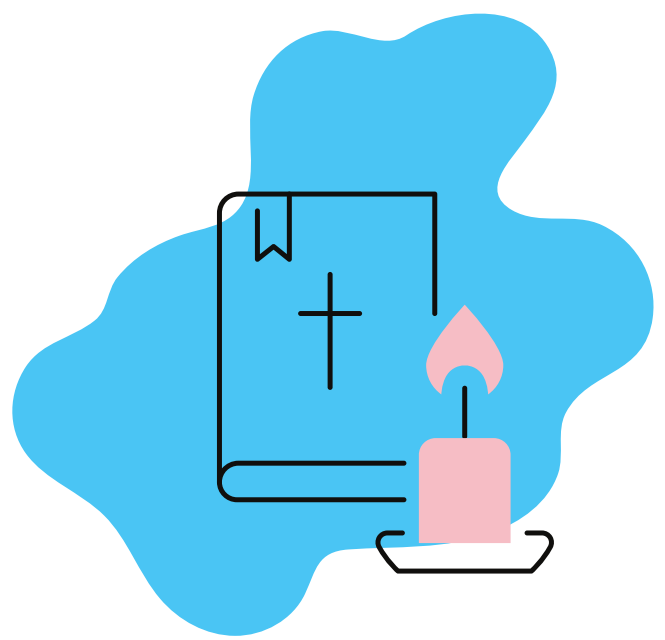


My Quiet Time



This belongs to:

As you **READ** the Bible this week,
THINK about these things:

- God made me to have a special relationship with Him.
- My greatest joy will come from knowing and loving God.
- I can learn more about God by spending time with Him in His Word.



THE ARMOR OF GOD

Week #10

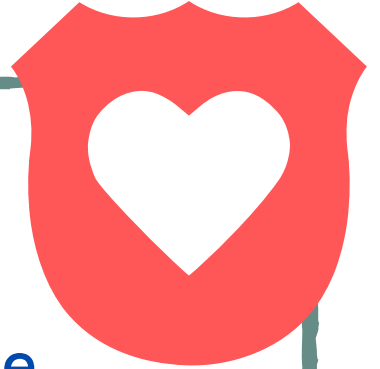
DAY - 1



Key Verse

Proverbs 4:23

"Above all else,
guard your heart,
for everything you do
flows from it."

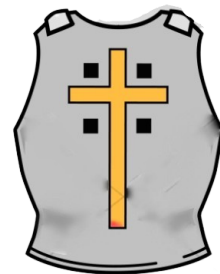


Last week, we started learning about another piece of the armor.

It was the

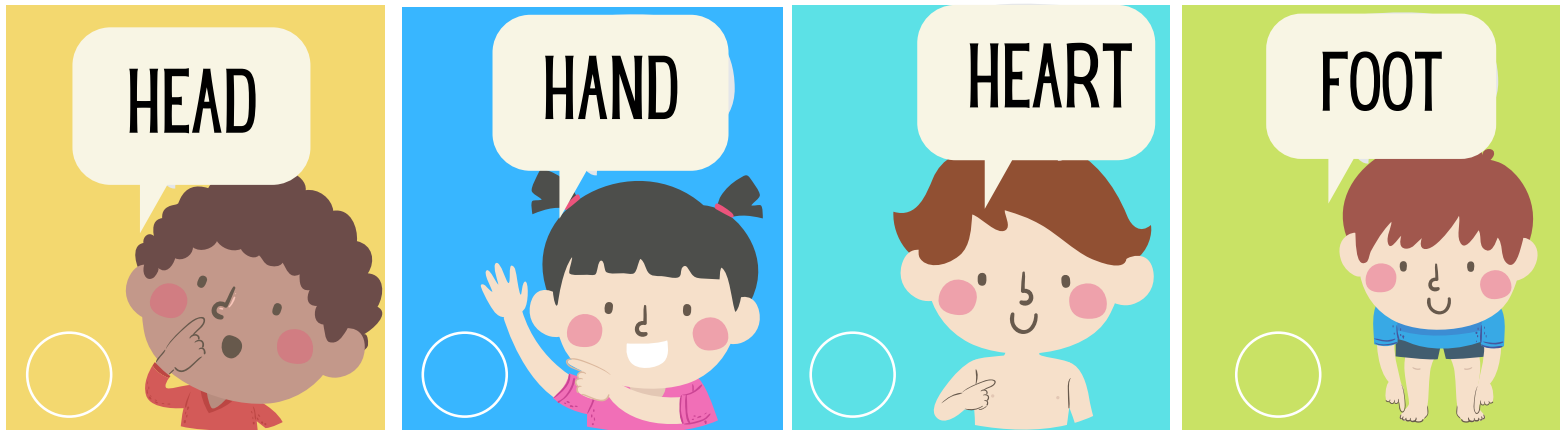
B _____ of

R _____



*Breastplate
of Righteousness*

Put a check mark under the part of your body that the Breastplate protects?



That's right, your heart! Your heart is important!

What **you love controls everything** about you - how you spend your time, your money, the way you talk to others.

Think about the way you live your life. Do the **things you do and say show that you have a heart that loves God?**

If not, pray.
Ask God to help you love Him
and love His Word.
Ask Him to change your
heart.



THE ARMOR OF GOD

DAY - 2

The Bible tells us that we are all born with hearts that are full of sin, but when you put your trust in Jesus as your Savior, **God gives you a new heart** that loves God and wants to obey Him!



What does God give you when you trust Jesus as your Savior?

The Breastplate of Righteousness reminds us that when we put our trust in Jesus as our Savior, He changes us.

He gives us a new heart, and we are made right with Him! But it is still important for you to guard (protect) your heart. Why?



*Breastplate
of Righteousness*

"... Your **enemy the devil [Satan]** prowls around like a roaring lion looking for someone **to devour [destroy]."**



1 Peter 5:8



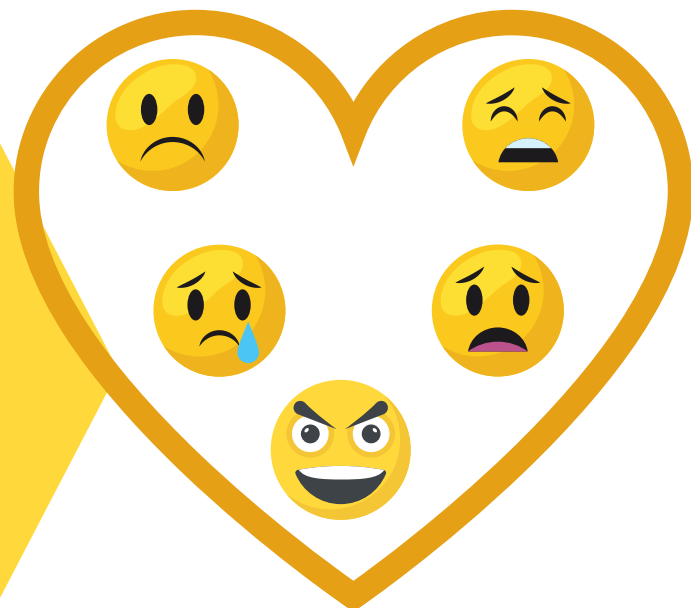
Who wants to destroy you?



What is one way he will try to destroy you?

Empty rectangular box for writing an answer, with a horizontal green line at the bottom.

Right! Satan will try to destroy you by tempting you to love other things more than you love God.



THE ARMOR OF GOD

DAY - 3

One way you can guard (protect) your heart is by using the Breastplate of Righteousness.



*Breastplate
of Righteousness*

There are two main ways we can use the Breastplate:

1

Remember you have been **made right with God.**

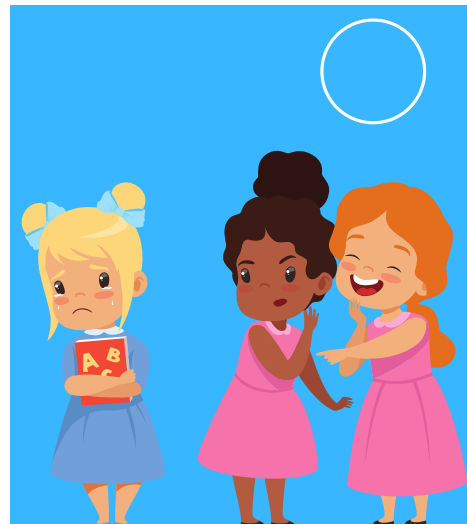
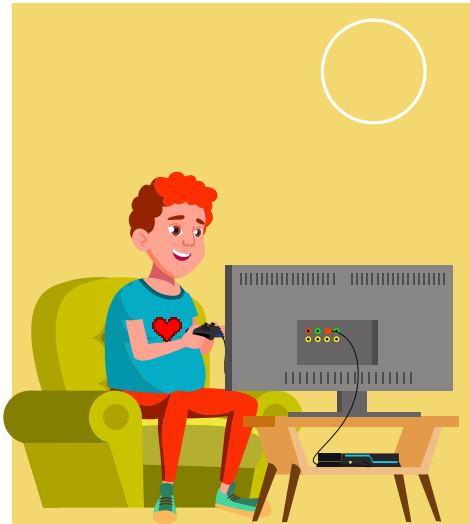
2

Choose to **do what is right.**

The more you choose to sin, the more Satan will pull your heart away from loving God.



Put a checkmark on the pictures that show sins Satan may tempt you with.



Pray. Ask God to help you to love Him more than you love your sin. Ask God to help you choose to obey Him so that you are not destroyed by your enemy, Satan.

THE ARMOR OF GOD

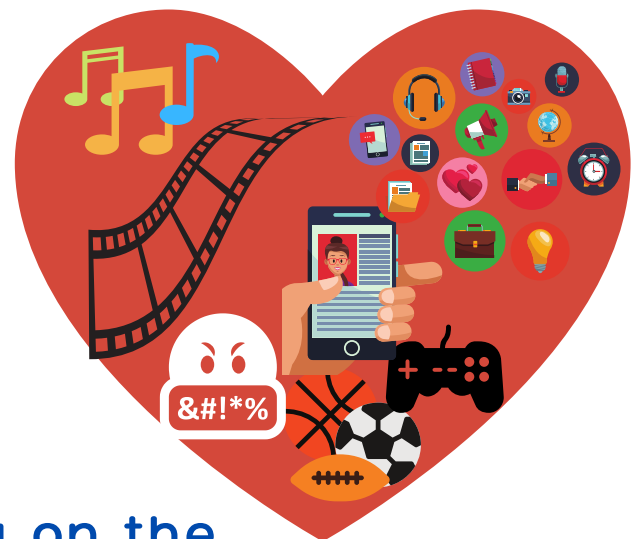
DAY - 4

One way you can protect your heart is by choosing to only let in things that are **right and pleasing to God**. For example:

What do you watch, listen to, and think about?

Are these things that are pleasing to God?

If not, little by little, Satan will use those things to draw your heart away from loving and obeying God.



This week, practice putting on the Breastplate of Righteousness.

1. Remember you have been **made right with God**.
2. Because God has made you right with Him, you can choose to do **what is right**.

Pray. Ask God to show you things in your life that are not right. Write those things below. Ask God to help you do **what is right**.

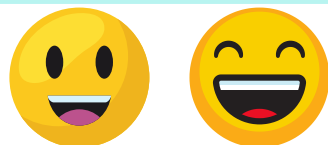
PRAYER



NOT RIGHT



WHAT IS RIGHT



THE ARMOR OF GOD

DAY - 5

Look back at the Key Verse on Day 1. Try to memorize it. Then write it on the lines below.

Proverbs 4:23



*Breastplate
of Righteousness*