



cultivate wholeness

real growth through God's word

Fall Cultivate Bible Study: The Armor of God

Week 2 Discussion Guide
Donna Martin – The Belt of Truth

We're so glad you've joined our community of Sandals Church women as together we learn to cultivate wholeness into our lives and experience REAL spiritual growth through God's word. Watch this week's teaching video, then use this discussion guide – either in a group or on your own – to reflect, respond and pray as you cultivate the armor of God into your life. Your goal is not to get through the content, but to get the content through you! Be REAL, give the Holy Spirit room to move and respond to God as you study.

| Cultivate Wholeness |

The belt of truth is essential to wholeness because when the world is falling apart, truth is holding us together.

| Key Verses |

“Stand your ground, putting on the belt of truth.” Ephesians 6:14 NLT

“For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.” Ephesians 6:12 NLT

“Therefore, gird up the loins of your mind, be sober, and rest *your* hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ.” 1 Peter 1:13 NKJV

“Sanctify them by your truth; your Word is truth.” John 17:17 NIV

“Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ.” Colossians 2:8 NLT

“You will know the truth and the truth will set you free.” John 8:32 NLT

| Video Notes |

Fill in the blanks following the on-screen prompts:

1. Am I going to _____ to what I see or am I going to _____ on truth?
2. Experience is not _____. Truth is a _____, and that person is _____.
3. We must know the difference between _____ and _____ right.
4. The enemy doesn't have any _____ tricks.
5. We have to _____ the word of God in our _____.

| Reflect & Discuss |

1. Have you ever set out to do something and found you were unprepared? What did you learn about yourself? Given the opportunity, what would you do differently?

2. Is there any area of your life where you are distracted or captivated by what you see or hear others do and say? How do you determine what is real truth vs. what sounds true? Do you think you're doing a good job discerning the difference?
3. Truth is not our experience. Truth is the word of God. Does your life – ideas, choices, actions and words – reflect a greater commitment to God's truth than your own experiences or opinions? In what ways would you like to grow in living a life built on God's truth?
4. We must each take responsibility for our own spiritual growth by practicing disciplines such as prayer, confession, reading God's word, seeking wise counsel, etc. What are you doing to grow? How have you seen the benefits of that discipline when you face life's battles?
5. What is one spiritual discipline you would like to be more intentional about pursuing? What is a first step you could take toward practicing that today? Choose it, then chase it – go, get it done!

| Pray & Journal |

Be still before God, inviting Him to search your heart. If you'd like, journal your thoughts and prayers so that you can later look back on the REAL growth you experience this season.

When the enemy comes, He's coming for you. While we can ask trusted community to stand with us in prayer and encouragement, we must be equipped and ready to face down the devil's lies with God's truth. **Be REAL with God** about your commitment to His truth. Invite Him to show you any area where you are conforming to what the world is saying and doing rather than being transformed by His truth.

Be REAL with self and consider the things that might be a weakness or a trigger for you. What distracts you? Are there any lies you are prone to believing either about yourself or about others? Is there any unconfessed sin you are battling? Is there anyone or anything that you are following more than you are following God?

Now, search for a few verses that will encourage and help you hold on to God's truth. It's okay to use a search engine and type "scriptures on God's truth, hope, forgiveness, fighting anxiety, worry" etc. Write your verses in a journal, on a post-it or a 3x5 card. Place them somewhere you can access them often and begin to cultivate the truth of God's word into your life. Memorize it, recite it, obey it and let truth change you from the inside out.

The truth sets us free. **Be REAL with others** and share the weakness, trigger, distraction or sin you want to fight. Tell someone you trust the verse you are wielding as your sword of truth and ask them to pray it alongside you.

| Dig Deeper |

Choose any of the dip deeper opportunities to cultivate more of God's word into your life.

- Read Matthew 7:24-27 NLT: Reflect on the two builders. What do they both do? What is the major difference between the two? Do you think Jesus is talking to believers or non-believers? What needs to change in your life so that you are not only a hearer, but a doer?
- Read 1 Peter 1:13-25 NLT: When we know the truth, we're responsible to live it. How should we live? Who paid the price for the life we get to live? What should we show others to reflect our gratitude? In which of these areas can you grow so that your life reflects the hope you've found in Jesus?
- Read Romans 8:1 TPT: When Jesus forgives you of your sin, you are forgiven once and for all. While it is good to pursue ongoing accountability and obedience to God, guilt and shame have no place in your life. Are there any accusing voices or condemnation you are battling? Ask God to seal His truth to your heart today – He sent His son to the cross to set you free and you are free indeed.

| References & Resources |

- Use biblegateway.com to do keyword searches for verses, look up the scripture translations we've referenced and to experience other translations.
- If you or your group watch our weekend message at Sandals Church, consider incorporating one question from our weekly reflection guide at cultivate.sc/discussion to live out what we're learning on the weekends.
- Want daily reading content to grow your faith? Check out our bible reading plans on the Sandals Church app. Join us now in our current reading, The Kingdom that Counts.