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# The Belt of Truth

This week Pastor Ken started a new series called *Stranger Things: Winning the Battle with the Upside Down*. We will look together at the struggle between good and evil and how to use each piece of the armor of God to resist the enemy. So gather with your Cathedral family on Zoom or other video platform for seven weeks and let's grow together.

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 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.*  
Ephesians 6:12-13

1. As a Christian you are standing in the middle of a battlefield and we become strong when we put on the armor of God. God gives us the armor but we must put it on.
2. This week Pastor Ken shared that because of Jesus we can stand our ground by putting on the first piece of armor, the belt of truth (Ephesians 6:14a). He explained how we are living in a post truth world where we do not talk about truth and everyone has their own version of truth leading to moral and spiritual chaos. Truth is something we discover in the person of Jesus (read John 8:31-36 and 14:6).
3. The first way that we can put on the belt of truth is by learning the truth. From the very beginning, Satan has been lying, deceiving and telling people half-truths. He will mix a bit of truth with his lie to make it seem more convincing to you. Share some examples.
4. The second way you put on the belt is by living the truth (read Ephesians 4:25). Belts help us to hold everything together and not get tripped up. All of life is about relationships and they are built on trust and trust comes by always telling the truth.
5. What is the lie the enemy uses on you? What truth can you use to remind the enemy? So, this week when the enemy comes against you with this lie remind him of the truth.

Close in prayer