

34-Armor of God--- The Breastplate of Righteousness

Each day I pray as I put on the armor of God--- “Let the breastplate of righteousness keep my heart and emotions safe. I pray that I won’t be governed by my feelings, but by truth”. Since the heart is the well-spring of life it is critical to keep it safe from attack by Satan. Most of the feelings we experience are not positive---- hurt, shame, anger, insecurity, rejection and sadness are not what we want to fill our heart with. These negative emotions are Satan’s attempt to harden our heart. He attempts to put us down and turn us against those whose actions lead to these negative emotions. Satan seeks to divide us as he conquers our hearts, but we must resist the devil. We must insist that he flee. That is how we protect our heart. We recognize the source of the feelings and we reject them. We do not allow them to take root. We do not allow them to turn us against our brothers and sisters. We forgive those who sin against us just as we have been forgiven for our sins.

God has designed the ultimate defense system. The Holy Spirit can detect Satan’s attempts to harden our hearts against those who need us to share God’s love with them. Be alert when your discernment alarm goes off. It’s the Holy Spirit saying “Beware!! Devil at work!!” You must be locked into the Holy Spirit 24/7/365 if you want to avoid and thwart Satan’s wily moves. Since the Holy Spirit dwells in the hearts of all believers we don’t have to do anything special. We just have to pay attention to the still, quiet voice when it speaks to us.

To identify Satan’s attempts to harden your heart ask yourself the following questions:

- Do I minister to those who hurt me or do I react without mercy?
- Do I extend grace to those who sin against me?
- Do I love my enemy? (This is a tough one but God instructs us to love our enemy)
- Do I keep a short list of wrongs done to me?
- Do I let go of my anger each day or carry that anger and bitterness with me?

Once you have your Holy Spirit discernment fully functioning it’s time to fill your heart with the truth. **Truth is the best defense against Satan’s lies.** Just ask Adam and Eve! They bought into Satan’s half-truths because they did not know the full truth that our Creator knows what is best for His Creation. We were created to share God’s love with all those whom we come in contact with. God gives us unconditional love so we can share it with everyone. We cannot share love if we are “feeling” attacked, disrespected, ignored or any of the negative emotions Satan uses to divide us. God’s love is the antidote for Satan’s lies.

Verses:

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

Proverbs 28:26 “Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered”.

1 John 3:20 “For whenever our heart condemns us, God is greater than our heart, and he knows everything”.

Proverbs 12:15 “The way of the fool is right in his eyes, but a wise man listens to advise”.

Ephesians 4:18 “They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart”.

Personal Reflection:

Which emotions are leading you to turn on your brothers and sisters? Who can speak truth to you regarding Satan’s lies? Do you have accountability partners or small group partners who can help you work through Satan’s lies and help you see the truth?

Group Discussion:

How can we come around our partners and speak truth to them? Are we sharing God’s love with everyone; even those who hurt us?