



BREASTPLATE OF RIGHTEOUSNESS

MIDDLE/HIGH SCHOOL BIBLE STUDY GUIDE INTRO

WELCOME

The second piece of the Armor of God that we will study is the Breastplate of Righteousness.

We need to remember that all these pieces of Armor are created and given to us by God himself. Because of this, we can trust that they will work. In battle, the breastplate protects the vital, life-giving organs like the heart and the lungs.

The Bible refers to the heart as the center of who we are as a person, our intellect, emotion and will. That is why we must guard it above all else. We must not allow anything in or out of our heart that is not pleasing to God – guard what you watch, listen to, read, think about and talk about. This is what the Bible calls “righteousness,” meaning to live right with God. We must have God’s help to do this.

BONUS RESOURCE

Do Right: Making Wise Choices in the Face of Temptation, 4-week Bible Study on the Armor of God

MEMORY VERSE

Above all else, guard your heart, for everything you do flows from it.”
Proverbs 4:23 NIV

PRAYER

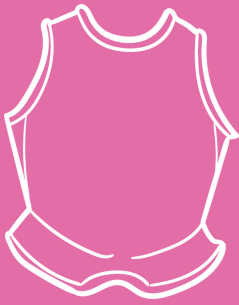
“Dear God, thank You for giving me Your armor. I’m grateful that it helps me to live for You!

Thank You for the Breastplate of Righteousness. It helps me guard my heart and my thoughts.

I know I need Your help to do this. Help me to have faith in Your Son, Jesus Christ, and to trust and obey You always.

Remind me when I mess up, I can always come to You and ask to be forgiven. In Jesus’ name I pray, amen.”

Now thank God for all the good things He has done for you and ask Him for any needs you may have.



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MIDDLE/HIGH SCHOOL BIBLE STUDY GUIDE | THREE

*We recommend the International Children's Bible (ICB) translation for daily scriptures unless otherwise noted.

WEEK 1

READ ROMANS 3:24

Talk About:

What does it mean to be made right with God?

Think About:

Being made right with God means to be free from sin and able to have a relationship with Him.

READ ROMANS 3:10

Talk About:

Do you have sin in your heart?

Think About:

The Bible tells us that everyone has sin.

READ ROMANS 1:17

Talk About:

What is the Good News? What does it show us?

Think About:

God loves us so much that He chose to make us right with Himself through Jesus Christ. That is the Good News.

READ ROMANS 1:17

Talk About:

What does "made right with God by faith" mean?

Think About:

We must have faith and believe in Jesus to forgive our sins. That is what makes us right with God.

WEEK 2

READ ROMANS 3:22

Talk About:

How can we know we are made right with God?

Think About:

Through our faith in Jesus Christ. We must ask Him for forgiveness and believe.

READ PHILIPPIANS 3:9

Talk About:

What does it mean to belong to Christ?

Think About:

We are made right with God because of our faith in Jesus Christ. When we belong to Him, we want to follow Him and do things His way.

READ PROVERBS 4:26

Talk About:

Why can't you just do anything you want to do?

Think About:

Because we belong to God, we must be careful and always do what is right.

READ PROVERBS 4:23 NIV

Talk About:

When the Bible talks about our heart, is it talking about our physical, beating heart or something else?

Think About:

The Bible talks about our heart as being who we are and what we think.

WEEK 3

READ PROV 4:23 NIV

Talk About:

What does it mean to "guard your heart"?

Think About:

Don't allow anything in or out of your heart (mind) that is not pleasing to God.

READ PROV 4:23 ICB

Talk About:

What are some things you think about?

Think About:

What we watch and listen to determines what we think about. What we think about determines how we live.

READ PSALMS 106:3

Talk About:

What happens if we do what is fair and we live right with God?

Think About:

God says happy are the people who always do right.

READ ISAIAH 32:17

Talk About:

What else can we expect if we are fair and live right with God?

Think About:

God says that fairness, or living right, will bring peace, calm and safety.

WEEK 4

READ GENESIS 15:6

Talk About:

How can we continue to live right with God; or to live according to His ways?

Think About:

Believing God's promises are true, having faith in Him and obeying Him will keep us right with Him.

READ ISAIAH 59:17

Talk About:

Is the armor of God important for us?

Think About:

Isaiah tells us that God used this same armor before He gave it to us.

READ LAM 3:22-23

Talk About:

If possible, read both NIV and ICB translations. What do we know about God's love?

Think About:

God's love for us never ends. He will never stop protecting us - you can trust Him.

READ EPHESIANS 6:13

Talk About:

Will God's armor help us?

Think About:

God says His armor will help us stand strong. With God's armor on, we can fight and win.

Memory Verse: "Above all else, guard your heart, for everything you do flows from it." Proverbs 4:23 NIV