

Sermon for February 21/22, 2026
"Belt, Breastplate & Shoes" Pastor Aaron Buer



SMALL GROUPS

Share Life | Pursue God | Invest In Others

THREE THINGS TO KNOW

DON'T MISS THIS. Every second Thursday at 7 PM, young adults gather at our East Paris campus for an evening dedicated to worship, prayer and connection. Our next **YA WORSHIP GATHERING** is happening on Thursday, March 12. These gatherings are a chance to put away distractions and give God our undivided attention. Come as you are and join a community of young adults seeking to grow deeper in faith and fellowship together. Learn more [HERE](#).

GROUP VALUES. This week we continue our focus on **FOLLOWING JESUS**, a commitment to lifelong trust and surrender to him. As we see in this week's sermon, growing in God's truth is foundational to following Jesus. Weekly church attendance, consistently showing up to your small group and daily engaging with God's Word are practical ways you can grow in your faith. Take some time this week to discuss as a group how you're engaging with God's truth and what you can do to support one another!

GROW AS A LEADER. Leading faithfully over time is both meaningful and demanding. As a leader, it doesn't take long to feel drained when you're constantly pouring out. Nourish your heart through **RECOURAGE!** Our annual one-day conference is designed to refresh your soul, renew your strength and remind you of the hope you have in Christ. Join us on March 4 or 5 as we create space to pause, refocus and remember the One who sustains us. Learn more [HERE](#).

SERMON DISCUSSION GUIDE

Welcome to the second week of our new series, **ARMOR OF GOD**. This week we learn about the first pieces of God's armor: the belt of truth and breastplate of righteousness.

ICEBREAKER

How far do you go to protect the things that are most valuable to you (for example, passport or birth certificate, parking your vehicle in an odd place, etc.)?

THIS WEEK'S TEXT

Have someone read [Ephesians 6:10-20](#) aloud.

What stands out to you about the order of God's armor?

Why does Paul say that we should be alert and always praying for the Lord's people?

Why is it important that we put on the full armor of God?

THIS WEEK'S SERMON

Pastor Aaron Buer continues our series **ARMOR OF GOD** by unpacking the first pieces of God's armor—the belt of truth and breastplate of righteousness—and talking about how the order matters.

Have someone read [Proverbs 4:23](#). Why is it important to protect our hearts? How does our culture's perspective of caring for our hearts differ from God's view?

The belt of truth is the foundational piece of God's armor. We must grow in his truth to effectively wear his armor. Why do you think understanding God's truth has to come before everything else in our spiritual lives?

The double transfer at the cross means that Jesus took our guilt and gave us his righteousness. How might that change the way we approach the things that most often wound our hearts (shame, insecurity or fear of the future, etc.)?

As believers, growing in understanding God's truth is a lifelong journey involving rhythms and habits. What rhythms or habits have you found most helpful in your own journey with God?

Sharing stories of Jesus's work in our lives is one way we can remember God's truth and protect our hearts. Where have you seen Jesus take away your guilt and sin? What has he given you in its place?

Submitting to Jesus's authority is one of the most powerful ways we can protect our hearts. Is there anywhere in your life that you are treating God's truth as advice rather than authority?

Have someone read [Ephesians 4:22-24](#). Through the work of Jesus, we have been made righteous. This righteousness is something that must be put on and lived out. What is one way you can live out your faith this week (for example, at work, in your family, etc.)?

WRAP UP

This week we talked about how the belt of truth and the breastplate of righteousness work together to protect our hearts. What encouraged or challenged you most from the sermon or this conversation, and why?