

# DISCUSSION QUESTIONS FOR THE BELT OF TRUTH

*"Stand firm then, with the belt of truth buckled around your waist..." Ephesians 6:14a., NIV.*

1. If you were asked to describe a Roman soldier, what would you start with? Why?
2. Why do you think Paul started his description of the Roman armor with the belt?
3. When in your life or experience have you felt "undone" and/or "falling apart?" What was that like for you? What/who helped you pull things back together?
4. Who do you know right now who is struggling to "keep things together" but is having a difficult time? What will you do to help them in the next three days?
5. List five truths that are as essential to your life; write why that is so for you:
  - a.
  - b.
  - c.
  - d.
  - e.
6. What/where would you be without these truths as your "belt?" How have they given you substantial support in your life?
7. Jesus said, "I am the way and the truth and the life" (John 14:6 NIV). How is Jesus' statement reflected in your life?
8. To be of any real use, a belt must be adjustable as well as flexible. Is that applicable to truth as Jesus used the term? Why or why not?
9. The modern military LBE (Load Bearing Equipment) system is designed to secure only essential gear needed for combat and survival operations. Some things are "nice to have," but not essential. Some of the "nice to have" things can even become hindrances to rapid movement and combat operations. List some things/ideas/concepts/etc. that you consider essential and some things that while nice to have are not essential. Are any of them "weighing you down?"

Essential \_\_\_\_\_ Nice but not necessary \_\_\_\_\_

10. How do you need to "adjust your load?" What truth will help you do that?



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**E-mail:** [dickardis@comcast.net](mailto:dickardis@comcast.net)  
**Phone:** 970-667-0866