

❖ *Questions for Chapter 12*

1. If the “**Belt of Truth**...helps you in two ways: *guidance and discernment*,” in what areas of your life do you most need truth at this time? Will you ask him for the wisdom that He promises He will give you?
2. The text says that “*feelings are a big deal and they need protection from evil.*” How has the **Chestplate of Righteousness** protected you in the past? How do you need that protection right now?
3. Dr. Smedes wrote: “*the malaise of our time is an epidemic of self-doubt and self-depreciation.*” Do you ever feel that way, and how might the spiritual armor help you with that?
4. Are you encouraged when you read: “*When my Heavenly Father looks at me, He sees the perfect and active obedience of Jesus. I am accepted by grace, and my circumstances or failures do not make any difference at all.*”? How has knowing that helped you recently?
5. In the section, the **Gospel of Peace**, peace is likened to: “*Serenity, courage, optimism and hope, being in the zone ready for anything.*” If you lack any of these things, what could you do to get them?