

Aim: Belt of Truth**Refer:** Luke 2; Ephesians 6:14

Last week we started looking at the belt of truth as part of the armour of God.

Brainstorm: What do we use a belt for?

Last week we looked at the object lesson of a tradesman's belt keeping his hands free. – When you feel guilty, you don't feel free to do what you know is right; by always being honest and truthful, you will avoid guilt and have a clear conscience.

We read that Jesus called Himself "The way, the truth and the life" and what did Jesus call Satan? (The father of lies)

Some other object lessons:

A belt can hold your clothes together and protect you from embarrassment:

Guess how you will feel when someone finds out that you told a lie?

You will feel embarrassed – by telling the truth (even if you think the truth is embarrassing) you will avoid worse embarrassment later. God's way is always to tell the truth.

Read Leviticus 19:11

Remember that not lying about your neighbour is also one of the Ten Commandments in Exodus 20:16

A belt can be part of a uniform to show that you belong to a group:

Christians are to tell the truth, but they are also to tell it in a way that encourages people not discourages them.

Remember that Jesus said Christians are to be like a light that everyone sees, and like salt that makes this world a better place. (Matthew 5:13-16)

Read Ephesians 4:25-32 one verse at a time and discuss what each verse means to Christians.

Did you know that most adults think it is ok to tell little lies? They call them "white lies"

Discuss some examples of white lies (It won't hurt, fairy tales, you look great, I can't because...)

Discuss how you could respond to some of these things truthfully but tactfully.

- What did you think of my outfit? (When it really looks terrible)
- Can you come to my party? (You don't want to – discuss reason you might not want to go, eg. It is on Sabbath, they might be doing naughty things at the party, you think it will be boring... and how you can say no honestly)
- Can you stay after school and help me with my homework? (You have chores waiting at home and another assignment)

When we are not sure how to say something tactfully, who can we ask? (God, Christian parents and teachers)

Many adults find it hard to say no to people; they find it easier if they have a good excuse and there is a big temptation to make up an excuse even if it is not entirely truthful.

For example, when someone asks them if they can lend money, they might say, "I don't have any" even when they really do. Just because we have money doesn't mean we always have to lend it. God says that we should help those who are in need (Leviticus 25:35-37, Matthew 25:35 – I was hungry and you fed me) but at the same time Paul writes in Thessalonians 3:10-12 that everyone should be willing to work or else they should not eat. The book of Proverbs has many warnings about laziness.

Many adults have trouble saying no when someone asks them to do something. And once again there are times when we should say yes, but there are other times when we should say no.

How can we know when to say yes and when to say yes and when to say no? (Ask God and talk to Christian adults; search the Bible for advice.)

The Bible doesn't have every single scenario in it, but it has lots of principals that can guide us, especially when we ask God before we read the Bible. And one of those Bible principals is truth – if it involves us telling a lie, then it is wrong.