

# GO DEEPER

## MEMORY VERSE

*Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. Ephesians 6:14-17 (NIV)*

## BOTTOM LINE

**The Breastplate of Righteousness Guards Your Heart**



## TALK ABOUT IT

**Read:** Proverbs 4:23

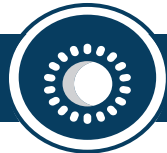
- What does this verse tell us to do above all else?
- Why is it important to guard our heart?
- Is the writer talking about the physical heart in our chest that pumps blood?



## AMPED WORSHIP

[We Won't Be Quiet](#)

[Ephesians 6:14-17](#)



## THINK ABOUT IT

**Read:** Jeremiah 17:9

- What does Jeremiah say about the heart?
- If this verse is true (it is!), should we blindly “follow our heart”?
- What can guard our heart from wickedness?



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