

Armor of God

"How to Win Against Sin"

Lesson 3

Breastplate of Righteousness

Scripture Reference:

- **Ephesians 6:11-18**
- **Psalm 119:9-11**

Who remembers what we have been learning about? That's right, we are learning about the armor of God and how to WIN AGAINST SIN! Say this with me: **With Jesus, I can win against sin!** Just like knights and soldiers wear armor to protect themselves from being attacked, we wear the armor of God to protect us from being attacked by Satan.

Last week we learned the first piece of Armor. Do you remember what that was?

The Belt of Truth:

The belt of truth is like a tool belt, it is where we store all of our knowledge of God. By storing our knowledge of God within our hearts... when we are faced with difficult situations, we can remember it to help guide us to make right choices.

The second piece of armor we read about is the **Breastplate of Righteousness.**

We put on the breastplate of righteousness when we do what God wants us to do instead of sinning.

Satan tries to get us to sin, but since we love God, we don't want to sin. We want to live righteous lives.

Who can tell me what righteous means? **Righteous means being right with God.**

We are righteous when we follow God and don't let any sin into our hearts.

- What piece of armor protects the heart? Point to the knight's breastplate. **That's right, the breastplate. The breastplate on a knight protects his heart.**
- Our armor from God comes with a breastplate too. 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- right before God.**
- Now, is the breastplate of righteousness something we actually wear, like we might wear a jacket? Do we keep our breastplates of righteousness hanging up in our closets? **No!**
- So how do we put on the breastplate of righteousness? Let a few children answer. That's right. **We pray that God would make us right before him by forgiving us of our sins, we read our Bibles, and we do our best to do what we know is right.**
- Look up Psalm 119:9-11:

How can a young person live a pure life?

He can do it by obeying your word.

¹⁰ *With all my heart I try to obey you, God.*

Don't let me break your commands.

¹¹ *I have taken your words to heart*

so I would not sin against you

- What do these verses have to do with righteousness? **Verse 9 talks about keeping our way pure. That means righteous.**
- What do the following verses tell us to do to stay righteous? **That's right, we seek the Lord with our whole heart, we keep his commandments, and we store up his word in our heart. We memorize Bible verses to remind us how to be righteous.**

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

I don't want you to answer out loud, but can any of you think of a time when you sinned? Think to yourself how you felt after you sinned. *(Give time for students to think.)*

- At first it may have felt really good, but after a while, you probably felt pretty bad, huh? That's because when we sin, we aren't wearing the Breastplate of Righteousness. This makes it even easier for Satan to come in and help us to sin more.
- Remember, we make the choice to let Satan lead us to sin.
- If we work to put on the Breastplate of Righteousness every day, then it will be really hard for him to lead us into sin because we will be focused on following the commandments God gives us.
- Make a list of some of the commandments that God wants us to follow. Discuss that righteousness is not based on what we do, but on God's gift of the crucifixion to us. **We follow his commandments because we love Him.**

Now let's all practice our memory verse together. I will say it once, and then we will practice the motions to help us remember it.

"Put on the whole armor of God, that you may be able to stand against the schemes of the devil."

Now stand up and we will learn a few motions to help us learn this Bible verse.

- "Put on the whole armor" As you say this, pretend to get dressed. Put on your pants and a jacket.
- "of God" Sign God. (With right hand, thumb facing you, bring your flattened palm downward from your forehead to your chest.)
- "So that you may be able to stand against" Stand with your feet slightly more than shoulder width apart with your hands on your hips, like a super hero.
- "against the schemes" Rub your hands together like an evil villain.
- "Of the devil." Sign devil. (Put your thumbs to your temples, and your forefingers and middle fingers straight in the air. Bend them twice, like air quoting.)
- Repeat the entire verse with the children, leading them in doing the motions.

Memory Verse Ephesians 6:11 (ESV) "Put on the whole armor of God, that you may be able to stand against the schemes of the devil."

Craft: Breastplate of Righteousness.

Supplies: Brown paper bag, breastplate template, stickers, crayons, markers, glue and scissors.

Have the children color the breastplate template and cut it out.

Turn the paper bag upside down. Help the children cut out a hole for their head and holes for their arms so they can slip it over onto themselves.

Glue the breastplate onto the front of the bag and let them decorate with stickers, markers and crayons.

Then slip it over onto them!

Activities: Practice “Put on the Full Armor of God” Song

Video: Full Armor of God

<https://www.youtube.com/watch?v=aG0zhy8sHzQ>

Breastplate of Righteousness Video Lesson

<https://youtu.be/KzP6VAGTUIk>

Video: Veggie Tales: God wants us to forgive.

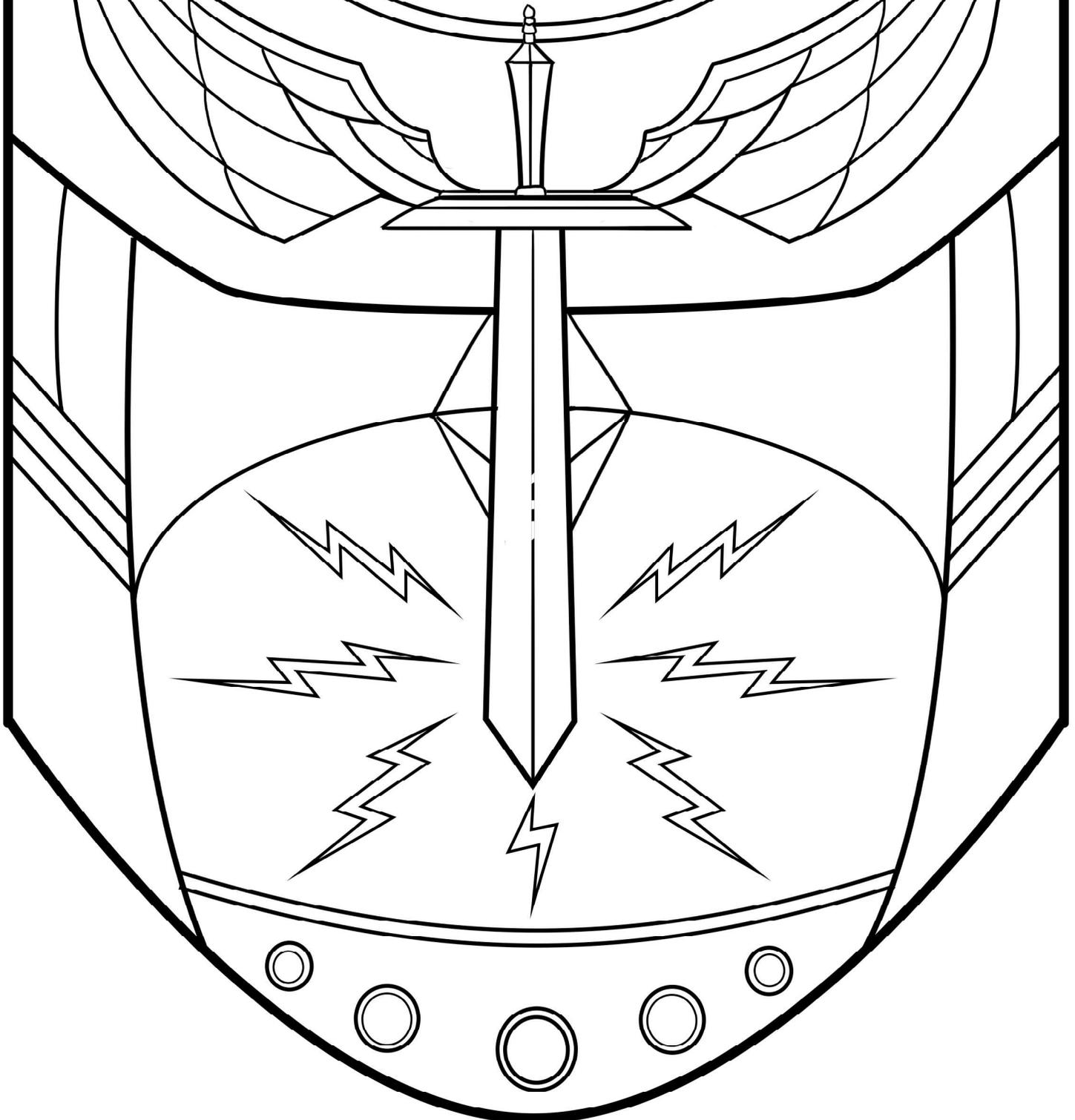
<https://www.youtube.com/watch?v=rtBjdIO4AnI>

Feel free to take a picture of their art work or share how your activity went!
Post it on our Facebook page or share it on GroupMe. Have a Blessed Day &
Week! Until we can meet again

~ *Teacher Chrissy*

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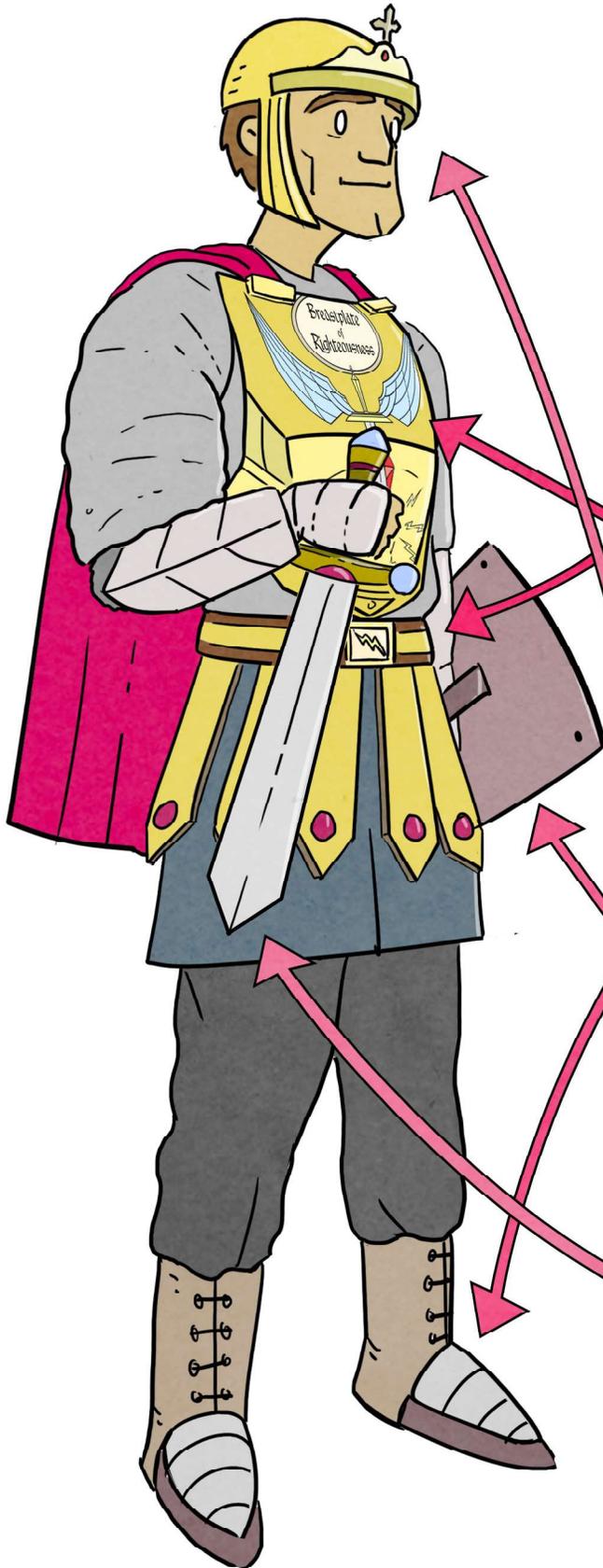
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Righteousness



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Ephesians 6:13-17 (NIV)



Therefore put on the full armor 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.

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.