



# Belt of Truth



## THE MISSION AIM

Christians are called to put on the full Armour of God, beginning with the Belt of Truth. We need to know God's truth and to share it.



## KEY VERSE

**Ephesians 6:14:** "Stand firm then, with the belt of truth buckled around your waist..."



## Pre-Mission Activity



## Supplies Needed

- Option 1: Nothing needed.
- Option 2: An unusual object whose purpose or function would not be known by most kids (i.e., special kitchen utensil). You may choose to bring in more than one object, depending on the number of recruits you have.

## Directions

**DO:** Choose one of the following options:

**Option 1:** As the team comes in, have recruits brain storm two things about themselves that are true and one thing that is untrue (i.e., I have three brothers; I like to go camping; I have eaten squid). The point of the game is to learn something new about each other and to try and trick others into thinking something might be true. Allow recruits time to share their three things and get the rest of the class to guess which one is not true.

**Option 2:** As the team enters, have the object(s) sitting out for recruits to see. Encourage them to take a look at the object(s), touch, and test and think about what it (they) might be. After everyone has had a chance to look at the object(s), give the group three possibilities about what the object might be and what it is used for. Have recruits stand up to vote for each possibility, then tell them which one is the real answer.



## Mission Uplink 1



Have ready YouTube playlist: "Season 2 – Armour of God Episode 1: Belt of Truth"

Play "Armour of God (S2) Episode 1 (1/4)". Episode begins with the *Ready to Serve* theme song, followed automatically by the MISSION # 1 VIDEO. Pause the video when the MISSION # 1 CARD appears on screen and remains as you and your recruits complete Mission # 1.

If using PPT for video, have AOG-Episode\_1-Belt\_of\_Truth.pptx ready and play slide one. Pause on the MISSION # 1 CARD so you and your recruits can complete Mission # 1.



## Mission #1



## Supplies Needed

- Dictionaries
- Chart Paper (be sure to save this chart for future Armour of God lessons)
- Markers
- Website: <http://strangebuttrue.net>



## Mission Assignment

**SAY:** Hayden and the Recon Team need our help, let's read our first mission together. (Reading mission card from satellite uplink), "Your mission recruits, is to use the tools around you to discover what truth means. Once you understand truth, you must test how easy or difficult it is to recognize the truth from a lie or untruth. Your local squad leader has all the necessary equipment to test your skills. God Bless!"

**SAY:** All right recruits, I have one of the best tools for finding out what something means: a dictionary! Let's use these dictionaries to look up what truth is.

**DO:** Pass out the dictionaries to small groups and have them look up and read together what the word truth means.

Truth: 1. The true or actual state of a matter; a verified or indisputable fact... (dictionary.com)

Once the group has come up with what truth is, have them write a definition of truth on the chart paper (save this paper for future lessons).

**SAY:** It is important to remember the difference between telling the truth and truth. Remember how Sarai thought that wearing the "belt of truth" meant to not tell lies? Well, that is the action of telling the truth. The "belt of truth" is not an action, it's a thing. When we wear truth, we are equipping ourselves with the true facts to help us make choices and live our lives the way God would have us live them. What does it mean when people say: "God is truth"?

**SAY:** When people tell us that God is truth, they do not simply mean that he is real. Rather, they mean that God is our source for finding the truth. What God says and does is an example to all Christians about what we should believe and base our lives on.

**SAY:** Sometimes though, just like we discovered in our icebreaker activity, it can be difficult to know what the truth is and what is not. Let's play a game and see how good you are at knowing what is true and what is not.

**DO:** Play the game "Truths and Lies"

Make one side of the room the "truth side" and the other side of the room the "lie side". Read one of the facts from the site "Strange But True" (<http://strangebuttrue.net/>) or choose some facts of your own. Have the recruits run to the side that they believe that statement belongs to.



## Truths and Lies:

- 50 years ago in Canada, the mail was delivered on Saturdays. (*true*)
- There are 20 different kinds of animal cracker animals. (*false - there are only 18*)
- The Mona Lisa has no eye brows. (*true*)
- Tablecloths were invented to be towels for dinner guests to wipe their faces and hands on. (*true*)
- Forest fires move faster downhill than they do uphill. (*False - they move faster uphill!*)
- Dolphins sleep with two eyes open. (*False - only one eye open!*)
- Gum is the most common item choked on by people in America. (*false - it is toothpicks*)
- You cannot plug your nose and hum at the same time. (*true*)

**SAY:** Good job, recruits! Some of those were tricky, but you managed to find most of the truths and lies.

**SAY:** How can we know if something is true or not? (*Go to the source and test it, dictionary, ask an expert, etc.*) So, if we need to know about God and how he wants us to live, think and behave, where can we go to find the truth? (*Go to the source- God's word*)

**SAY:** Okay, recruits! Let's check back in with the Recon Team and see what they are up to!



### Mission Uplink 2



YouTube: Play "Armour of God (S2) Episode 1 (2/4)". Pause the video when the MISSION # 2 CARD appears on screen and remains as you and your recruits complete Mission # 2.

PPT: Click to advance to next slide. Pause video when MISSION #2 CARD appears on screen and remains as you and your recruits complete Mission # 2.



### Mission #2



### Supplies Needed

- Huge pairs of pants (one for each child would be ideal)
- Puzzle pieces with the gospel truths written on them
- Belts
- To make your puzzle pieces:
- Take a large piece of paper and write the following five truths and their references on it. Cut out



the paper into pieces, so the recruits can put them back together:

1. God is real. Romans 1:20
2. We are separated from God because of our sin. Romans 3:23
3. God sent Jesus to die to remove the consequences of sin (death). Romans 6:23
4. God is on our side. Romans 5:8
5. God sends the Holy Spirit to help us make good choices. Romans 8:6

NOTE: The number of pieces you cut will depend on how many recruits you have to play the game.



### Mission Assignment

**SAY:** Let's have a drumroll for our next mission! (Reading mission card from satellite uplink) "Your next mission, recruits, is to dig a little deeper into what the "Belt of Truth" really is. Why do we call it the "Belt of Truth"? Why is it so important? This mission requires you to be ready to move, are you up for the challenge?"

**SAY:** Well recruits, our mission seems pretty clear- we need to find out what the "Belt of Truth" really is, and I have the answers right here! (Hold up the puzzle pieces) Except, I'll need your help to put it all together.

**DO:** Place all the puzzle pieces at the other side of the room.

**SAY:** The mission mentioned that recruits need to be ready to move, and it was telling the truth. For our next mission, you are going to have to work as a team. One at a time, you are going to run to the other side of the room, pick up a piece of the puzzle with your hands and run it back to the group. Here's the challenge- you will be doing it wearing these giant pairs of pants (show the pants). You must keep these pants on at all times. If they fall down, you have to stop and put them back on.

**DO:** Line the recruits up and give them each a pair of large pants. (If you don't have enough for everyone, give the first few people in line the pants and instruct them to pass the pants to the next person in line when their turn is done.) Have them put on the pants. When everyone is ready, begin the relay!

(NOTE: The recruits will likely struggle with getting to the pieces and carrying them back, because their hands will need to be working to keep the pants up the entire time.)

**SAY:** So recruits, how was it to have to complete the relay while worrying about keeping the pants up? (Tricky, they got in the way, slowed me down, made hard for me to focus on my job and do it well) Now, let's try this relay again. Only this time, I'm going to provide you with a tool to help you with the job. A belt!

**DO:** Help the recruits put on their belts or ropes. (If you don't have enough for everyone, you will have to work with the recruits to quickly change over belts, as they finish their turns.) Place all the puzzle pieces back at the end of the room and try the relay again.

**SAY:** I noticed that you all seemed much more effective at completing your task, when you had the help of the belt. Remember how Christie mentioned that without a belt, Roman soldiers would be limited to only weapons he could carry? Well, without the belt of truth, we





are the same way. If you don't have the truths of the gospel around your waist, it limits your ability to stand up for what is right, because you will not be confident in what you believe. However, by knowing the truths God has given us in his Word, and keeping them close, you have them with you when a friend asks you to do something that you think is wrong or asks you why you believe in God. Let's put this puzzle together, so we can find out just what those truths are.

**DO:** Put together the pieces and read the five truths together. If time, you can even have the students look up or read the scripture related to each truth.

**SAY:** Let's keep these gospel truths in mind, as we return to the Recon Team!



### Mission Uplink 3



YouTube: Play "Armour of God (S2) Episode 1 (3/4)". Pause the video when the FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.

PPT: Click to advance to next slide. Pause video when FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.



### Field Mission Project



### Supplies Needed

- Copies of the Gospel Truths Bookmark (printed on card stock or laminated) – see attachment page 9
- Pens or permanent markers

### Mission Project

**SAY:** We've learned what the truth is recruits and now it's time to do one last mission. (Reading mission card from satellite uplink) "Recruits, now is your chance to start putting on your Armour of God. Your final mission for today is to create your own "belt", as a reminder of your belief in the gospel truths. In addition we've got an extra mission for the week: to begin memorizing the Declaration Prayer. Don't forget- always be ready to serve!"

**SAY:** Wow! That seems to be a long prayer to memorize, but I know if we work hard over the next few weeks, we can do it! However, our most important focus for this week is the "Belt of Truth". So, before we worry about the Declaration Prayer, let's review what we believe the "Belt of Truth" is.

**SAY:** Hayden found this whole idea of the "Belt of Truth" very confusing. If you could talk to Hayden, how would you explain what wearing the "Belt of Truth" means? (Knowing what is true, knowing what the Bible says about whom God is and what he did for us, taking the gospel truths with you wherever you go...)



**SAY:** You've got it! In order to wear his "Belt of Truth", Hayden needs to know what the gospel truths are, personally decide to believe them and keep them with him wherever he goes!

#### Decision Time

**SAY:** In order to be able to put on our own "Belts of Truth" we, like Hayden, need to make that personal decision to accept the Gospel Truths as our belief system. Let's look back at the Gospel Truths that we put together earlier, and take some time to think about what each one of us believes.

**DO:** Refer back to the puzzle that lists the Gospel Truths. If you haven't already and time allows it, now is the time to read aloud some of the related scriptures. If you have older recruits, you may ask various individuals to read the scripture references as you go through each truth.

**SAY:** As we learned earlier, the Gospel Truths are:

1. God is real. Romans 1:20
2. We are separated from God because of our sin. Romans 3:23
3. God sent Jesus to die to remove the consequences of that sin (death). Romans 6:23
4. God is on our side. Romans 5:8
5. God sends the Holy Spirit to help us make good choices. Romans 8:6

**SAY:** A verse from the Bible that summarizes these truths nicely can be found in John 14:6. "Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'"

**DO:** Hand out copies of the bookmarks.

**SAY:** It is important, as a Christian, to take time to think about these truths and if you really believe them. As Christians, we depend on "wearing" these truths every day. We are going to take some time now to have a popcorn prayer. Each of us is going to take this verse and read it out loud, over and over. You can move around the room, read at a speed that suits you, read it over and over. As we all do this, we will hear words "popping" around the room. That is why it's called a popcorn prayer.

**SAY:** While you are doing this, I am going to leave some markers here on the table. If you feel that you would like to make a personal commitment to these truths today, feel free to use one to sign the back of your bookmark as a declaration of what you believe. You may also choose to simply put a star beside one or two of the truths that are the most meaningful to you or nothing at all. This is a personal time, so use the time in a way that is most meaningful for you. When time is done, I will call you back. Go!

**DO:** Allow recruits to move around the room and read John 14:6 as a prayer. You may need to read with a recruit or two, who has trouble with reading. Try to place the markers in an area that is not "front and centre". Recruits shouldn't feel pressured to have to sign their bookmarks. After a minute or so, call the group back together.



**SAY:** Now that we have all had time to pray and think on these truths, I want you to place these in your Bibles. Each time you see this bookmark, it will be a reminder to take the “Belt of Truth” with you each day.

**DO:** Have the recruits place the bookmarks in their Bibles for safe-keeping. For longer-lasting bookmarks laminate them or copy them on card stock or glossy paper.



### Prayer Huddle



YouTube: Play “Armour of God (S2) Episode 1 (4/4)”. Pause the video when the PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.

PPT: Click to advance to next slide. Pause video when PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.



### Supplies Needed

- Copies of the Declaration Prayer (see attachment on page 10)

### Directions

**SAY:** If you have decided today for the first time that you believe these truths and want to live by them, or if you'd like to talk to myself or one of the leaders about any questions you may have, we love to for you to come and talk to us before you leave today. Right now, let's take some time to pray over our decision to accept these Gospel Truths as our own personal truths today. As we pray, I am going to say each one of the Gospel Truths again. Feel free to raise your hand in praise and commitment, if you feel moved to accept it as the truth. Let's pray.

**DO:** Invite the recruits to close their eyes so this responsive prayer time can invite private responses during the pauses. Pray the following prayer.

**SAY:** Awesome God, today we wish to make a huge life decision. We have decided to put on our “Belts of Truth” today, and accept your Gospel Truths as our own personal truths. Today, we declare that you are real. (Pause for recruits to raise their hands.) We understand that we are separated from you because of our sins. (Pause) However, we rejoice in the truth that you sent Jesus to die for us, so that we may be freed from our sins. (Pause) We believe that you are on our side (pause), and we thank you for sending us the Holy Spirit to guide us through our daily living (pause). For those of us who are still unsure about what we believe, we ask that you be with us as we continue to reflect on these truths. In Jesus Name, Amen!

**Say:** To finish our time together, let's recite the Declaration Prayer together. (You may wish to have them repeat after you, since it is long.)

Declaration Prayer

Today, I put on the Full Armor of God.

The Belt of Truth

Jesus - the WAY the TRUTH and the LIFE

The Breastplate of Righteousness,



Jesus – putting us in right standing with God.

The Shoes of Readiness,

Jesus – the Gospel we share everywhere we go.

The shield of Faith,

Jesus - the One we put our faith in.

The Helmet of Salvation,

Jesus – our Savior, died to give us new life.

And the Sword of the Spirit.

Jesus - the Word of God – Living and sharper than any

Double-edged sword.

Today I stand as a follower of Jesus Christ –

Clothed in His Presence,

Protected by His Power,

And Surrounded by His love.

Say: Great work, recruits! With practice, I'm sure we can all memorize the Declaration Prayer.  
Have a great week, and don't forget: Always be ready to serve!

## NOTES





### Wear your belt of truth...

God is real - Romans 1:20  
Sin separates us from God - Romans 3:23  
God sent Jesus to take away the consequences of sin (death) - Romans 6:23  
God is on our side - Romans 5:8  
God gave the Holy Spirit who helps us make good choices - Romans 8:6

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# The Declaration Prayer

Today, I put on the Full Armor of God.  
The Belt of Truth  
Jesus - the WAY the TRUTH and the LIFE  
The Breastplate of Righteousness,  
Jesus – putting us in right standing with God.  
The Shoes of Readiness,  
Jesus – the Gospel we share everywhere we go.  
The shield of Faith,  
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