

THE
**Lauren
Turner**
PODCAST

ARMOR OF GOD SERIES · EPISODE 2 COMPANION WORKSHEET

The belt of truth

We are at war — follow along and put on truth first

Before you begin

This episode kicks off a series on the Armor of God. We're in a real, cosmic battle — Paul equips us not to be left unaware and unarmed. Use this worksheet to slow down, look up each verse, and put on truth as you go.

Ephesians 6:10-17 *"Put on the full armor of God, so that you can take your stand against the devil's schemes. Stand firm then, with the belt of truth buckled around your waist."*

Do you tend to live aware of the spiritual battle, or distracted by daily life — what's for dinner, what's next on the calendar? What would change if you lived alert and sober-minded today?

Put on truth: six things to walk through

Look up each verse, jot down what stands out, then respond in the blank.

1 Count the cost *Luke 14:25-35*

Jesus warns that anyone who doesn't first sit down and estimate the cost isn't ready to follow Him. There are no conscientious objectors in this battle — you're on the winning side or the losing one.

Have you counted the cost of following Jesus? What is He asking you to lay down?

My response:

2 The belt goes on first *Ephesians 6:12, 14*

The belt was foundational — it gathered the tunic and gave every other piece of armor somewhere to attach, including the sword. Nothing else goes on until the belt is buckled.

What does it practically look like to put on truth first in your day, before anything else?

My response:

3 What is the belt of truth? *John 14:6 · John 1:1-4 · Isaiah 11:1-5*

The belt of truth is the Word of God — which is Jesus. Truth is personified in Him. There is no truth outside of Him; it isn't relative or a sliding scale. The more we know Jesus, the more we know and understand truth.

How does knowing Jesus as THE truth change the way you view truth — as absolute rather than relative?

My response:

4 How do we put on truth? *Psalms 119:11 · John 8:31-32 · 1 John 3:18-19*

Practical steps from the episode:

- Read and study scripture, letting it transform your mind
- Store up His word in your heart (Psalm 119:11)

- Hold to His teaching — know the truth that sets you free (John 8:31-32)
- Speak truth in love, not just words — through action (1 John 3:18-19)

Which of these is the Lord inviting you to grow in this week?

My response:

5 Guarding against deception *Ephesians 4:14-16*

Without the belt of truth, we're infants tossed by every wind of teaching and the enemy's cunning schemes. Speaking the truth in love, we grow up into maturity, joined and held together as one body.

Where have you felt tossed around by conflicting voices or teaching lately? What truth anchors you there?

My response:

6 Pulling back the curtain *Psalms 119:105*

A magician's performance is all illusion — until the audience knows the tricks. Once we're armed with truth, the enemy's deceptions become transparent. His word is a lamp to our feet and a light to our path.

Where have you noticed a lie lose its power once you knew the truth behind it?

My response:

Closing reflection

Psalm 119:105 *"Your word is a lamp to my feet and a light to my path."*

Write out a short prayer asking the Lord to help you buckle on the belt of truth first, before anything else, this week.

with Lauren