

The Believer's Practical Guide to 21st Century Spiritual Warfare

Week 4: Saturate Yourself With Truth

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

14 The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. 17 For the law was given through Moses; grace and truth came through Jesus Christ.

John 1:14, 17

2 in the hope of eternal life, which God, who does not lie, promised before the beginning of time, Titus 1:2

18 God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged.

Hebrews 6:18

44 You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. John 8:44

Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"

The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

"You will not certainly die," the serpent said to the woman. "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." Genesis 3:1-5

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Genesis 3:6

Modern Examples of Truthiness

It's okay if it makes you happy.

The more stuff you get the happier you'll be.

You are the center of your own universe.

Life is about today. Give no thought to your consequences.

You're not hurting anyone. You can stop anytime you want. No one will ever know.

I can't forgive until they pay for what they did.

To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." John 8:31-32

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." John 8:12

10 WAYS TO SATURATE YOURSELF WITH TRUTH

1. Turn off _____.

2. Filter your _____.

3. Change your _____.

4. Read _____ daily.

5. Memorize _____.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.
Ephesians 3:20-21

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you[a]free from the law of sin and death. Romans 8:1-2

For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. Psalm 103:11-12

But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. 1 Corinthians 1:27

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14

The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing. Zephaniah 3:17

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. 1 John 4:4

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. 1 Corinthians 10:13

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8

6. Challenge your _____.

7. Cultivate _____ in relationships.

8. Stop _____.

9. _____ something.

10. Speak _____ into others.

DISCUSSION QUESTIONS

1. What's a lie that you've believed about yourself in the past? How did it affect you?
2. What's the biggest source of lies in your life? Where do they tend to come from the most?
3. What truths have set you free? What truths do you need to root yourself in daily?
4. Look at the list of ten ways to saturate yourself in truth. Which two can you begin to implement this week?