



## Truth Tightens It All

*September 21st, 2025*

**Passage:** Ephesians 6:14

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### Lean In

- When have you discovered that something you believed turned out to be only “half-true”? How did it affect your decisions or relationships?
  - What helps you tell the difference between a passing opinion and lasting truth?
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### Look Up

Read Ephesians 6:10-18 aloud as a group.

#### Observation — What does the text say?

- What repeated words or phrases stand out (e.g., “stand,” “armor,” “truth,” “righteousness”)?
  - Notice the order of the armor pieces. Why might the belt of truth be listed first?
  - What images or emotions does the picture of a Roman soldier bring to mind?
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#### Interpretation — What does the text mean?

- What do these verses teach about God’s role and our role in spiritual battle?
  - How does “truth” in this passage point to both the person of Jesus (John 14:6) and the content of God’s Word (John 17:17)?
  - What is the difference between Christ’s *imputed* righteousness (our position) and *practical* righteousness (our daily obedience)?
  - Why would Paul connect truth and righteousness so closely—how do they work together?
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### Application — How should we respond?

- Where are you most tempted to build your identity on something other than God’s truth (performance, approval, possessions, etc.)?
- What lies—about yourself, God, or others—do you sense the Holy Spirit inviting you to replace with Scripture this week?
- Which “heart protectors” (forgiveness, healthy media habits, confession, community) need strengthening in your life right now?
- How can our group help one another stay grounded in truth and walk in righteousness?
- Read through this worksheet which includes Our Identity in Christ.  
<https://ericbryant.org/wp-content/uploads/2025/08/the-basics-for-following-jesus-f-or-pdf.pdf>

### Further Study

- John 17:14-17 – “Sanctify them by the truth; your word is truth.”
  - Proverbs 4:23 – “Above all else, guard your heart...”
  - 2 Corinthians 5:21 – Christ’s righteousness credited to us.
  - 1 John 2:14 – The Word of God living in us enables victory.
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### Prayer

Guide the group through these movements:

1. **Praise** – Thank God that His Word is truth and that Jesus’ righteousness covers us.
2. **Confession** – Silently name any lies believed or sins nursed in the heart.

3. **Petition** – Ask the Spirit for courage to stand firm, discern deception, and forgive quickly.
  4. **Intercession** – Pray protection and spiritual strength over one another, families, and church.
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## Step Out

- **Tighten the Belt Daily** – Commit to at least 10 minutes of Scripture reading each morning; write one truth from your reading to carry through the day.
- **Guard the Heart** – Choose one “heart check” habit: limit a media feed, reconcile a strained relationship, or practice nightly confession.
- **Encourage a Fellow Brother/Sister** – Text or call someone mid-week with a verse of truth or a short prayer for their protection and courage.