

# TRUTH & LIGHT

the Wellsburg church of Christ

**WELLSBURG**  
CHURCH OF CHRIST



[www.wellsburgchurchofchrist.com](http://www.wellsburgchurchofchrist.com)

Volume 15 Issue 26

June 28, 2020

## GUARDING OUR HEARTS

*“Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness...”*

*(Eph. 6:14).* The benefit of a breastplate in battle is too obvious to need explanation.

The Roman soldier of Paul’s day would never have considered fighting without one.

It was a tough, sleeveless piece of leather or heavy cloth with slices of animal hooves or horns or pieces of metal. Some were

made of large pieces of metal molded or hammered to conform to the body. This

breastplate was to protect the heart, lungs, and other vital organs. When it worked it

usually saved the soldier’s life, because a wound to the heart or lungs was fatal. For the

Christian to be able to stand firm against the schemes of the devil and withstand his attempts

to fatally wound us in battle, it is unthinkable for us to even

attempt to do so without wearing the breastplate. Paul says this breastplate we must equip ourselves with in battle is righteousness. A passage in

Romans 13 helps shed light on why a breastplate of

righteousness is so essential for the Christian engaged in battle with the spiritual forces of

wickedness. *“Do this, knowing the time, that it is already the hour for you to awaken from*

*sleep; for now salvation is nearer to us than when we believed. The night is almost*

*gone, and the day is near. Therefore let us lay aside the deeds of darkness and put on*

*the armor of light. Let us behave properly as in the day, not in carousing and*

*drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. But put*

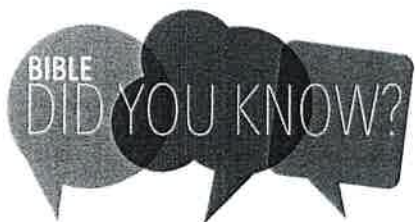
*on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts,”* (Rom.

13:11-14). Righteous behavior for the Christian acts as a shield guarding against the sinful allurements Satan fires at our flesh. Consistent, habitual, God glorifying righteous behavior acts as body armor to protect the weaknesses of our flesh from being exposed to Satan's temptations. We all have three areas in our fleshly existence which are extremely vulnerable to sin – the lust of the flesh, the lust of the eyes, and the pride of life (1 Jn. 2:15-17). The more we consistently put on Christ every day in all aspects of our life with righteous living that exemplifies Jesus, the less exposure we permit our flesh to be open for Satan to exploit with his fiery arrows. *“And put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth. Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another. Be angry, and do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity,”* (Eph. 4:24-27). Living righteously robs Satan of his ability to exploit our weaknesses and severely limits and hinders his effectiveness to bring sin in our lives. *“Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin*

*reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. For sin shall not be master over you, for you are not under law but under grace,”* (Rom. 6:11-14). Jesus died to save us from every aspect of sin and teaches us to remove it completely from our lives. If we are using our physical bodies and all of our physical resources for good purposes in righteous behavior, then Satan is left with nothing to work with. Consider the example of Daniel's righteous behavior and how it protected him. *“Then the commissioners and satraps began trying to find a ground of accusation against Daniel in regard to government affairs; but they could find no ground of accusation or evidence of corruption, insasmuch as he was faithful, and no negligence or corruption was to be found in him. Then these men said, ‘We will not find any ground of accusation against this Daniel unless we find it against him with regard to the law of his God,’”* (Dan. 6:4-5). When Satan sought a way to destroy the influence of Daniel, he found nothing, as his

righteousness was his body armor protecting him from being exposed to sinful allurements. We must remember one of the most vulnerable areas that required protection for a soldier was the heart. In the same way, the most vulnerable area which must be covered with the breastplate of righteousness is the Christian's heart – the central nervous system of all righteous behavior. Notice Christ's warning that we guard our hearts from being defiled with unrighteous thoughts as this is where unrighteous behavior comes from. *"And He was saying, 'That which proceeds out of the man, that is what defiles the man. For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries, deeds of coveting and wickedness, as well as deceit, sensuality, envy, slander, pride and foolishness. All these evil things proceed from within and defile the man,'"* (Mk. 7:20-23). This ought to emphasize how important it is we strive to keep sinful thoughts from polluting our hearts, as this is where the strength of righteous behavior comes from, which is what our breastplate is composed of. In other words, the thickness and strength of our breastplate of righteousness is only as strong as the purity of

the thoughts of our hearts. Corrupt hearts make for weak body armor which makes any battle against Satan an absolute joke and a pathetic attempt to stand firm. *"Watch over your heart with all diligence, for from it flow the springs of life,"* (Prov. 4:23). – Daniel Ruegg



***"Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation."***  
**2 Cor. 5:18-19**

# BIBLE TRIVIA

## C H A L L E N G E

DIRECTIONS: After searching through your Bible, circle which answer is correct.

1. Paul said to put on the full \_\_\_\_ of God.

- a) Overalls
- b) Armor
- c) Socks
- d) Pajamas

2. Our struggle is not against flesh and blood, but spiritual forces of \_\_\_\_.

- a) Monkeys
- b) Storm Troopers
- c) Hunger
- d) Wickedness

3. Take up the full armor of God that you may be able to \_\_\_\_ in the evil day.

- a) Resist
- b) Breakdance
- c) Leapfrog
- d) Cartwheel

4. Gird your loins with \_\_\_\_.

- a) Spirit
- b) Faith
- c) Righteousness
- d) Truth

5. Put on the breastplate of \_\_\_\_.

- a) Righteousness
- b) Spirit
- c) Truth
- d) Faith

6. Shod your \_\_\_\_ with the preparation of the gospel of peace.

- a) Face
- b) Head
- c) Mouth
- d) Feet

7. Take up the shield of \_\_\_\_.

- a) Truth
- b) Righteousness
- c) Faith
- d) Spirit

8. Take the \_\_\_\_ of salvation.

- a) Sleeping Bag
- b) Helmet
- c) Fanny Pack
- d) Lunch box

9. Take the sword of the \_\_\_\_, which is the word of God.

- a) Enemy
- b) Faith
- c) Spirit
- d) Truth

10. Be on the alert with all perseverance and \_\_\_\_ for all the saints.

- a) Watchfulness
- b) Protection
- c) Cheerfulness
- d) Petition

- 1) B, Reference: Eph. 6:11  
2) D, Reference: Eph. 6:12  
3) A, Reference: Eph. 6:13  
4) D, Reference: Eph. 6:14  
5) A, Reference: Eph. 6:14  
6) D, Reference: Eph. 6:15  
7) C, Eph. 6:16  
8) B, Eph. 6:17  
9) C, Eph. 6:17  
10) D, Eph. 6:18