



## Word on Wednesday Bible Study

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### “GUARDED AT THE HEART: THE BREASTPLATE OF RIGHTEOUSNESS”

Series: *Suited for the Struggle: Standing Strong in Spiritual Warfare*

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“Stand therefore, having fastened on the belt of truth, **and having put on the breastplate of righteousness.**” **Ephesians 6:14b (ESV)**

Paul moves from what *secures* the soldier (truth) to what *shields* the soldier (righteousness). Spiritual warfare is not only about resisting temptation, it is about **protecting the heart**.

In Roman warfare, the breastplate protected:

- The heart
- The lungs
- The vital organs

Spiritually, Paul teaches that **if the heart collapses, the life follows**.

“Keep your heart with all vigilance, for from it flow the springs of life.” **Proverbs 4:23**

“For out of the abundance of the heart the mouth speaks.” **Matthew 12:34**

“The heart is deceitful above all things, and desperately sick; who can understand it?” **Jeremiah 17:9**

Spiritual warfare is rarely lost in \_\_\_\_\_ **actions**, but in the \_\_\_\_\_ **life**.

## I. RIGHTEOUSNESS COVERS OUR CONDITION - JUSTIFICATION

### What Is Justification?

**Definition:** Justification is **God’s once-for-all declaration** that the believer is righteous **because of union with Christ**, not personal performance.

This righteousness is:

- **Positional**
- **Provided**
- **Permanent**

“For our sake He made Him to be sin who knew no sin, so that in Him we might become the righteousness of God.” **2 Corinthians 5:21**

“For as by the one man’s disobedience the many were made sinners, so by the one man’s obedience the many will be made righteous.” **Romans 5:19**

“Blessed is the man against whom the Lord will not count his sin.” **Romans 4:8**

“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.” **Romans 5:1**

- Justification is **forensic**, not emotional
- God does not say, “*You’re improving*”—He says, “*You’re righteous.*”
- This righteousness is **credited**, not cultivated

Justification is not God pretending you are righteous; it is God \_\_\_\_\_ you righteous.

### **Quotes:**

“When the devil throws our sins in our face... we ought to say, ‘I know One who suffered and made satisfaction on my behalf, and His name is Jesus Christ.’” **Martin Luther**

“We are justified not by a righteousness that resides in us, but by a righteousness that is given to us.” **John Calvin**

“The devil knows your name but calls you by your sin. God knows your sin but calls you by your name.” **Tim Keller**

## **II. RIGHTEOUSNESS CORRECTS OUR CONDUCT - SANCTIFICATION**

### **The Ongoing Nature of Sanctification**

“Having put on the breastplate of righteousness...” **Ephesians 6:14b**

Justification is instant. Sanctification is **progressive**.

You don’t *earn* righteousness—but you must **wear it daily**.

“Put on the new self, created after the likeness of God in true righteousness and holiness.” **Ephesians 4:24**

“Work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for His good pleasure.” **Philippians 2:12–13**

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” **1 John 1:9**

- Sanctification is not **self-improvement**
- It is **Spirit-empowered transformation**
- Unconfessed sin does not cancel salvation—but it **compromises stability**

Righteous living does not \_\_\_\_\_ you, but it \_\_\_\_\_ you.

## Quotes:

“Sanctification is the renewal of the soul after the image of God, in righteousness and true holiness.”  
**John Wesley**

“Sin will take you farther than you want to go, keep you longer than you want to stay, and cost you more than you want to pay.” **Charles Spurgeon**

## III. RIGHTEOUSNESS CONFRONTS ACCUSATION ASSURANCE

### The Accuser Identified

“For the accuser of our brothers has been thrown down, who accuses them day and night before our God.” **Revelation 12:10**

### The Courtroom Victory

“Who shall bring any charge against God’s elect? It is God who justifies.” **Romans 8:33**

“There is therefore now no condemnation for those who are in Christ Jesus.” **Romans 8:1**

“But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous.”

### 1 John 2:1

- Conviction draws us **toward** God.
- Condemnation drives us **away** from God.
- Accusation loses power when righteousness is remembered.

Condemnation doesn’t disappear because you got better; it disappears because \_\_\_\_\_  
was crucified.

## V. CLOSING REFLECTION & PRAYER

### Summary Statement

- **Justification** covers our condition.
- **Sanctification** corrects our conduct.
- **Assurance** confronts accusation.

You cannot fight effectively with a **wounded conscience** or a **condemned heart**.

**Closing Prayer:** “Lord, help us to stand not in our performance, but in Your provision. Teach us to guard our hearts, wear the righteousness You have given, and silence every accusation with the finished work of Christ. Amen.”