

Study Guide: The Breastplate of Righteousness

Scripture: Ephesians 6:10–27

Introduction: Reading the Room

In our sermon this week, we looked at the "powerful world" we enter as believers. Just as a cricket match requires specific gear to handle a hard ball, our spiritual life requires protection to handle a world that is not "flesh and blood."

As Paul reminds us, the day of evil is a "**when**," not an "**if**."

Why Put the Armour On?

The Armour of God is *available* from the point of salvation, but it isn't automatically *on* us. We must choose to "put it on."

1. **The "Dynamo" Connection:** We are "United in Christ" (a phrase used 30 times in Ephesians). How does being "in Christ" change your access to power when facing life's struggles?
2. **Smelling the Danger:** Think of the "black eye" story. Have there been times recently where you didn't "read the room" spiritually and felt "taken out" because you weren't prepared?
3. **D-Day vs. VE-Day:** The war is won (the Cross), but the skirmishes continue until Jesus returns. How does knowing the "War is Won" make a difference to "Stand Firm" during a difficult week?

The Purpose of the Breastplate

The Roman breastplate protected the most vital organs: the heart and the lungs. Without it, a single thrust could be fatal.

4. **Guard the Source:** Read **Proverbs 4:23**. If "everything you do flows from the heart," what are the specific "arrows" or "spears" (worries, temptations, criticisms) currently aimed at your heart?
5. **The 10-Second Rule:** We often have a 10-second window to make a righteous or unrighteous decision (e.g., on social media or in an argument). How can (or does) the "Breastplate of Righteousness" help you "read the room" or 'smell the danger' in those 10 seconds?

The Gift of Righteousness

We don't forge our own breastplate; we wear the one Jesus passed down to us.

6. **Jesus Wore it First:** Jesus demonstrated how to wear this armour in the desert (Read Luke CH 4). How does it feel to know you are wearing "second-hand" armour that has already defeated the enemy?
7. **Standing vs. Rolling Around:** Paul says to "Stand" three times by verse 14. When we fall, what is the difference between "rolling around in what made you fall" and "getting up to stand again"?
 - **Can you think of examples from your own life of times you have got straight back up and others when you have stayed down and rolled around for a time?**

Possible Application for this Week

- **The Pre-Match Talk/ Pre fight Talk (Braveheart):**
Before you leave the house each morning, take a moment to "put on" the Breastplate.
Acknowledge that you are "Right with God" because of Jesus, not your own performance.
- **Identify the Danger:** Where are you 'standing without armour' or "playing without pads" (in your speech, your thoughts, or your habits)?
Pray today to stand firm in those areas with the armour of God in place.