# The belt of truth

This week we read Ephesians 6:10–14; John 8:31–32. God’s truth helps us stand firm and live honestly.

**Open the Bible.** Read Ephesians 6:10–14; John 8:31–32 together. Ask, “In John 8, what did Jesus ask the people who believed him to keep doing?” Talk about the answer together. If you need a clue, read that part again.

**Try it at home.** Look at the paper belt together. Ask your child what Paul called the belt. Read Romans 5:8 and ask, “If somebody said God only loves winners, what would you tell them?”

**Around the table.** What could you say the next time you hear a claim about God and you’re unsure it’s true?

**A prayer for our family.** God, thank you for being trustworthy. Help us recognize truth and speak honestly with love.

**Remember together.** Ephesians 6:14