



Part
2

The Breastplate of Righteousness

This week Pastor Ken continued the series *Stranger Things: Winning the Battle with the Upside Down*. We are looking together at the struggle between good and evil and how to use each piece of the armor of God to resist the enemy. So gather with your Cathedral family on Zoom or other video platform and let's grow together.

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. 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.
Ephesians 6:12-13

1. A breastplate protects your heart and other vital organs. The devil will always try to condemn you or make you feel guilty or bad, especially if you mess up. So make sure that you have your breastplate in place (Ephesians 6:14b) so you can stand against the enemy.
2. The first way to have our breastplate in place has to do with being right with God (read Romans 3:22-26). Righteousness isn't because of what we do but because of what Christ has done for us on the cross. He makes us right with God.
3. The second way to have our breastplate in place is by living right (read Matthew 5:6; Philippians 2:13; Psalm 92:12 and Psalm 107:9). Living right will not get you to heaven but living right will bring more heaven to earth. The belt helps us understand the truth while the breastplate helps us to live the truth. So, to put on the breastplate, first we must have the belt firmly in place so that our righteousness is not based on our own attempts to impress God. What one thing can you intentionally do this week to live right and to keep your eyes on Jesus?
4. Discuss together some ways to increase our hunger and thirst for righteousness and to resist temptation.

Close in prayer