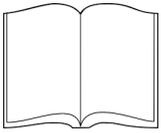




## WEEK 2 — BELT & BREASTPLATE

*“Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness...” Ephesians 6:14*



We read about the armor of God in Ephesians, a book in the New Testament. Ephesians was written by the Apostle Paul while imprisoned in Rome for telling others about Jesus. Inspired by the protective armor worn by Roman soldiers on guard while imprisoned, Paul writes about the power of the full armor of God in our battle against sin.

The belt of truth is the first piece of armor listed by Paul, and it signifies you are **prepared** for action. In order to wage war to 'win against sin', we put the belt of truth on first.

**Why?** Because truth is the building block on which everything else is placed.

**Where can we find truth?** The Bible, God's word, is our source of truth. In it we find the truth of God, the world, ourselves, and the truth of Jesus.

**What is the truth?** The truth of the gospel! It is believing that we are loved by God and saved by God's grace through faith in Jesus. It is remembering that when we struggle or make mistakes (because we all will!), we can stand firm and remain confident because Jesus conquered all and is more powerful than sin and death. The belt of truth **prepares** us for anything we will face.



In Roman times, soldiers did not dress for battle like you might think. Their basic outfit included a tunic, which was a long garment that hung to their knees. Before a soldier went out to battle, he would tie his tunic up with a belt so that it didn't get in the way.

This was the first step of **preparation**.

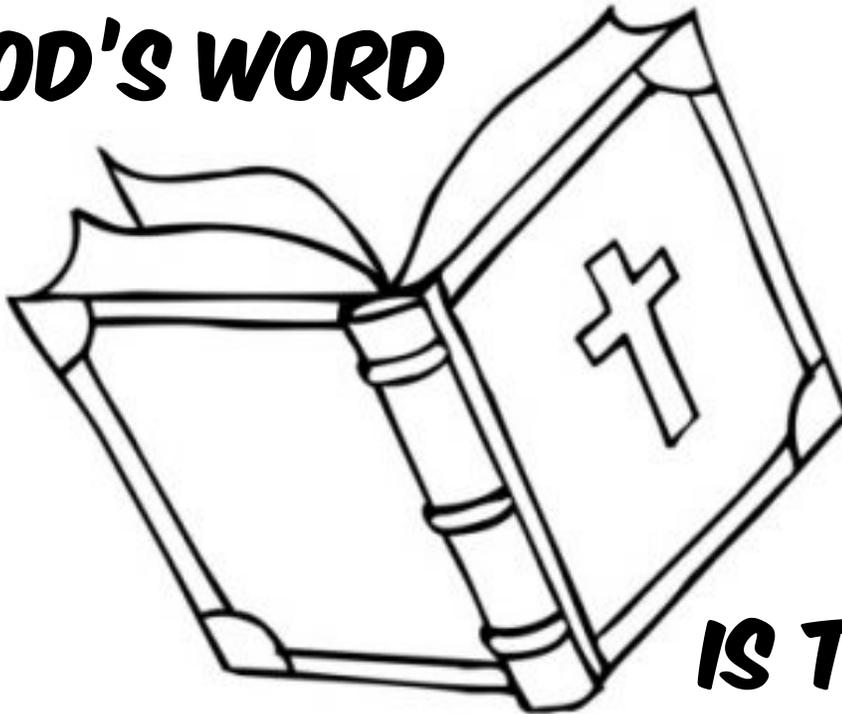
# TRUE OR FALSE

**Read the questions below and decide whether they are true or false!**

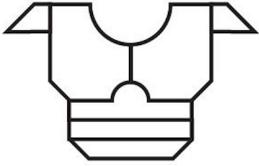
*\*\*\*Make it a game: Line up on one side of a room. Have a parent/family member read each statement. If you get the answer correct, take a big step forward. If you miss, stay where you are. Play until you cross the finish line on the other side of the room. Play with siblings or friends! (Answers in the back of booklet.)*

1. True or false: Polar bears live in the Amazon.
2. True or false: Jesus was born in Bethlehem.
3. True or false: Birds live underwater.
4. True or false: Genesis is the first book in the Bible.
5. True or false: Koalas have fingerprints.
6. True or false: Moses built the ark.
7. True or false: In the painting of Mona Lisa, she has no eyebrows.
8. True or false: It took God a month to create the Universe.
9. True or false: Jesus Christ died for the sins of the world.
10. 10. True or false: Halloween is when we celebrate the birth of Christ.

## GOD'S WORD



## IS TRUE!



Paul lists another piece of armor that is important in this spiritual battle, and that is the “breastplate of righteousness”. What is righteousness? Righteousness means being right with God or having a right relationship with Him. When we clothe ourselves in the breastplate of righteousness, we make an effort to live in such a way that honors God and imitates Christ.



What are some ways we that we might live a life of righteousness, or “rightness’ with God?

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In battle, a soldier’s main concern was to protect the most important part of his body - the heart and torso. The **breastplate** was most effective at doing this!

But remember - doing these things doesn’t make us more or less loved by God, or more or less right with Him. Full rightness with God comes from faith in Jesus alone! **When we put our faith in Jesus as our Lord and Savior, He takes away our sins and gives us His righteousness.** We do the things above because we love Him and want to honor him with all that we have (words, time, and actions).

## WIN AGAINST SIN



Discuss with your family.

- Why does Paul tell us to put on the belt of truth first (before all other pieces of armor)?
- What did Jesus do for us to make us right before God?

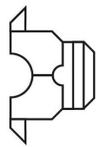


Pray together.

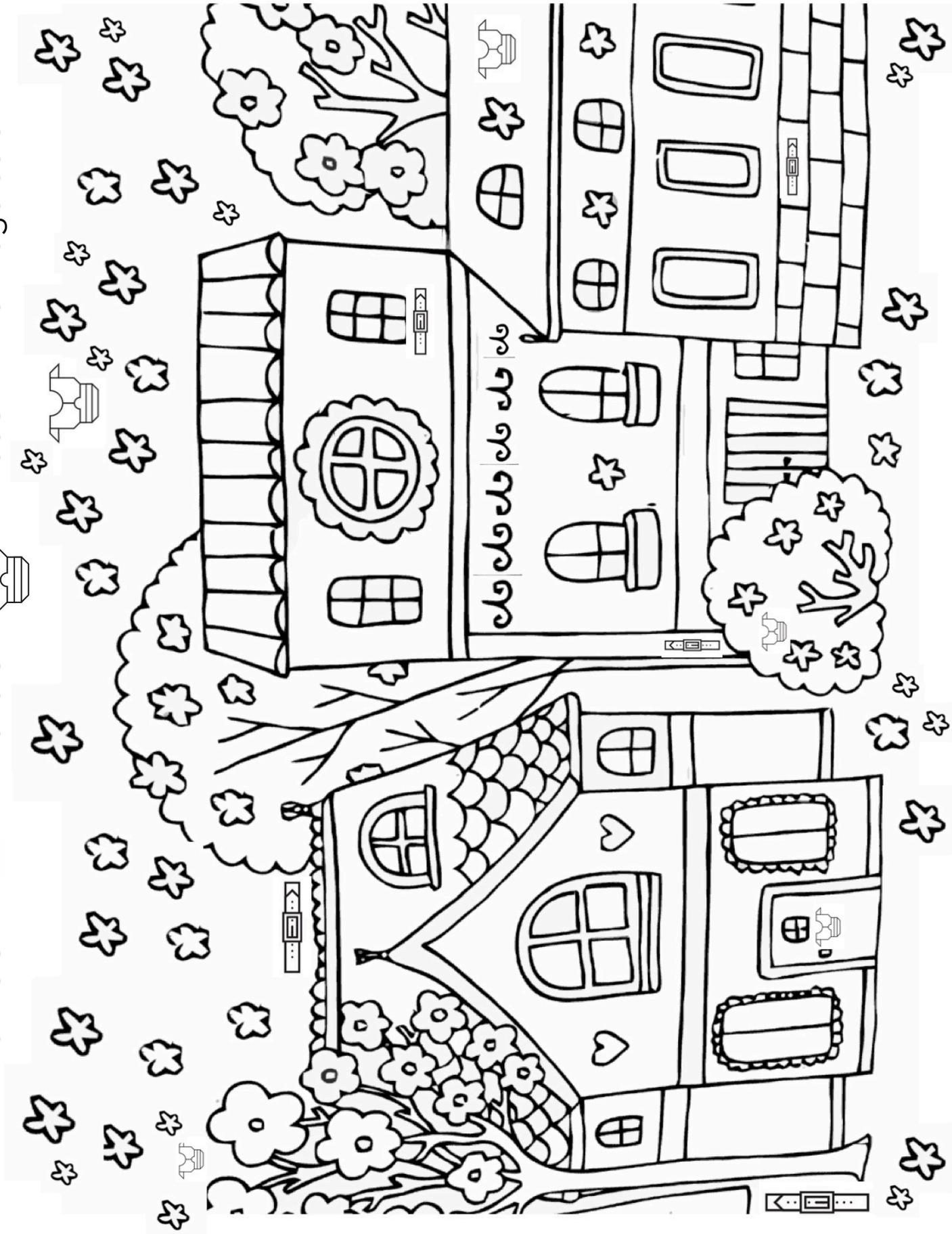
- Pray that we would be reminded of God’s love demonstrated for us in Jesus (Romans 5:8)
- Pray that we would be would have courage and strength because God give us his armor.
- Have people share prayer requests and spend time praying for each other.

# Hidden Picture

Find the **5**  and **5**



hidden in the image below!



# TRUE OR FALSE ANSWER KEY

1. True or **false**: Polar bears live in the Amazon.
2. **True** or false: Jesus was born in Bethlehem.
3. True or **false**: Birds live underwater.
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9. **True** or false: Jesus Christ died for the sins of the world.
10. True or **false**: Halloween is when we celebrate the birth of Christ.

“FINALLY,  
BE STRONG IN  
THE LORD AND IN  
THE STRENGTH  
OF HIS MIGHT.”  
EPH. 6:10