

Game Day
Protect your Mind and Heart
Discover Church
Mark Phillips
September 3, 2023

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.” Ephesians 6:10-13

“Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.” Ephesians 6:14

“Then you will know the truth, and the truth will set you free.” John 8:32

Truths about the Belt of Truth

1. Truth **guides** your life

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.” 2 Timothy 3:16

2. Truth **strengthens** us

“Resist the devil, and he will flee from you.” James 4:7

“You belong to your father, the devil, and you want to carry out your father’s desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.” John 8:44

*Jesus answered, “I am the way and **the truth** and the life. No one comes to the Father except through me.” John 14:6*

3. Truth **reveals** Christ’s **righteousness**

The Importance of the Breastplate of Righteousness

1. Righteous living protects your reputation

“Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us... “He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness.” 1 Peter 2:12 & 24

2. Righteous living protects your relationships.

“The righteous lead blameless lives; blessed are their children after them.” Proverbs 20:7

“When the righteous thrive, the people rejoice; when the wicked rule, the people groan.” Proverbs 29:2

3. Righteous living protects your heart

“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23

“Blessed are those who keep his statutes and seek him with all their heart.” Psalm 119:2

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.” Ephesians 4:31

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Philippians 4:8

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1. Truth _____ your life
2. Truth _____ us
3. Truth _____ Christ's _____

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1. Righteous living protects your _____
2. Righteous living protects your _____.
3. Righteous living protects your _____

Scripture: *Ephesians 6:10-14; John 8:32; 2 Timothy 3:16; James 4:7; John 8:44; John 14:6; 1 Peter 2:12 & 24; Proverbs 20:7; Proverbs 29:2; Proverbs 4:23; Psalm 119:2; Ephesians 4:31; Philippians 4:8*