

GO DEEPER

MEMORY VERSE

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.
Ephesians 6:14-17 (NIV)

BOTTOM LINE

The Breastplate of Righteousness Guards Your Heart



TALK ABOUT IT

Read: Proverbs 4:23, Luke 6:45, Jeremiah 17:9

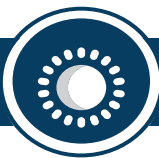
- Why does Proverbs 4:23 tell us to "guard our hearts"?
- What does our spiritual heart have to do with what we say and do?
- What do you think the Breastplate of Righteousness has to do with what we're told in Jeremiah 17:9?



AMPED WORSHIP

[We Won't Be Quiet](#)

[Ephesians 6:14-17](#)



THINK ABOUT IT

Discuss as a family:

- Where does righteousness come from?
- How do we "put on" righteousness?
- Why should we follow Jesus instead of following our hearts?



CHECK OUT OUR COMPANION VIDEOS ON OUR YOUTUBE CHANNEL: blueridge.org/youtube