

UPCOMING EVENTS:

CHILD DEDICATION - MARCH 8TH

As parents we don't commit to perfection, but we commit to direction! This is an opportunity to partner with your church family!

Scan the QR code to register!

WATER BAPTISM - MARCH 15th

Follow the example of Jesus in Water Baptism. Join us on Sunday night, March 15th as we celebrate during our worship night.

Scan the QR code to register!



PERSONAL NOTES:

LIFE GROUPS:

CHECK OUT A LIFE GROUP!

LIFE GROUPS are smaller groups of people who commit to meet together consistently for the purpose of growing relationally and spiritually.

Browse all the Life Groups option in the Westbridge Church App and sign up today!

Let us know if you have ANY questions!



MESSAGE NOTES

Gear Up // Week 3

*A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of **truth** and the breastplate of God's **righteousness**.*

Ephesians 6:10-13

3 things to understand about the breastplate:

1. Righteousness means RIGHT STANDING with God.
2. The breastplate protects your HEART.
3. You cannot put it on YOURSELF.

*The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves. **Genesis 3:6-7***

*And the Lord God made clothing from animal skins for Adam and his wife. **Genesis 3:21***

MEMORY VERSE:

*God made him who had no sin to be a sin offering for us, so that in him we might become the **righteousness** of God. **2 Corinthians 5:21***

*Be strong in the Lord and in his mighty power. **Put on** all of God's armor so that you will be able to stand firm against all strategies of the devil. **Ephesians 6:10-11***

Live out your GIFTED righteousness!

*Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's holy people. **Ephesians 5:3***

LIFE GROUPS

DISCUSSION GUIDE

These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!

Feb 26th / March 1st, 2026

1

WARM UP

1. What was your favorite toy as a kid that made you feel protected or invincible, like armor?

2. Can you think of a funny story trying to “cover up” a mistake as a child, like hiding something you did wrong?

2

KNOW IT

1. Reread **Ephesians 6:10-14**. Why do you think Paul specifically uses the imagery of the breastplate when talking about God’s righteousness?

2. Righteousness means “right standing with God”. How is that different from simply “being a good person”?

3. Why do you think many followers of Jesus gravitate toward the breastplate of “morality” or “religion” instead of righteousness?

4. Read **2 Corinthians 5:21**. What stands out to you about this exchange that Paul describes in this verse?

3

SHARE IT

1. Which of these are you battling the most in your heart right now? Why?

SHAME | INSECURITY | FEAR

2. When you fail or sin, what is your first instinct: hide, fix it, deny it, justify it, confess it?

3. In what ways have you tried to “sew fig leaves” in your life - covering instead of trusting?

4. How do you think your daily emotional life would change if you deeply believed you already had right standing with God - even when you fail?

4

LIVE IT

1. Living out our gifted righteousness provides protection for our hearts. Where is God inviting you to live more in line with your identity in him? Is there an area of your life where obedience would actually protect your heart?

2. What is one lie you regularly hear in your mind that the breastplate of righteousness directly confronts?

3. How can your Group pray with you this week?