

## The Breastplate of Righteousness

“Finally, be strong in the Lord and in His mighty power. <sup>11</sup>Put on the full armour of God so that you can take your stand against the devil’s schemes. <sup>12</sup>For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. <sup>13</sup>Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup>Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup>and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup>In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup>Take the helmet of salvation and the sword of the Spirit, which is the word of God. <sup>18</sup>And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. - Ephesians 6:10-18

### A Reminder About the Battle

1. This is a spiritual battle between two “kingdoms.”
2. This battle has been raging since the creation and there is no “neutral” territory.

### The Battleground

- It is your mind (or your “heart”).  
*“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”*  
 - 2 Corinthians 10:5



### The Armour of God

- It is seven distinct pieces (when you include prayer).  
 And you wear three pieces of this armour constantly.
- It was provided when you became a believer.

### The Belt of Truth

- “Stand firm then, with the belt of truth buckled around your waist...” - Ephesians 6:14
- It is your integrity; or living without hypocrisy.
  - It must be put on first, since truth is your foundation and because other pieces of armour will directly connect to your belt.

### The Breastplate of Righteousness

- “...with the breastplate of righteousness in place...” - Ephesians 6:14
- Its purpose is to guard your heart.  
*“Above all else, guard your heart, for it is the wellspring of life.”*  
 - Proverbs 4:23

### Question # 1 – What is Righteousness?

- It is the combination of faith and love (or love in action!)

“But since we belong to the day, let us be self-controlled, putting on **faith and love** as a breastplate, and the hope of salvation as a helmet.” - 1 Thessalonians 5:8  
 “...and if I have a **faith** that can move mountains, but have not **love**, I am nothing.” - 1 Corinthians. 13:2  
 “For this reason, ever since I heard about your **faith** in the Lord Jesus and your **love** for all the saints...” - Eph. 1:15  
 “...so that Christ may dwell in your hearts through **faith**. And I pray that you, being rooted and established in **love**...” - Ephesians 3:17

“For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that counts is **faith expressing itself through love.**”  
 - Galatians 5:6

### Question # 2 – Why Should I Guard My Heart?

- To protect the scriptures that I have placed there.  
*“I have hidden your word in my heart that I might not sin against you.”* - Psalm 119:11
- To protect my faith memories.  
*“Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live...”* - Deuteronomy 4:9
- To protect my desires.  
*“Delight yourself in the LORD and He will give you the desires of your heart.”* - Psalm 37:4
- To protect my humility.  
*“Then Hezekiah repented of the pride of his heart, as did the people of Jerusalem; therefore the LORD’s wrath did not come upon them during the days of Hezekiah.”* - 2 Chron. 32:26
- To protect my giving (and my desire to be charitable).  
*“Tell the Israelites to bring me an offering. You are to receive the offering for me from each man whose heart prompts him to give.”* - Exodus 25:2
- To protect my courage.  
*“David said to Saul, “Let no one lose heart on account of this Philistine; your servant will go and fight him.””*  
*Courage isn’t the display of intellect, but the display of passion.*  
 - 1 Samuel 17:32
- To protect my feelings toward others.  
*“Do not hate your brother in your heart...”* - Leviticus 19:17

### So How About a Spiritual “EKG”?

How do I know what is in my heart?

1. Check my words.

“You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks.”  
 - Matthew 12:34

2. Check my treasures.

“For where your treasure is, there your heart will be also.”  
 - Matthew 6:21



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