

DISCUSSION QUESTIONS FOR THE BREASTPLATE OF RIGHTEOUSNESS

"Stand firm then...with the breastplate of righteousness in place..." Ephesians 6:14, NIV.

1. Define and discuss "Righteousness." Compare other biblical references.
2. A Roman breastplate combined flexibility with rigidity. Are you more flexible or more rigid in your beliefs? Explain. What are the advantages/disadvantages of each?
3. Being soft iron, the breastplate needed attention and oil to stay in shape and to keep rust down. How do you keep your spiritual armor in good shape? What "oil" helps you keep from being spiritually rusty? How often and how do you apply that "oil"?
4. What elements, events, issues, or people have created "rust spots" in your breastplate? How did you, or are you, dealing with repairing the "rust" before the scars are too deeply etched?
5. Have you ever had God scrub off some stains or flaws in your breastplate or your personality? What was that experience like for you? How did He do His work of polishing you or your armor? What was the end result?
6. The Roman breastplate covered the heart and lungs of the soldier – vital parts of the anatomy. When/how has Satan attempted to attack you in a spiritual death-dealing thrust? What/who helped you survive the blow? Who do you know that needs your help in life's battles? How can you help them? When and how will you do so?
7. Read Genesis 3: 6 & 7 along with Isaiah 64:6. Why do you think some people try to "armor" themselves with shriveling leaves or rags rather than the armor of God? What kinds of "leaves and rags" do people try to substitute for God's breastplate of righteousness? How can you help others see the value of the armor Paul writes about?
8. Although all armor is individualized, putting on a Roman breastplate requires assistance from others. Who has or is helping you put on your armor so you will be spiritually fit to fight? Who could use your help putting on their armor?
9. The lorica segmentata, or banded armor breastplate, is made up of very different elements: bronze; leather; soft iron; copper. Yet these different elements blend together into one united and protective item. What are some of the different elements of your breastplate that blend together to give you righteousness and spiritual protection?
10. Put an x on the line showing where you are now. Put an * where you want to be.

Upright _____ Up-tight

Do you plan to make a move? How? Who can help you do that? When?



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