

# **Breastplate of Righteousness: Walk It Right**

## **Theme Verse:**

*“Put on the breastplate of righteousness...” – Ephesians 6:14b*

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## **Quick Lesson (1–2 min)**

Before a soldier goes into battle, they must put on their breastplate to protect their heart. God gives us His righteousness—not because we earn it, but because He loves us. We choose to live in His truth and let Him cover our heart from lies, guilt, and temptation.

“God gives us His righteousness through Jesus—not because we’ve earned it, but because He loves us. The Breastplate of Righteousness protects our hearts and reminds us that we are called to live differently—to choose what is right, even when it’s hard.”

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## **Activity: Righteous Run – Obstacle Course & Retrieval**

**Goal:** Run through the obstacle course, put on your “breastplate,” retrieve a water balloon (symbol of your mission), and return without popping it.

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## **Supplies Needed**

- **Obstacle items (cones, hoops, pool noodles, etc.)**
  - **Pool Noodle “breastplates”**
  - **Water balloons**
  - **Buckets**
  - **Towels**
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## **How It Works:**

1. Each participant starts without the breastplate.
  2. First stop on the path: **put on the Breastplate of Righteousness.**
  3. Navigate through the obstacle course.
  4. At the end, pick up a water balloon (truth mission).
  5. Carefully carry it back to the start without bursting it.
  6. Next teammate goes!
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## **Discussion & Reflection Questions**

**For All Ages (ask while they wait their turn):**

### **Younger Kids (K–2):**

- What does it mean to make a right choice?
- Why do you think God wants to protect our hearts?
- Have you ever done the right thing even when no one was looking?

### **Elementary (3rd–5th):**

- What are some “wrong choices” that are easy to make at school?
- How does putting on the breastplate help you make better choices?
- When we mess up, how do we put the breastplate back on?

### **Middle School (6th–9th):**

- What’s the difference between *trying to be perfect* and *living righteously*?
- How can you guard your heart against peer pressure this year?
- What does it look like to choose God’s way even when it’s unpopular?

### **High School (10th–12th):**

- How do you know if a decision is “righteous”?
- What does it mean to live with integrity in your friendships and choices?
- How does knowing you're made righteous by Christ affect your confidence?