



THE BREASTPLATE OF RIGHTEOUSNESS

This Week's Focus: God Will Help Me Make Right Choices

This week we are focusing on the Breastplate of Righteousness. The Roman soldier's breastplate was a piece of armor that protected the body's essential organs. It was the second piece of armor put on and was worn over the chest and covered the body from the neck to the thighs. God gives you Jesus's Righteousness to wear as your breastplate. It protects the most important spiritual organ you have, your heart, against the enemy.

Righteousness does not mean perfection, but does mean trying your best to live the way God wants. So, while wearing the Belt of Truth is agreeing with God about what is true, wearing the Breastplate of Righteousness involves changing your actions into what God wants them to be. Truth is knowing what is right while righteousness is doing what is right. Remember, God Himself will help you make right choices. The Holy Spirit's job and joy is to help empower you. God knows that making the right choices will protect you!

KEY VERSE: "So stand firm. Put the belt of truth around your waist. Put the breastplate of righteousness on your chest." Ephesians 6:14

BIBLE STORY PASSAGE: Acts 9; 11:19-26; 13:1-5; 14; 16:16-24

INTRODUCE

- Armor of God: Read Ephesians 6:14 together to introduce the armor for this week.
- Ask: "How did this armor protect a soldier?"

BIBLE STORY

- Read about the life of Paul together in Acts 9; 11:19-26; 13:1-5; 14; 16:16-24.
- Ask the following review questions:

Q1: What happened to Paul on his way to Damascus? *A1: He was blinded by a bright light; he heard Jesus speak to him. (Acts 9:3)*

Q2: What did Paul do after he could see again? *A2: He was baptized; He preached about Jesus everywhere he went. (Acts 9:18-20)*

Q3: What happened when Paul and Silas were in prison? *A3: An earthquake opened the prison doors; the guard believed in Jesus. (Acts 16:2-33)*

Q4: What do you think God wants us to learn from the story of Paul? *A4: Satan tries to deceive us into sinning, but God will help us live righteously.*

Q5: How does today's piece of armor help us against our enemy? *A5: The Breastplate of Righteousness helps us act the way God wants us to; it protects us from the sins that Satan wants us to commit.*

GO DEEPER

- Read Isaiah 59:16-17
 - What words remind you of the Armor of God in Ephesians 6:14-17?

PRAY

You have learned about the Breastplate of Righteousness. Remember righteousness means right living. This week read over the following verses. Talk to God about what you might need to work on with His help. Ask God to help you live more like He wants.

- Colossians 3:20
- Colossians 3:8
- Colossians 3:9
- Colossians 3:23-24