

## Twinkies or Truth?

n/a

### **Ready:**

Stand, therefore, with truth like a belt around your waist.—Ephesians 6:14a

### **Set**

Many of us have wondered if our lives really matter. Are we really good enough for God, our family, or our team? Does anyone really care about us? Do we make a difference to anyone? By obeying this verse—by putting on God’s truth—we find answers to these questions.

Imagine a girl standing on a basketball court in her best defensive position—bent knees, arms out. Why this position? Her center of gravity, the strongest part of her body, is at her core. She can move, pivot, and guard her opponent the best in this position. Where is she looking as she defends? At her opponent’s waist. By watching her opponent’s waist, she knows where to go. She could fake with the head, arms, or legs, but the waist can’t lie. It leads the body.

God wants His truth buckled around our waists. Putting His truth on means letting Him tell us what is right. Putting His truth on our waists will make us strong against the Devil’s schemes and determine our direction in life.

God has shown us the truth—His Son, Jesus Christ (John 1:14,18; 14:6; 17:3). The Bible states that following Jesus makes us free (John 8:31,32). He tells us that our lives matter, that we can make a difference, that He cares for us (John 17:20-26).

Let’s leave the Twinkies for someone else and put God’s truth on our waists.

### **Go**

1. How has God’s truth helped you be strong?
2. When have you given in to Satan as a result of neglecting God’s truth?
3. Why will it be important for you to wear God’s belt of truth today?

### **Workout**

Extra Reading: John 1:1-18; 8:30-47; 17; 2 Corinthians 10:4-5; Ephesians 6:10-18

### **Overtime**

Father, thank You for Your truth—Jesus Christ. I am sorry I have believed lies rather than what is right. Please help me to hear and know what is true. I pray that I will be able to stand firm with Your truth fastened around my waist. Amen.



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