



LIFELINE Discussion Guide

Week of February 3, 2025

1. Fill in the blanks with the appropriate answer:

- A baseball catcher wears a _____ over his chest while receiving pitches.
- A police officer wears a _____ underneath his uniform shirt while on duty.
- A SWAT officer wears a _____ over his chest prior to a drug raid.
- A dental patient's chest area is covered with a _____ before X-rays are taken.

What do all these items have in common? Why is it so critical that the chest area be protected?

2. Read Ephesians 6:10-14b. How would you summarize this section of Scripture in your own words? Why has "the armor of God" been provided to every Christian? Who or what is the danger?
3. Are human beings naturally righteous? What does Scripture say in Isaiah 64:6 and Romans 3:10-12? From whom does our sin originate from? (Hint: Genesis 3)
4. 2 Corinthians 5:21 is one of the most important texts in the New Testament that explains how we are "declared righteous" in God's sight. ****READ 2 Cor. 5:21**** How would you explain the 'great exchange' that is described in this verse? What happens to a person when he/she repents of their sins and puts faith in Jesus Christ? (see also Romans 5:1 and Philippians 3:9) Where does the Christian's breastplate of righteousness come from?
5. The Bible says that every Christian is granted the "position" of righteousness. But how should every believer also be "practicing" righteousness in their everyday lives? (Read Ephesians 4:21-24). Give some tangible examples of how Christian people should be living righteously in the real world.
6. How does righteous living everyday help to protect the Christian from the attacks and assaults of Satan? When a Christian lives a holy life, are they "more likely" or "less likely" to struggle with temptations, fears, or doubts? Explain your answer.
7. Paul mentions the "breastplate" another time in 1 Thessalonians 5:5-8. What kind of "mindset" is associated with the breastplate in these verses? How are Christians tempted to be "sluggish", "sleepy", or "distracted" in today's world? What is the remedy according to 1 Peter 1:13 and 5:8?
8. What proactive steps can you take to be more "alert" in righteousness this week? Brainstorm some ideas.

Without righteousness on your chest, you'll never give Jesus your best.

