



1. The first part of the armor of God that we put on is the belt of truth. From what we learned about Satan last week, why do you think this is mentioned first? What do you think will happen to us if we do not put this on? How do you put it on?
2. Read Matthew 4:1-11. In each of the three times that Satan tempted Jesus, what did Jesus do to defeat the temptation? Why does this work?
3. For each of the characteristics of having a weak core, what were the symptoms? Which of these symptoms do you struggle with the most? What can you do to strengthen these areas?
4. Pastor Rick said that the first step to strengthening your core is to have confidence in “whose” I am. What did he mean by this? Read Romans 8:31-39. What do these verses say about “whose” we are? What lies does Satan tell us that contradict what this passage says? How will believing what God says about us change our outlook on life? What if we believe Satan’s lies, how does that affect our outlook? What lies of Satan have you believed about yourself?
5. Read 2 Timothy 3:16,17 and James 1:22-25. What is the breastplate of righteousness? How do we put it on? How does it protect us? How is it connected to the belt of truth?
6. Pastor Rick said that there are two ways that we attempt to achieve righteousness on our own, what were they? Why will neither work? Read Galatians 5:22,23. How can we achieve a righteous lifestyle?

## ANSWERS

- 1. Since Satan is a liar and the master deceiver, without the truth we can never know if we are believing his lies or following one of his deceptions. In fact, without knowing the truth, we can be guaranteed that we will fall for his lies because he makes his lies sound like the voice of reason in our minds. The way that we put on the belt of truth is two-fold. First, we must make the decision that the Bible, God's Word, is the truth. This means having the attitude that if I disagree with what the Bible says, I am wrong. Without that conviction, Satan will convince you that what God says is not the truth, just like he did with Eve in the garden of Eden. Then we have to diligently study the Word of God about every area of life and ask the Holy Spirit to lead us into God's truth.*
- 2. In this passage, Jesus defeated the temptation by exposing the lie that Satan was telling by quoting the truth from the Word of God. Every temptation is a lie. Exposing what God says is the truth in every area of life keeps us from buying into the lie that is at the base of every sinful action. Satan wants us to believe that we are better off, that we will feel better, if we give into the temptation.*
- 3. The symptoms of having a weak core are: I struggle to defend what I believe is the truth from God's Word; I give into the pressures and temptations around me; I respond to stressful situations the wrong way; I am easily offended by the words and actions of others; I hold grudges, unforgiveness, bitterness and hatred in my heart toward others; I allow anger to rule how I act; I have lost my motivation and passion for life; I believe the lie that I have no value or purpose in life; and I have given up on my relationship with God.*
- 4. Knowing your position in Christ as a believer is the definition of "whose" I am. We are what God says we are as His child, not what we think we are or what other people say we are. Satan is the accuser and will always be whispering in our ear that we are not good enough, that we are worthless and should give up. When we believe what God says about who we are as Christians, we realize that we can always have victory in this life through Him. If we believe Satan's lies, we will live in defeat and never achieve what God wants us to achieve while on earth.*
- 5. The breastplate of righteousness is not our salvation, our salvation is the helmet in this passage. This means to live a righteous lifestyle. We put on the breastplate of righteousness by learning the truth from God's word and then obeying what it says. Without the belt of truth, we cannot know what actions we should take, God's word defines what a righteous lifestyle looks like. The breastplate protects us as we live the way God wants us to and under His protection from Satan's attacks. It keeps us from doing the sinful things in our lives that destroy us, for that is Satan's goal, to destroy our lives.*
- 6. The two ways we try to be righteous on our own is by comparing ourselves to others who are not as good as we are and attempting to be perfect in every way. The first is a false comparison because we are to compare ourselves to Christ, not to others. Being like Christ is the definition of living a righteous life. Perfectionism is a trap people fall into because we cannot be perfect as long as we live on this earth. We still have a sinful nature and if we think we can become perfect we will become frustrated with our inability to do everything perfectly. True righteous living can only be attained through the power of the Holy Spirit. As we yield ourselves to the Holy Spirit's control, He produces the characteristics of a righteous life in us.*