

Discussion Guide: January 11th, 2026

Series: War Ready: Suiting Up for the Battles Around You

Message: *Belt of Truth and Shield of Faith*

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Take Home Truth: You must know Jesus is the truth and learn to trust Him.

Focus Passages:

Ephesians 6:13–17 NIV 13 Therefore 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. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.

John 18:36-38a NLT 36 Jesus answered, "My Kingdom is not an earthly kingdom. If it were, my followers would fight to keep me from being handed over to the Jewish leaders. But my Kingdom is not of this world." 37 Pilate said, "So you are a king?" Jesus responded, "You say I am a king. Actually, I was born and came into the world to testify to the truth. All who love the truth recognize that what I say is true." 38 "What is truth?" Pilate asked.

Ephesians 4:15–16 ESV 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Colossians 2:13–15 ESV

13 And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, 14 by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. 15 He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.

Truth: that which conforms with reality.

Discussion Questions

1. Think about Jesus' interaction with Pilate from John 18:36-38 (see above), and Pilate's final question: what is truth? Pilate's question reflects much of our current culture that lives in a state of thinking that truth is relative (my truth and your truth are both true, even if they contradict). How have you seen this thinking demonstrated in your own life with your co-workers, classmates, neighbors, and friends? Does this kind of thinking line up with God's view of truth? Why or why not?

2. Paul warns us in our passage that in order to stand firm against Satan's attacks, we must be people of the truth, especially of The Truth: Jesus. What does it look like to you to be a person of truth or in other words, to cover yourself with the truth of Jesus? How does that change how you interact with other believers? What about those who don't know Jesus? (See Ephesians 4:15-16 above).

3. The shield of faith is a trust in Jesus, what He has done, and what He has promised to us. This shield guards against all the lies (flaming arrows) that Satan tells us about ourselves and Jesus. Thinking about the cross of Jesus, where He defeated Satan's power when He died for your sins (Colossians 2:13-15 above), what lies does Satan try to tell you about you and your relationship with Jesus? How does Jesus' love for you shown on the cross allow you to trust Him against those lies.

Time of Prayer:

Take time to pray these verses from Psalm 103. As you pray, remember Colossians 2:13-15 where we see that Jesus disarmed the lies of the enemy when He died for you on the cross.

Psalm 103:1-13 (ESV)

1 Bless the LORD, O my soul,
and all that is within me,
bless his holy name!

2 Bless the LORD, O my soul,
and forget not all his benefits,

3 who forgives all your iniquity,
who heals all your diseases,

4 who redeems your life from the pit,
who crowns you with steadfast love and mercy,

5 who satisfies you with good
so that your youth is renewed like the eagle's.

6 The LORD works righteousness
and justice for all who are oppressed.

7 He made known his ways to Moses,
his acts to the people of Israel.

8 The LORD is merciful and gracious,
slow to anger and abounding in steadfast love.

9 He will not always chide,
nor will he keep his anger forever.

10 He does not deal with us according to our sins,
nor repay us according to our iniquities.

11 For as high as the heavens are above the earth,
so great is his steadfast love toward those who fear him;

12 as far as the east is from the west,
so far does he remove our transgressions from us.

13 As a father shows compassion to his children,
so the LORD shows compassion to those who fear him.