

Armour of God – Breastplate of Righteousness

God has given you His whole armour, to protect you from head to toe. Last week we looked at the belt of truth. This week let's look at the breastplate of righteousness.

Read Ephesians 6:11-14

Put on all of God's armour so that you will be able to stand safe against all strategies and tricks of Satan. For we are not fighting against people made of flesh and blood, but against persons without bodies—the evil rulers of the unseen world, those mighty satanic beings and great evil princes of darkness who rule this world; and against huge numbers of wicked spirits in the spirit world. So use every piece of God's armour to resist the enemy whenever he attacks, and when it is all over, you will still be standing up. But to do this, you will need the strong belt of truth and the breastplate of God's approval.

Have a chat

- What do you think a breastplate is?
The breastplate was a central part of the Roman soldier's armour—it provided protection for the top half of the body, which contains vital organs like the heart, lungs.
- What do you think might happen Roman soldier who didn't wear a breastplate?
His enemies may be able to attack and injure him. With a sturdy breastplate the same attack would not hurt as much; they would bounce off the armour.
- What does righteous mean?
Good, honest, worthy
We are righteous when we follow God and don't let any sin into our hearts.
- What piece of armour protects the heart?
The breastplate.



So what is the breastplate of righteousness?

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 righteous - that is right before God.

The breastplate of righteousness isn't something we wear like a coat and we don't keep it hanging on the coat peg. So to put it on we need to pray that God forgives us for the things that we have done wrong, that we read our Bibles, and we do our best to do what we know is right.

When we do what is right before God, we are putting on the breastplate of righteousness.

We all need to be right with God which means that we need not to be tempted to do things that are wrong.

Think about when you have done wrong

On a piece of paper draw an outline of a body on it. Draw on the outline where on their body they feel strange when they know they are doing something wrong e.g. cry – so draw tears on the outline; butterflies in the stomach – draw a butterfly in the stomach; we may feel hot, we may get sweaty palms, our heart may beat faster.

Share with your family

Now think about when we are excited and how we sometimes feel the same.

We need to learn when they are feelings for good reasons or when they are feelings because we should do something.

Song

Song to Heads, shoulders knees and toes

Sing it through , then remove one piece of armour at a time; last time sing it with all the armour back in and really fast

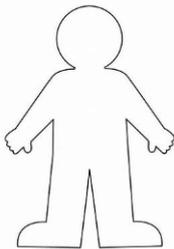
Now work on adding actions for each of the pieces of armour

Belt, breastplate, shoes and shield,
Helmet and sword,
Belt, breastplate, shoes and shield,
Helmet and sword,
This is the armour of our Lord,
Belt, breastplate, shoes and shield,
Helmet and sword.

Craft

If you have a roll of spare wallpaper draw around someone and each week draw on a piece of God's armour

Or draw an outline like the one below and draw on the armour each week



Make heart or breastplate

Decorate a heart shape



Or

Design a breastplate – write on it in big letters, 'Right with God' or write on a list or draw pictures of some of the commandments that God wants us to follow.



Or if you have paper that is big enough make a breastplate for yourself (two pieces of paper joined with tape over the shoulders).

Prayer

Pray that God will help you remember that the armour is there and what it's used for so you can fight the bad with the good. Ask God to forgive us for the things that we have done wrong, that we read our Bibles, and we do our best to do what we know is right. Amen