides us in truth and prepares us for the battle against the temptation to sin. Please give us strength this week to remain in your truth and avoid the desire to cheat or to lie. We want to follow Christ's example for us and be the best version of ourselves that we can be so that we may glorify you in what we say and do. In Jesus' name, Amen.

Overtime (*Optional game for reinforcement*) True or False Red Light, Green Light

Directions: Have players line up on one side of the field. This is played like regular Red Light, Green Light with the goal of reaching the other side first, however instead of calling out the color, you will shout out a statement. If it is true, the players will run. If it is false, the players freeze. Examples: God made the Earth and all living things (T), There is a pot of gold at the end of a rainbow (F), The sky is blue (T), etc. Any players that run on a false statement or freeze on true go back to the starting line.

After play, discuss: Great job, everyone! You definitely seem to understand truth! Remember that the Bible is God's word for us, and it is true. We can prepare for the battle against temptation by reading scripture and showing others what it means to be honest and truthful.