

Breastplate of Righteousness



This week we are looking at what it means to put on the Breastplate of righteousness



- Look up a picture of a Roman soldier's breastplate.
- Why would a soldier wear it and what does it protect?



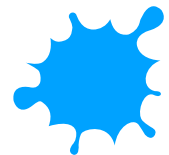
Read the story of David and Saul in 1 Samuel 24:3-20 and/or watch the video

Read the story about David and Saul

1. Where was David hiding?
2. What did David's men say they should do to Saul, why?
3. What choice did David make? Was it the right choice?
4. What did Saul say when he found out that David had a chance to kill him, but didn't?
5. Why is it hard sometimes to make the right choice?



Righteousness means being RIGHT with God and we are walking in the right path, we are living a life that pleases God. It means we do the right thing. Righteousness is our best defense against sin. Let's put on the breastplate of righteousness so we can guard our hearts.



- Design and make your own breastplate



Father God, Thank You that we can put on the breastplate of righteousness as part of your armour. Help us to make right choices. Amen