





	CHRISTIAN STREAKER: The Belt of Truth
 BIG IDEA	Truth (Jesus) is the foundational piece of spiritual armor that stabilizes our core when life gets heavy
 ICE BREAKER	Did you grow up believing in the Easter Bunny or Santa Claus? If so, what was your reaction when you found out the truth?
 MAIN POINTS	<ul style="list-style-type: none"> <li>● Truth is Our Spiritual Core <ul style="list-style-type: none"> <li>○ Just like a weightlifter's belt stabilizes the core for heavy lifting, the belt of truth stabilizes our spiritual core when life gets heavy. Without truth at our center, everything else falls apart under pressure.</li> </ul> </li> <li>● Truth Has Three Essential Characteristics: <ul style="list-style-type: none"> <li>○ Truth is Absolute - It doesn't change based on our feelings or opinions</li> <li>○ Truth Can Be Known - We can discover what's actually true by going back to the source</li> <li>○ Truth Hurts and Heals - It may be uncomfortable but always does us good</li> </ul> </li> <li>● Jesus IS Truth - To know truth, we must know Jesus.</li> <li>● Truth Can Be Abused <ul style="list-style-type: none"> <li>○ "Truth without love becomes a weapon, not a witness." We must speak truth in love, following Jesus' example of using truth to heal and restore, not shame or condemn.</li> </ul> </li> </ul>
 DISCUSS	<ol style="list-style-type: none"> <li>1. Shan compared spiritual truth to a weightlifter's belt that stabilizes the core. What are some "heavy" situations in life where you've needed spiritual stability? How did having (or lacking) a foundation of truth affect how you handled those situations?</li> <li>2. Our culture often says "that's your truth" or "this is my truth." Why do you think this way of thinking has become so popular? What are the dangers of treating truth as purely subjective?</li> <li>3. Shan mentioned that to find truth, we need to get back to the origin—and God was there in the beginning. In what areas of life (relationships, sexuality, justice, etc.) do you find it most challenging to accept God's perspective over cultural opinions?</li> <li>4. Shan challenged us to examine what we're "feeding our souls" through news, social media, etc. How much time do you spend consuming information vs. seeking God's truth? What would it look like to create a more balanced "truth diet"?</li> <li>5. John 1:14 says Jesus came "full of grace and truth." Why do you think both are essential? What happens when we emphasize one without the other?</li> <li>6. Shan's challenge was to spend 10 minutes a day in Scripture and read through the Gospels over the next two months. What obstacles might prevent you from doing this? How can the group help you stay accountable?</li> </ol>
 NEXT STEP	Identify how you can feed your soul this week through: 1) Word of Truth (Filter everything through Scripture) 2) Spirit of Truth (Ask God daily "What do you want me to know and what do you want me to do") 3) People of Truth (have friends who can encourage and point you to truth)
 SCRIPTURE	<p>Ephesians 6:14 - "Stand firm then, with the belt of truth buckled around your waist..."</p> <p>John 8:31-32 - 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."</p>



NEXT WEEK  
SNEAK PEAK

Join us next week and invite a friend as we continue our brand new series called CHRISTIAN STREAKER looking at the Book of Ephesians!

Questions or Feedback? Email [Groups@CentralAZ.com](mailto:Groups@CentralAZ.com)