



ENGAGE

Break the Ice: (The purpose of these first questions is to help your group open up. Please don't feel like you have to ask each question. You may even have a better question. Once you feel that the group is engaged, move on to the "Inspire" section.)

- What is one of your favorite ways to exercise? Why do you like it?
- What did God teach you during the message this weekend? Did anything in particular stand out?

Prayer: Take some time to pray for God's Spirit to speak to your group through His Word.

INSPIRE

(Since the group may need time to process each question, don't let silence scare you. Try to avoid filling the space with unnecessary explanation or moving on from the question too quickly.)

1. We live in a *whatever* world where truth is relative. There seems to be no basis for our moral decisions— "*Whatever* you choose to do is fine." Which standard of truth do you think people turn to the most:
 - a) Science and reason— "If it can't be proven through science, it's not true."
 - b) Popular opinion— "Everyone is doing it." "Everyone believes it."
 - c) Feelings— "It just feels right, and my feelings matter the most."

2. Read Ephesians 6:10-17.

The sturdy, leather belt (girdle) of the Roman soldier was made to reach around the torso and provide essential support while he performed the quick, demanding movements of war.

- What is the role of truth in your life?

The belt also supported the breastplate. Without the belt of truth, you're left with the burdensome responsibility of carrying the full weight of your own 'breastplate' — your own 'righteousness'. In other words, without a personal faith anchored in truth, our perspective of all the other pieces of armor will be skewed.

- What sort of things do we try to do in our own strength that are impossible without God?
3. While it might feel constricting and a bit uncomfortable at times, how does the belt of truth actually give us the freedom to move? Have you ever been met with a confronting truth that caused you to change the way you were living?
 4. We often get busy doing the "things of God" while neglecting to strengthen our spiritual core. We end up exerting a lot of energy, but we do not make very much progress.
 - How can or do we get injured by serving God with a weak spiritual core?



EQUIP

(These questions will challenge your group members to apply the study to their daily lives. It is highly important that you go over this section with your group each week for the group study to be a success. Set aside 15-20 minutes at the end of your study to go over this section.)

In our spiritual lives, we need to integrate both the objective and subjective elements of our faith in order to be the best Christians we can be:

Objective (sword of the Spirit)

Subjective (belt of truth)

Head

Heart

Doctrine

Personal Relationship

Understanding the Faith

Living the Faith

On the one hand, you can know a lot about the faith and yet not be living it. And on the other hand, you need to know and understand your faith in order to fully live it.

In your spiritual journey, which area (objective or subjective) do you need more growth?

What spiritual disciplines can help you grow in this area?

Prayer:

Take some time to pray for each group member's growth need. Pray for the Lord's strength and wisdom. Encourage one another in the Lord.

Equip Your Mind:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. ~ Romans 12:2 (NIV)