



LIFELINE Discussion Guide

Week of January 20, 2025

1. It's interesting to observe many different careers in today's world require a person to wear a specialized belt. Think about PA State Police officers, Emergency Medical Technicians (EMT), Navy Seals, and even Amish carpenters. What are some of the things carried by or in each of these unique belts?
2. Read Ephesians 6:10-14a. Where you think Paul came up with this powerful analogy of the "spiritual armor"? Do you think it was just his vivid imagination? Before you answer, look back and read Acts 28:16, 30-31.
3. The Roman soldier's belt was at the core of his defense. It held his clothing and chestplate tight, and gave him a place to hang his short dagger and long sword. How does God's truth (the Scriptures) form the "core" of your Christian life? (see Psalm 119:160). What did Jesus say about the "truth" in John 17:17?
4. What are some tangible ways you can "boost your consumption" of God's Word? Brainstorm as many ways as you can think of, from printed materials to podcasts, to get God's Word into your mind and heart.
5. Pastor Ryan listed a number of "deceptions" that Satan continues to push in today's culture. What are the dangerous deceptions being promoted today regarding these critical areas of human life?
 - a. *Marriage:* _____
 - b. *Family:* _____
 - c. *Gender:* _____
 - d. *Sexuality:* _____

With all the opinions circulating about regarding these topics, how can you determine the "truth"?

6. Have you ever heard of "analysis paralysis"? It's where people so over-analyze the choices and over-think every option, that they get stuck doing nothing. Did God give us the Bible just to analyze it... or to put it into action? Explain your answer. How does the Bible help you with guidance, decisions, and direction? (see Psalm 119:105; Proverbs 3:5-6)
7. On a scale of 1-10, with 1 being "loose" and 10 being "tight"— how are you doing personally when it comes to wearing "the belt of truth"? How can you take a step forward in 2025? How can you make a small improvement this week? Discuss your answers.

God's truth determines the Christian's defeat or deliverance.