

Calvary Chapel of El Cajon Women's Bible Studies

Ephesians 6:14a - Truth

Lesson 15

We have arrived at the first piece of armor that the believer is to put on to *stand against the wiles of the devil*. The devil is a liar. Therefore, we must fight him, not with his own medicine, but with armor not included in his arsenal – armor that sends him fleeing – armor that leaves us *standing*. Truth. May you discover, as you *gird your waist with truth*, the lies designed to *devour* you to be nothing but feeble attempts. For, *truth* is of our Lord Jesus. Therefore, none can prevail against it.

DAY ONE: Read Ephesians 6:14-19

1. This week we will concentrate on Ephesians 6:14a. However, to better understand the context, read Ephesians 6:14-19 using both your Observation Worksheet and another Bible translation or paraphrase. After reading through these verses, what would you say to someone if they asked you what they were about?

2. At the right-hand side of the **Chapter & Paragraph Division Titles Chart** are columns labeled **Key Word** and **Symbol**. They have been provided for you to record the key words and the symbol you have chosen to represent each one. Record the key words listed below and their symbols on the chart.

God and Spirit

Term of conclusion: *Therefore*

Now, using the symbols you have chosen, mark each of the key words each time they are used in Ephesians 6:14-19.

3. List the six pieces of armor by filling in the blanks:

having your waist girded with _____

having put on the breastplate of _____

having shod your feet with the preparation of the _____

taking the shield of _____

take the helmet of _____

(take) the sword of the Spirit, which is the _____

- a. The actual armor is not a breastplate or a shield, but it is the concepts identified. Take the words you used to fill in the blanks and list the things we are to apply (*put on*) so that we can *stand against the wiles of the devil*. Hint: the first one is *truth*.

DAY TWO: Read Ephesians 6:14a

1. *Stand therefore, having girded your waist with truth...* This is the sixth time Paul mentions the word *truth* in this letter. Look up the other five references and record what they reveal about *truth*:

Ephesians 1:13

Ephesians 4:15

Ephesians 4:21

Ephesians 4:25

Ephesians 5:9

2. According to Ephesians 6:14, what position are we to be in as we *gird our waist with* (put on the belt of) *truth*?
 - a. Think about how hard it is to put on a belt while you are lying down or sitting. What do you think the spiritual significance is of *standing* while you put on *truth*?
 - b. To *stand* is to maintain one's ground. Believers can *stand* against satan, but can unbelievers *stand* against God? Use Psalm 1:5 and Psalm 76:7 to answer this question.

DAY THREE: What is Truth?

1. Pilate asked Jesus, *What is truth?* (John 18:38). What did Jesus say about Himself in the previous verse that provoked this question?
 - a. *Truth* was standing right in front of Pilate. What does John 14:6 say to confirm this?
2. Rather than tell us to *put on truth*, Paul tells us to put on something (someone) else in Romans 13:14. What did he say?
 - a. What do you think it means to *Put on the Lord Jesus Christ*?
3. In what ways is Jesus *truth*?

4. God the Father is also *Truth*. Record what the following verses say about Him regarding *truth*.
Deuteronomy 32:4

Psalm 33:4
5. The Holy Spirit is also *truth*. Record what the following verses say about Him regarding *truth*.
John 15:26

John 14:17

John 16:13
6. As we look at the attributes of each member of the Trinity, we discover that the whole concept of *truth* is based on the character of God. *Truth* is not simply, not telling a lie, it is putting on the character of *truth* as declared and represented by God. List several synonyms for the word *truth*.
 - a. List several antonyms for the word *truth*.

DAY FOUR: The Enemy of Truth

1. Contrast the description of God in Titus 1:2 and the description of satan in John 8:44. How do they differ?
2. What was the first recorded *lie* of satan? See Genesis 3:4,5.
 - a. What was the *truth*? See Genesis 2:16-17.
 - b. What did Eve do? See Genesis 3:6.
 - c. If Eve would have *girded her waist with truth*, what would she have done to respond to satan's lie?
 - d. Summarize satan's tactics as they apply to our lives today and how we can fall prey to them, just as Eve did.

3. What are satan's intentions for Christians according to 1 Peter 5:8?

a. How can believing his *lies devour* us?

b. What are some of the *lies* satan tells Christians?

4. Read Psalm 77:7-9. Record the Psalmist's six doubts (two in each verse) about God in the left hand column of the chart.

Doubts / Lies	Truth
Verse 7	Lamentations 3:31,32 Proverbs 8:35
Verse 8	Lamentations 3:22,23 1 Kings 8:56
Verse 9	Psalm 103:8 Psalm 30:5

a. In his confusion, the psalmist changed his thinking; he put on the *belt of truth*. What does Psalm 77:11-12 say he did?

1.) Remember God's *works* by recording the *truth* about Him using the verses in the right-hand column of the chart above.

5. What can we learn from the Psalmist's example?

DAY FIVE: Putting on Truth

1. God provides the armor, but the responsibility to put it on belongs to the believer. What do the following verses teach us about the believer's responsibility?

1 Samuel 12:24

1 Kings 9:4

Proverbs 3:3

Philippians 4:8

- a. Using these verses, how does a believer *put on truth*?

2. The *truth* foils the lies of the enemy. What do the following verses say about the *truth*?

Psalms 15:1-2

Psalms 91:4

Psalms 119:160

Psalms 145:18

Proverbs 12:19

John 8:32

John 16:13

1 John 5:20

- a. Using the verses above, answer these questions:

- 1.) What are the benefits of telling the *truth*?

- 2.) What are the benefits of applying the *truth*?

- 3.) How can we learn *truth*?

DAY SIX: Review

1. Explain what is meant by *having girded your waist with truth*.
2. The purpose of putting on the armor of God is to enable the believer to *stand against the wiles of the devil* (Ephesians 6:11). How does *having girded your waist with truth* enable you to *stand*?
3. What are some of your favorite *truths* from God's Word that help you *stand* when the enemy is lying to you?
4. In what ways does believing the lies of satan cause a believer to fall rather than *stand*?
5. What insight have you gained that you will *put on* regarding *truth*?

*For I rejoiced greatly when brethren came and testified of the truth
that is in you, just as you walk in the truth.*

I have no greater joy than to hear that my children walk in truth.

- 3 John 1:3-4