



Adult Lesson – May 20, 2020

Armor of God – The Breastplate of Righteousness

Main Point

- The second piece is the breastplate of righteousness. We put on the breastplate of righteousness when we do what God wants us to do instead of sinning.

Scripture

- Ephesians 6:11-17
 - Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.
- Psalm 119:9-11
 - How can a young person stay on the path of purity?
By living according to your word.
I seek you with all my heart;
do not let me stray from your commands.
I have hidden your word in my heart
that I might not sin against you.

Prayer Time

- One person at each table should ask for prayer requests and write them in the
Spend a couple of minutes in prayer; pray for...
 - Friends
 - Family
 - Those who are sick
 - For our Special Needs Ministry Community
 - For our church
 - Anything else
- Remember to thank God for His love and how He listens to us, as well as any answers to prayer

Praise and Worship

- Go Deep – My Righteousness
 - <https://www.youtube.com/watch?v=yaKXBaR-TXQ>

- Matt Maher – Lord I Need You
 - <https://www.youtube.com/watch?v=e37m3I5eH8g>

Memory Verse

- Ephesians 6:11 “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”
- Email Pastor Corinne to set up a call to be able to recite the Bible verse for a virtual prize!
- OR get ready to say it at the Sunday Class on Zoom!

Review of Last Week

- Last week, we learned about the belt of truth – it is like a tool belt where we store all our knowledge of God.
 - When we put on the belt of truth, that means we learn about the truth of God and we keep it close to us.
 - The belt of truth has everything we need to fight evil is on that belt.
 - Everything we can ever need to know to fight evil is the truth, and we wear the belt of truth tight around us.
 - We shouldn’t go anywhere until we have “put on” and remember the truths found in the Bible, in Jesus.
- How many of you felt overwhelmed this past week? How many of you remembered to grab onto your belt and call out a truth about Jesus? What was that truth you called out?
- On your own, take a look at the bottom of the lesson plan and see if you can ***match the armor pieces to the correct places on the boy’s body.***

Lesson

- The typical Roman soldier wore a protective covering to cover the vital organs, like the heart, the lungs, liver, etc. If any of these were injured, the life of the soldier would be in serious jeopardy. If we try to do battle over Satan's enemies with only our own righteousness, we will never win. We need a righteousness that comes from our Savior.
- Satan wants us to sin, but we don’t want to because we love God
- What do you think that righteous mean?
 - Righteous means being right with God
 - Righteousness is doing what is right according to what the Bible says
 - Righteousness is showing we have the right attitude and actions



- We are righteous when we follow God and don't let any sin into our hearts
- What peace of armor protects the heart? – The breastplate!
- The breastplate we get from God is called the breastplate of righteousness. This means that when we put on the breastplate of righteousness, we are protecting our hearts from sin and learning to be right before God.
- Just like the belt of truth, we don't actually wear the breastplate of righteousness! We need to pray that God would make us right before Him by forgiving us of our sins. We read our Bibles, and we do our best to do what we know is right. We try to say and do the right things.
- Read Psalm 119:9-11 or have someone read it to you.
 - What do these verses have to do with righteousness? Verse 9 talks about keeping our way pure. That means righteous.
 - What do the following verses tell us to do to stay righteous? We seek the Lord with our whole heart, we keep His commandments, and we store up His word in our heart.
- When we do what is right before God, we are putting on the breastplate of righteousness.

Application and Group Discussion

- Discuss the following situations and how the right decision (righteousness) can protect the person's heart.
 - Jenny has been invited to go and hang out at her friend Beth's house but Beth has said not to invite John as she thinks John smells. John and Jenny are good friends. What should Jenny do or say?
 - Mark jumps buds in the front of the line at the potluck at work and asks Mike to join him in the line. What should Mike do?
 - Beth & Avery are talking bad about the new girl in their day program. Rachel walks up. When she hears what they are talking about, what should Rachel do?
 - Ben and James were best friends until James really hurt Ben's feelings. Ben got so angry at James. What should Ben do?
 - Betsy has been asked to go to a movie with the popular group of people from school, but knows her parents wouldn't approve of the movie. What should she do?

Growing from God's Story

- **This week**, think about the examples we just talked about. Is there a friend, worker, or family member that you need to do something to make sure your heart is right with God? Do you need to apologize? Do you need to include

them somehow? Write it down and pray to ask God to help you follow through this week.

Additional Learning

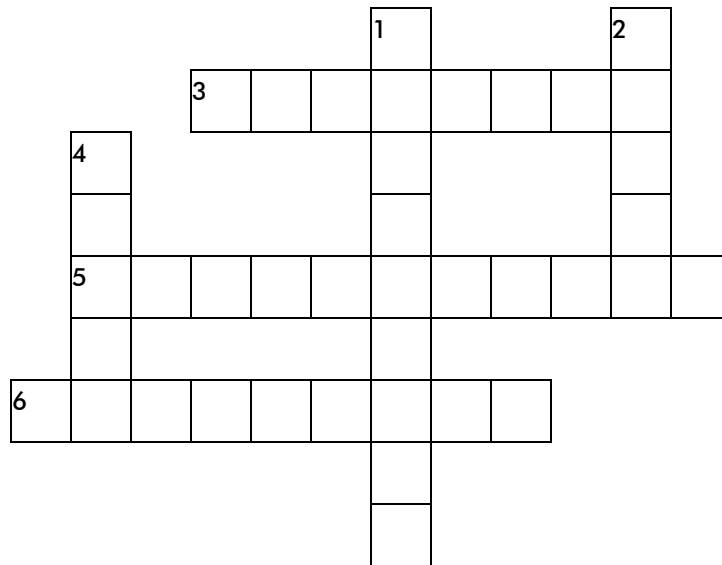
- Below is a word puzzle and a colouring page. Enjoy as you reflect on what you just read about the breastplate of righteousness and how God is able to help us make the right decisions.

Match the armor pieces to the correct places on the boy's body.



“Put on the whole armor of God, so that you can stand strong against the devil’s plans.”

Breastplate of Righteousness Crossword Puzzle



Across

3. To be right with God, we need to have the right _____

5. Protective covering

6. To be right with God, we need to make the right _____

Down

1. To be right with God

2. What the breastplate protects

4. God's word that we follow

Possible answers

BREASTPLATE
 RIGHTEOUS
 BIBLE
 HEART
 DECISIONS
 ATTITUDE

