

Family Devotion



Belt of Truth



This week we are looking at what it means to put on the Belt of Truth



- Look up a picture of a Roman soldiers belt.
- Play a game of 2 truths and 1 lie. How easy is it to spot a lie?



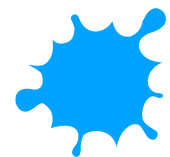
Read Ephesians 6: 10-14 & John 14:6

In ancient days, one of the first pieces of armour a soldier put on was his belt. Belts were very important for a Roman soldier, without them they would have no where to carry their sword, a soldier's armour would be too heavy for them to bear and it would probably fall off and be dragging behind them as they tried to defend themselves.



1. What is truth?
2. How do you know when someone is telling you the truth?
3. Is telling the truth always easy? Why/why not?
4. What truths do we learn about God from reading our bible?
5. Why is it always important to remember the truths we learn from the bible?

The Lord wants us to be truthful inside and out. We need to know the difference between truth and lies, right and wrong, in whatever we hear or read or watch and the in the way we act.



- Design and make a belt of truth



Father God, Thank You that we can put on the belt of truth as part of your armour. Help us to be strong and to stand up for truth. May we always know the truth that we are Your children and that You love us. Amen.