



RBI
AUSTIN

ARMOR OF GOD



WEEK 3: BREASTPLATE OF RIGHTEOUSNESS

The breastplate is a vital piece of a soldier's armor. It protects the torso, which includes their chest and stomach area. This is a good thing because the torso protects some of our most important organs such as our heart and lungs.

As a soldier prepares for battle, he or she must put on a breastplate to protect some of the most vulnerable parts of their body. Otherwise, they run the risk of serious, life-threatening injuries.

Ephesians 6:14 calls us to put on the breastplate of Righteousness. Given what we know about breastplates, this piece of armor provides much-needed protection for our spiritual life.

So, what does it mean to be righteous? It means to be in right standing with God, and to follow the ways and the instructions of his son – Jesus Christ. Jesus lived a life that pleased God, and because of him, we can, too. We can be righteous.

When we choose to obey God, we are putting on the breastplate of Righteousness. Without it, we cannot experience (or protect) the fullness of life God intends for us.

Why does this matter?

The Bible tells stories about people who were righteous and loved God, but faced many challenges. Fortunately, they had a defense (God).

When we put on the breastplate of Righteousness, we protect ourselves from anything the world throws at us, we continue to choose rightly, and we preserve the life we have in Christ.

PUT IT IN ACTION

The catcher is known as the "heart of the defense" and has many responsibilities such as catching a pitch, blocking a wild pitch, catching a throw to the plate, tagging a player out, and blocking the plate. They need more protective gear than any other player.

Parents/Guardians:

- Ask your kids about the catcher's position.
- Ask questions like "Why does the catcher wear so much more gear than any other player on the field?"
- Ask them to share what he or she might wear for protection.
- Explain how the best catchers are always alert and ready for whatever comes their way.
- For smaller kids, explain how the bigger baseball and softball players wear a padded covering to protect their body, plus a few other pieces of equipment.

MEMORY VERSE OF THE WEEK

"Blessed are those who hunger and thirst for righteousness, for they will be filled."
— Matthew 5:6