

Calvary Chapel  Philadelphia



# CHILDREN'S MINISTRY TEACHER'S PACKET

2nd Grade

## Sunday Morning

Study 7

*The Belt of Truth*

# The Belt of Truth

The Objective is the key concept for this weeks lesson. It should be the main focus of the study

These are the key verses that you will find helpful in teaching your study this week. The “Main passage” is the basis of the study, where the other verse support the objective of the lesson.

These are the books of the Bible we will be memorizing. New books for this month are in bold. If a student can memorize all the books up to this month’s books, you may give them a prize from the “reward box” found on your cart.

An introductory activity or question that will settle the class, draw their attention to the study and prepare their hearts for God’s Word.

**Objective** This lesson will introduce the students to the reality of spiritual warfare and teach them about the first piece of armor, the belt of truth.

## Key Verses

Ephesians 6:10-14—Main Teaching Passage  
John 8:48; Genesis 3:4-5

## Books to Memorize

Genesis, Exodus, Leviticus, Numbers, Deuteronomy, Joshua, **Judges, Ruth, 1&2 Samuel, 1&2 Kings**

## Hook

Draw on the board some clothing and equipment that would be needed for a few different jobs (e.g. a stethoscope, a firehose, a hammer). You can also bring in props for this. Ask what sort of job you would need each piece of equipment for. Finally, draw armor on the board and ask what someone would need that for.

Today we will begin studying the armor of God. The Bible says we need the whole armor of God. If that is the case, we as Christians must be a part of some sort of spiritual battle. These next few weeks, we will learn what this armor is and why we need it.

What does the Bible say? This is where we will read a passage or series of passages that teach on the subject of the day.

# BOOK

In Ephesians 6:10-18, the apostle Paul teaches us about the armor of God. Before explaining what this armor is, in verses 10-13 he says why we need it. As Christians, we are in the middle of a battle. This is not a physical battle against human enemies, but a spiritual battle against the Devil and his forces of darkness. Therefore, Paul tells us to be strong in the Lord's strength and put on the full armor of God. Because this is a spiritual battle, we will not be able to fight according to our own strength or by human means. That is why we need the Lord's strength and armor. Paul says that if we put on the armor of God and trust in the Lord's strength, we will be able to stand in the battle.

After explaining why we need the armor, Paul explains the different pieces of the armor of God. The first one we read about is called the belt of truth. In ancient times, the belt was used to hold the rest of the armor together and prepare the soldier to fight. The same way, truth is what holds the rest of the armor of God in place and makes us ready for spiritual warfare. Having the belt of truth on means our heads are filled with truth, our hearts believe the truth, and our mouths speak the truth. Truth is especially important because one of the main attacks the Devil uses is lies. He is called the father of lies (John 8:48) and used lies to tempt and deceive Eve in Genesis 3:4-5. If we want to stand against him, we must have on the belt of truth.

# LOOK

Imagine waking up one day and realizing you were in the middle of a battle. You didn't know it was going to happen, and you don't have any equipment, weapons, or armor. That would be terrifying and dangerous! Unfortunately, this funny scenario is not too far off for many people. The Bible tells us that we are in the midst of a spiritual war. While Christ has already won, the fight still rages on, yet most people are unaware that they are even in a battle. Whether they have never read the Bible, don't believe it, or just don't care, they don't have the armor of God on, making them easy prey for Satan. Even some Christians do not realize that they are part of a spiritual war. But whether or not they acknowledge the truth, every one of us is in this fight, and so it is best for us to make sure we are ready by putting on the armor of God.

Because the armor of God is not physical, we can't put it on the way a soldier would put on a helmet or belt. The armor of God is made up of spiritual qualities that will help us to live for God and fight against sin and the Devil. So for example, how would we "put on" the belt of truth? We

The interpretation/exegesis of the passage. What does this passage mean? How does this passage apply to my life?

## LOOK (Continued)

learned about telling the truth last week when we were studying the Ten Commandments, and certainly speaking truthfully is an important part of the belt of truth, but there is another element. Wearing the belt of truth also means knowing and believing the truth. We need to know what the Bible says, believe it, and be able to defend what we believe.

As we mentioned before, Satan is the father of lies, and one of his primary tactics in spiritual warfare is attacking the truth. He will try to get you to disbelieve that God is real, the Bible is true, God loves you, Jesus died for you, and many others aspects of the Christian faith. If we don't know or believe these truths, we will be unable to defend against these attacks. So how can we prepare ourselves for Satan's lies and put on the belt of truth? First, we have to read God's Word so we can know what the truth is. Then, once we know the truth, we need to believe it. We learned earlier this year that God's Word is true, which means we can believe everything that is in the Bible, but trusting that the things in God's Word are true is not just "blind faith." There are good reasons for everything that we believe, and your parents, Sunday School teachers, and others can help you to learn more about them.

## TOOK

As a class, review the books of the Bible Genesis-2 Kings.

Review the lesson by asking the class about the "battle" we are in. Who is on our side? Who is the enemy? What kind of "weapons and armor" do we use?

**Pray:** Thank the Lord for preparing and equipping us for spiritual warfare. Ask Him to help us know and believe the truth.

**Parent Question:** What does it mean to put on the belt of truth?

What is my response to this passage of Scripture? How should my life change according to what this passage teaches me? What are the practical things I can do throughout the week to make this true in my life?

# FURTHER STUDY

## Commentary on Ephesians 6:10-14 by David Guzik

B. Fighting against the darkness.

1. ([Eph 6:10](#)) The call to stand against the devil.

**Finally, my brethren, be strong in the Lord and in the power of His might.**

a. **Finally:** This comes at the end of the letter – a letter in which Paul has carefully established our place in Jesus, and then the basics of the Christian walk. This is his last section dealing with that walk. For Paul to write **finally** here means that he speaks in light of all he has previously said.

- In light of all that God has done for you.
- In light of the glorious standing you have as a child of God.
- In light of His great plan of the ages that God has made you part of.
- In light of the plan for Christian maturity and growth He gives to you.
- In light of the conduct God calls every believer to live.
- In light of the filling of the Spirit and our walk in the Spirit.
- In light of all this, *there is a battle to fight in the Christian life.*

b. **Be strong in the Lord and in the power of His might:** Literally, Paul wrote *strengthen yourselves in the Lord*. He probably took the idea from [1 Samuel 30:6](#), where it is said that David *strengthened himself in the Lord his God*.

i. The detailed teaching of spiritual warfare in this passage presents two essential components. First, you must **be strong in the Lord and in the power of His might**. Then, you must **put on the whole armor of God**. The two are essential, and much teaching on Christian combat neglects the first. If you take a weak man who can barely stand, and put the best armor on him he will still be an ineffective soldier. He will be easily beaten. So equipping for Christian combat must *begin* with the principle, **be strong in the Lord and in the power of His might**.

ii. Before a soldier is given a gun or shown how to fire a missile, he goes through *basic training*. One great purpose for basic training is to build up the recruit's physical strength. It is as if the army says, "Soldier, we are going to give you the best weapons and armor possible. But first we have to make sure that you are strong and that you can use what we give you."

c. **And in the power of His might:** This shows how to get this strength. This does not happen just by saying the words. It is not an incantation or a spell. You can't just walk around saying, "**be strong in the Lord and in the power of His might**" over and over and it will happen. Those kind of mental games can accomplish something, but it certainly wasn't what Paul meant here.

i. **Might** is inherent power or force. A muscular man's big muscles display his might, even if he doesn't use them. It is the *reserve* of strength.

ii. **Power** is the exercise of might. When the muscular man uses his might to bend an iron bar, he uses his power. It means that the reserve of strength is actually in operation.

iii. God has vast reservoirs of **might** that can be realized as **power** in our Christian life. But His **might** does not work in me as I sit passively. His might works in me as I rely on it, and step out to do the work. I can rely on it and do no work. I can do work without relying on it. But both of these fall short. I must rely on His might *and then* do the work.

iv. It is not “I do everything and God does nothing.” It is not “I do nothing and God does everything.” It is not “I do all I can and God helps with what I can’t.” Each of those approaches falls short. The key is for me to by faith rely on His **might** – and rely on it more and more – and then do the work.

v. In his great series of sermons on this text, D. Martyn Lloyd-Jones listed many ways in which he believes Christians *wasted* their strength. It was as if they had received some of the available **might** of God, but it simply leaked away like water in a bucket that is full of holes. These are some of the things Lloyd-Jones thought sapped the strength of the Christian:

- Committing to too many spiritual works or things
- Too much conversation
- Arguments, debates, wrangling
- Laziness
- Too much time in the wrong company
- Too much foolish talk and joking
- Love of money and career
- A desire for respectability and image
- An unequal yoking with an unbeliever
- Ungodly entertainment
- A wrong attitude toward or doubting the Word of God

vi. “We have to walk on a knife-edge in these matters; you must not become extreme on one side or the other. But you have to be watchful. And, of course, you can always tell by examining yourself whether your strength is increasing or declining.” (Lloyd-Jones)

2. ([Eph 6:11](#)) The command for the whole armor of God.

**Put on the whole armor of God, that you may be able to stand against the wiles of the devil.**

a. **Put on the whole armor of God:** The **armor of God** will be explained more fully in the next passage; but here the emphasis is on **the whole armor of God**. God gives the believer a full set of equipment, and He sends us out into battle with everything we need at our disposal.

i. This ancient Greek word for **armor** is used in only one other place in the New Testament. In [Luke 11:21-22](#), Jesus speaks of the *strong man* who is *fully armed*, but is stripped of *all his armor* when a *stronger* one comes and defeats him. We know that Jesus disarmed all principalities and powers ([Colossians 2:15](#)).

ii. This armor is **of God** both in the sense that it is from Him, and in the sense that it *is His actual armor*. In the Old Testament, it is the Lord who wears the armor ([Isaiah 59:17](#)). He now shares that armor with us. Equipped with God’s armor, no wonder we are *more than conquerors* ([Romans 8:37](#)).

b. **That you may be able to stand against the wiles of the devil:** We express the strength we have in God by standing **against the wiles of the devil**. Satan’s schemes against us come to nothing when we stand against them in the power of God.

i. Stott quoting Simpson: “The tactics of intimidation and insinuation alternate in Satan’s plan of campaign. He

plays both the bully and the beguiler. Force and fraud form his chief offensive against the camp of the saints.”

3. ([Eph 6:12](#)) The fact of spiritual warfare.

**For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts of wickedness in the heavenly places*.**

a. **For we do not wrestle against flesh and blood, but against principalities, against powers:** Paul did not call the believer to *enter into* spiritual warfare. He simply announced it as a fact: **we do not wrestle against flesh and blood, but** (we do wrestle) **against principalities** and so forth. You *are in* a spiritual battle. If you are ignorant or ignore that fact, you probably aren't winning the battle.

b. **For we do not wrestle against flesh and blood:** The fact that our real battle is not against **flesh and blood** is forgotten by many Christians, who put all their efforts in that direction. Paul's idea here is much the same as in [2 Corinthians 10:3-4](#): *For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds.*

i. Foulkes says a more literal translation is, *Not for us is the wrestling against flesh and blood.*

c. **Principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places:** Paul used a variety of terms to refer to our spiritual enemies. We should regard them as being on many different levels and of many different ranks, yet they all have one goal: to knock the Christian down from their place of standing.

i. [Ephesians 6:11](#) tells us that all of our warfare is combating *the wiles of the devil*. At the end of the day it is completely irrelevant if the particular opponent we face is a principality, a power, or a ruler of the darkness of this age. Collectively, they are all members of **spiritual hosts of wickedness in the heavenly places**. They are all part of a spiritual army that is organized and established into ranks and is under the headship of Satan who comes against us.

ii. We learn more about these **principalities** and **powers** from other passages in the New Testament.

• [Romans 8:38](#) tells us that **principalities** cannot keep us from God's love. Therefore, there is a *limit* to their power.

• [Ephesians 1:20-21](#) tells us that Jesus is enthroned in heaven, far above all **principalities** and **powers**. [Colossians 1:16](#) tells us that Jesus created **principalities** and **powers**. [Colossians 2:10](#) tells us that Jesus is head over all principalities and power. Therefore, Jesus is not the *opposite* of Satan or principalities.

• [Ephesians 3:10-11](#) tells us that the church makes known the wisdom of God to **principalities** and **powers**. [1 Corinthians 15:24](#) tells us that **principalities** and **powers** have an end; one day their purpose will be fulfilled and God will no longer let them work. Therefore, God has a *purpose* in allowing their work.

• [Colossians 2:15](#) tells us that Jesus disarmed **principalities** and **powers** at the cross. Therefore, *our victory is rooted in what Jesus did*, not in what we do. It isn't that there is no doing on our part – but our doing is the *appropriation* and *application* of what Jesus did.

iii. Some interpret the nature of **principalities** and **powers** in purely naturalistic terms. Markus Barth wrote, “We conclude that by principalities and powers Paul means the world of axioms and principles of politics and religion, of economics and society, of morals and biology, of history and culture.” Yet this contradicts what Paul says about our battle *not* being against **flesh and blood**.

4. ([Eph 6:13](#)) The proper response to the fact of spiritual warfare.

**Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.**

a. **Therefore take up the whole armor of God:** Paul introduced the idea of **the whole armor of God** back in [Ephesians 6:11](#). In the following passage he details the specific items related to the armor of God. In this verse, he simply states what the main purpose of spiritual warfare and the armor of God is.

b. **That you may be able:** Without the strength of God and the protection of spiritual armor, it is impossible to stand against the attacks of spiritual enemies.

c. **That you may be able to withstand in the evil day, and having done all, to stand:** This describes the purpose for the strength of God and the armor of God; what we are to use them for.

i. God has given His people a call, a mission, a course to fulfill. Satan will do his best to stop it. When he attacks and intimidates, we are to **stand**. It is plain that this is Paul's emphasis in [Ephesians 6:11](#) and [6:13](#). We do the Lord's work and stand against every hint of spiritual opposition.

ii. God gives the Christian a glorious standing to maintain by faith and spiritual warfare:

- We stand in **grace** ([Romans 5:2](#)).
- We stand in the **gospel** ([1 Corinthians 15:1](#)).
- We stand in **courage** and **strength** ([1 Corinthians 16:13](#)).
- We stand in **faith** ([2 Corinthians 1:24](#)).
- We stand in Christian **liberty** ([Galatians 5:1](#)).
- We stand in Christian **unity** ([Philippians 1:27](#)).
- We stand in the **Lord** ([Philippians 4:1](#)).
- We should stand **perfect** and **complete** in the will of God ([Colossians 4:12](#)).

iii. All in all, there is a lot indicated by that one word, **stand**.

- It means that we are going to be attacked.
- It means that we must not be frightened.
- It means that we must not droop or slouch; nor be uncertain or half-hearted in the fight (no self-pity is allowed).
- It means that we are at our position and alert.
- It means that we do not give even a thought to retreat.

5. ([Eph 6:14-15](#)) The spiritual armor to *have*.

**Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace;**

a. **Stand therefore:** We can only **stand** when we are equipped with the armor God has given us in Jesus Christ. Each aspect of this symbolic armor answers to a specific dynamic within the Christian life that enables

us to stand against spiritual attack.

i. Paul wrote this while in the custody of Roman soldiers. It was easy for him to look at the equipment of his guards and see how God has equipped the believer.

ii. The order in which the pieces of armor are described is the order in which the soldier would normally put them on.

b. **Having girded your waist with truth:** **Truth** is symbolically represented as a belt which both protects our abdomen and gathers up our garments so that we can fight effectively.

i. Strictly, the belt is not part of the armor, but before the armor can be put on, the garments underneath must be gathered together.

ii. "The soldier might be furnished with every other part of his equipment, and yet, wanting the girdle, would neither be fully accoutered nor securely armed. His *belt*... was no mere adornment of the soldier, but an essential part of his equipment... it was of especial use in keeping other parts in place, and in securing the proper soldierly attitude and freedom of movement." (Salmond)

iii. When a man sat down and was relaxed, he took off his belt. Putting on the belt prepared for action, it freed one for movement, and it put a soldier in a battle frame of mind. The same idea was communicated by Jesus in [Luke 12:35-36](#).

iv. The belt of truth puts on the Biblical beliefs of the Christians as a whole, what other passages call *the faith*. Many people believe that the church will never go forward until it takes off this belt of truth, but that is completely wrong. This is part of the armor to *have*, which is a foundation to live upon all the time, our understanding of and confidence in the basic doctrines of the faith.