



Word Notes: Sunday 01/09/19

Still Standing: Belt and Braces

“We’re all on a Journey. There are hills to climb. There are mountain tops to enjoy. There are dry plains that seem to go on forever. There are storms that hit just when we feel furthest from shelter. Let’s reach our destination still standing.”

- Read Ephesians 6:10-18
- This will be a familiar passage to many of us. What memories do you have of previous teaching you have heard on the armour of God? (You might share the serious and the silly!)

In this series we will consider each part of the armour in turn, and how it helps us to stay standing. This week, it’s the belt of truth and the breastplate of righteousness.

A Roman Soldier’s belt was a mark of their identity – only a soldier would wear such a belt. To wear the belt of truth is to wear the truth of our identity and who we are in Jesus.

- Either as a group, or individually, draw two stick figures on a piece of paper.
- Label the first figure with phrases which describe who you are without Jesus.
- Label the second figure with phrases which describe who you are with Jesus (These Bible verses which we read out on Sunday might help you: John 1:12; John 15:16; 2 Cor 1:21-22; Rom 8:1; 2 Cor 5:21)

A Roman soldier’s breastplate protects their heart.

- Why do you think we need to wear a breastplate of righteousness?
- How might knowing we are wearing Jesus’ righteousness help us to stay standing as we move forwards on our journey?
- When might we forget our need for this breastplate, and what do you think would happen if we forgot it?

Close your discussion with a resolve to “get dressed” with these parts of the armour. You might like to use the prayer we prayed together on Sunday:

I’ve tried to be God, and I know I’m not up to it!

I know I make bad decisions,

I know I get things wrong and I fall down.

It’s time to let you be God in my life.

I choose to receive the identity you offer me as a child of God.

I’m putting on the belt of truth.

I receive the forgiveness you offer me.

As you take my sin in your death on the cross, I receive your righteousness.

I wear the breastplate of your righteousness over my heart,

Everyday,

As I follow you.

Amen.



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