

WEEK 3: THE BREASTPLATE OF RIGHTEOUSNESS

[ARMOR OF GOD](#)

The Breastplate of Righteousness Gives Us The Strength To Do What Is Right
...and the body armor of God's righteousness. (Ephesians 6:14)

Ephesians 6:14

Roman soldiers wore **body** armor, the breastplate, to protect their vital organs – particularly the heart. If the heart gets injured in battle, the soldier's life would be in serious trouble. A stab at the heart meant certain defeat.

The Body Armor of Righteousness protects the hearts of Christ-followers by **empowering** us to make choices that please God and, ultimately, live a wholesome **life**. This is not easy as Satan is a pro when it comes to making choices look good or disguising them as “right.” Because of this, we cannot depend on our own strength to do what is right. Instead we depend on God to guide us and help us **live** a life that is pleasing to Him – a “righteous” life.

When Jesus died for our sins on the cross, He made it **possible** for us to be freed from our bad choices and become righteous in His eyes. When we live our lives in light of this, we can surrender to Christ and do what is right. Satan cannot harm us when we are aligned with God's **righteousness**.

Each time we allow Satan to penetrate our **heart** by making bad choices and believing his lies, we are slowly allowing him to fill our **hearts** and push Christ out. The Body Armor of Righteousness is us depending on God to give us the **strength** to do what is right. In doing so, we are protected from the attacks of the enemy.

Questions with space for them to respond in the book:

1. Have you ever had to make a tough choice between what you knew was right and what looked easy or fun?
2. What are some ways you can tell that something is righteous rather than a lie of Satan?

3. Write a short prayer asking God to protect your heart and guide you toward choices that are pleasing to Him.