

Breastplate of Righteousness Activity

leader guide

Highlights

Objectives:

- Describe the purpose of a breastplate
- List ways to put on the breastplate of righteousness
- Discuss the risks of not putting on the breastplate of righteousness

Delivery format

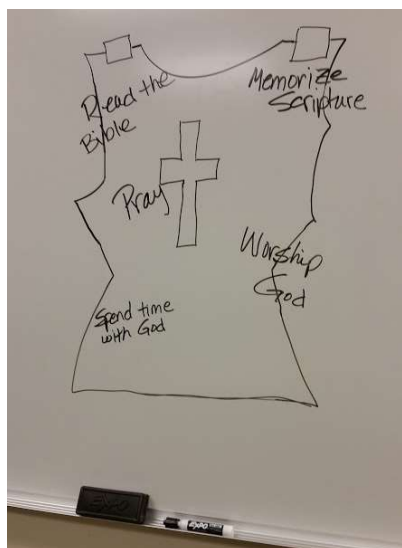
- Instructor-led
- Classroom activity

Audience – 10-25 participants

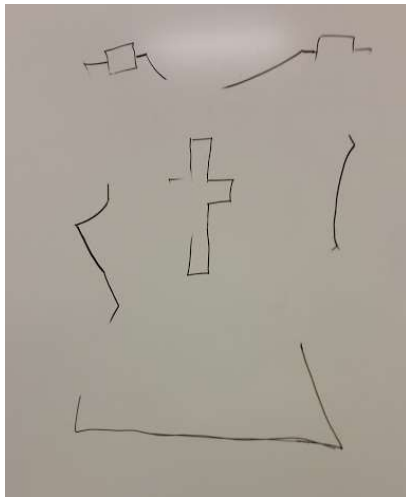
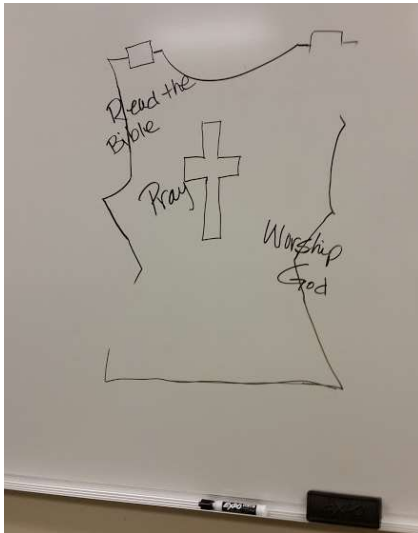
Timing – 10-20 minutes

Supplies

- Bible
- Dry erase board, markers and eraser
- Optional:
 - Index cards (1 per participant)
 - Pencils with erasers (1 per participant)



Do	Draw an outline of a breastplate on the dry erase board.
Say	We'll talk next about the breastplate of righteousness.
Optional	Distribute one index card and a pencil to each participant. Ask participants draw a breastplate on their index card using a pencil.
Do	Ask for volunteers to read Ephesians 6:14 from a couple of different Bible translations.
Say	Let's focus on the breastplate.
Ask	What is a breastplate? <i>It is a piece of armor, made of metal, worn in battle and covers the upper torso.</i>
	What is its purpose? <i>Protect vital organs while in battle.</i>
Say	God's word tells us to put on a breastplate of righteousness.
Ask	What actions do you take to put on your breastplate of righteousness?
Do	As answers are given, write answers on, around and through the breastplate that is drawn on the dry erase board.
Optional	Ask participants to use a pencil to write their responses on the breastplate on their index card.
Possible answers	<ul style="list-style-type: none"> • Read the Bible • Pray • Worship • Spend time with Christians • Monitor how time is spent, what is watched and read • Trust God • Be faithful to seek and follow Him • Memorize scripture



Say and do

If you don't put on your breastplate of righteousness [use the answers given by the participants which are written on the dry erase board, then erase each answer], here is what happens... Erase the words and erase part of the breastplate.

For example:

- Reading the Bible – *erase the words and part of the armor*
- Praying – *erase this word and part of the armor*
- Worshipping – *erase this word and part of the armor*
- Spending time with Christians – *erase the words and part of the armor*
- Monitoring how time is spent, what is watched and read – *erase the words and part of the armor*
- Trusting God – *erase the words and part of the armor*
- Memorizing scripture – *erase the words and part of the armor*

Optional

Ask participants to erase the activities from the breastplate they drew on their index card.

Note

Most of the breastplate should be erased; the breastplate should be full of holes.

Say

This is what our breastplate looks like if we don't put it on, **every day.**

Ask

What do think of our breastplate now? *It's not useful to help defend us against Satan.*

Have you had days when you felt defenseless against Satan?

What are your thoughts about putting on your breastplate of righteousness? *It's important to put it on every day.*

How will you intentionally put on your breastplate of righteousness?

Say

Thank you for sharing your thoughts. I challenge you to intentionally get ready each day, by putting on your breastplate of righteousness.

Pray

Close this section with pray. Ask the Lord to guard your hearts, protect your time and give you focus so that each day, you make it a priority to put on your breastplate of righteousness.