

Protected by the Breastplate of Righteousness

2 Corinthians 10:4

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

In **Ephesians 6:11**, believers are encouraged to "**put on the whole armour of God**" to stand strong against the attacks of our enemy, Satan (2 Corinthians 10:4; Ephesians 6:12).

Verses 14-17 further explain this concept, urging us to stand firm with the **belt of truth around our waist**, **the breastplate of righteousness** in place, and our **feet prepared with the gospel of peace**.

We are also reminded to take up **the shield of faith** to extinguish the fiery arrows of the evil one (our enemy always sends negative words/emotions to our mind), as well as **the helmet of salvation (guard what you are speaking)** and **the sword of the Spirit, which is the word of God**.

Ephesians 6:10-12

Finally, find strength in the Lord and in His powerful might.

Put on the complete armour of God, so that you can firmly stand against the schemes of the devil.

Remember, our battle is not against other people, but against the rulers, authorities, and spiritual forces of evil in the heavenly realms.

The shield of faith and the breastplate of righteousness are for our protection, while the sword of the spirit is for fighting and setting others free.

The breastplate is protecting our heart

When the Bible speaks about our heart it normally means our mind. The Apostle of Paul even says **the spirit of our mind** in Ephesians 4:23 KJV.

Your mind is the door/ window to your spirit. The only way to affect your spirit is through your mind.

In the New International version it says: “to be made new in the attitude of your minds”;

Your mind is the door to your spirit, and your attitude affects the end result.

That affects **your experience of the fellowship with Jesus.**

Your attitude does not affect your righteousness in Christ, because only God is your righteousness.

Isaiah 54:17

No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgement thou shalt condemn. This is the heritage of the servants of the LORD, **and their righteousness is of me**, saith the LORD.

When God says you are righteous, then you are righteous.

Right standing with God.

Romans 4:3

3 For what saith the scripture? Abraham believed God, and **it was counted** unto him for righteousness.

What about your experience of God’s righteousness?

When You experience God’s righteousness, that changes your mind. The Bible calls it the renewing of your mind, and that will change how you think, and will affect your attitude. That will result

in changed behaviour.

To experience God's righteousness, the only thing you need to do is:

1. Believe that Jesus is your Lord and Saviour.
2. Ask Jesus to come into your life, and fill you with the Holy Spirit.
3. Start thank Jesus by praising Him for this.

When Paul compares the armour of God to military gear, each piece symbolises **a part of God's strength** that He shares with us when we become His children.

The breastplate of righteousness represents the righteousness that Jesus bought for us on the cross.

2 Corinthians 5:21

For he hath made him to be sin for us, who knew no sin; **that we might be made the righteousness of God in him.**

When we repent and believe in Jesus, God gives us a "breastplate" that is specifically designed to protect our hearts and souls from evil and deception.

Our own acts of righteousness are no match for Satan's attacks.

Isaiah 64:6

But we are all as an unclean thing, and all our righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away.

The breastplate of righteousness bears Christ's name, reminding us that our own righteousness is not enough to protect us.

We must wear His righteousness.

We are told to "put on" this armour, which means we don't automatically wear it all the time.

Putting on the armour of God requires a deliberate decision on our part.

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To put on the breastplate of righteousness, we must first have the belt of truth firmly in place.

Without truth, our righteousness becomes based on our own efforts to impress God.

This can lead to legalism or self-condemnation.

Romans 8:1

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

We see ourselves as "in Christ," and regardless of our failures, **His righteousness is credited to our account.**

We "put it on" by seeking God and His righteousness above everything else (Matthew 6:33).

We make Jesus and His ways the centre of our lives

Psalm 91:1

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

We embrace His desire and His ways to become our ways.

Isaiah 61:10

I will greatly rejoice in the Lord, my soul shall be joyful in my God; for he hath clothed me with the **garments of salvation**, he hath covered me with **the robe of righteousness**, as a bridegroom decketh himself with ornaments, and as a bride adorned herself with her jewels.

Psalm 37:4

Delight thyself also in the Lord: and he shall give thee the desires of thine heart.

When God reveals an area that needs to change, we surrender and The Holy Spirit works from inside of us TOWARD OUR OUTSIDE

BEHAVIOUR.

Ephesians 6:16

In addition to all this, take up **the shield of faith**, with which you can extinguish all the flaming arrows of the evil one.

To achieve victory as mentioned in 2 Corinthians 10:5, it is crucial to have our breastplate of righteousness in place.

2 Corinthians 10:5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

This allows us to demolish speculations and every lofty thing that goes against the knowledge of God.

We must also take every thought captive, making it obedient to Christ.

By swiftly rejecting demonic ideas, idolatry, and the counsel of the ungodly, while keeping our focus on Jesus, who is the author and finisher of our faith, we ensure that our breastplate remains securely fastened.

Our mind is the battlefield

Recognize the power of your thoughts and Take authority over them

Romans 8:37

No, in all these things we are more than conquerors through him who loved us.

In the past, I used to believe and constantly express that everything in life was a struggle for me.

I felt like I had to put in more effort compared to others in order to achieve my goals.

Unsurprisingly, I encountered numerous challenges while trying to find new opportunities.

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However, as I went deeper into the power of our thoughts, I came to realise that continuously rehearsing this belief, which wasn't necessarily true, was hindering me from experiencing the fullness of God's blessings.

I began to gain an understanding of God's Grace, favour, and mercy, and made a conscious choice to align my thoughts with His word.

It's important for us to acknowledge that **holding onto any false beliefs about ourselves can prevent us from embracing the life that God originally intended for us.**

Replace the Negative thought or lie with truth and Scripture

Colossians 3:2

Set your minds on things above, not on earthly things.

As the scripture states, it is important to align our thoughts with what God says about us.

By doing so, **we will witness the promises of God manifesting in our lives.**

As you exercise your authority in Christ and choose better thoughts for yourself, your mind will grow stronger in this practice.

Remember, it is crucial to be intentional about your thoughts and align them with God's truth.

By doing so, you will experience the transformative power of God in your life.

How do I reject my fleshly and negative thoughts?

By immersing myself in the promises of God's Word and **speaking declarations based on His Word**, my mind will be saturated with the thoughts and desires that align with God's will for me.

Filling Your Mind with the Promises of God:

A Guide to Declarations and Positive Thinking

I. Understanding the Power of Declarations

The Power of Declarations: That is filling Your Mind with God's Promises.

In a world filled with chaos and uncertainty, our minds can often become cluttered with **negative thoughts and limiting beliefs.**

But the promises of God serve as our guiding light, empowering us to overcome obstacles and live a life of purpose and abundance.

So, we will go a little deeper into this life-changing practice and discover the incredible impact it can have on our spiritual journey.

Part 2

The Promises of God:

As we navigate through life's ups and downs, it is essential to anchor ourselves in the promises of God.

These promises are **not only words** but divine assurances that provide us with hope, comfort, and guidance.

They remind us of God's unwavering love, His faithfulness, and His desire to bless us abundantly.

By immersing ourselves in His promises, we fill our minds with the truth of His Word, fortifying our faith and aligning our thoughts with His divine plan for our lives.

The Power of Declarations:

Now that we understand the significance of God's promises, let us explore the power of declarations.

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Declarations are affirmative statements rooted in the truth of God's Word.

They serve as powerful tools **to reshape our thinking**, dismantle negative patterns, and align our hearts and minds with God's will.

When we speak these declarations with unwavering faith and conviction, we activate the divine spiritual power within us.

Through declarations, we move from simply knowing God's promises to personally experiencing their manifestation in our lives.

They serve as a bridge between belief and action, propelling us to live out our faith in tangible ways.

As we consistently declare God's promises over our lives, **we invite His transformative presence to work within us**, renewing our minds and empowering us to walk in victory.

The Process of Filling Your Mind:

Now that we understand the significance of filling our minds with God's promises and the power of declarations, let's explore the **practical steps** to incorporating this practice into our daily lives:

1. **Immerse Yourself in God's Word:** Begin by diving deep into the Scriptures, where you will find an abundance of promises waiting to be embraced.

Meditate on these promises, internalising their truth and allowing them to take root in your heart.

2. Choose Declarations Wisely: Select declarations that resonate with your current circumstances and areas of growth.

These declarations should align with God's promises and reflect the desires of your heart.

3. Speak with Faith and Authority: When declaring God's promises, do so with unwavering faith and authority.

Speak them out loud, as if proclaiming them to the heavens,

knowing that God's Word never returns void.

4. Embrace Consistency: Incorporate declarations into your daily routine.

By consistently filling your mind with God's promises, you create a powerful habit that reinforces your faith and strengthens your connection with Him.

5. Surround Yourself with Support: Seek a community of like-minded individuals who encourage and uplift you on your spiritual journey.

Together, you can share declarations, testimonies, and insights, fostering an environment of growth and empowerment.

Let us remember the transformative power of filling our minds with the promises of God and the practice of declarations.

By immersing ourselves in His Word, speaking His truths over our lives, and embracing unwavering faith, we invite His presence to work miracles in and through us.

Let us embark on this journey of filling our minds and hearts with the promises of God, trusting in His faithfulness and experiencing the abundant life He has designed for us.

May this practice bring you closer to the truth, deepen your relationship with God, and empower you to live a life of purpose and joy.

- Examples of biblical declarations and their positive impact on our lives.

- I am a citizen of heaven (Philippians 3:20).
- I am hidden with Christ in God (Colossians 3:3).
- I have not been given a spirit of fear, but of power, love and self-discipline (2 Timothy 1:7).
- I am born of God and **the evil one cannot touch me** (1 John 5:18).
- I am blessed in the heavenly realms with every spiritual blessing (Ephesians 1:3).
- I am chosen before the creation of the world (Ephesians 1:4, 11).
- I am holy and blameless (Ephesians 1:4).

III. Techniques for Filling Your Mind with God's Promises

IV. Overcoming Challenges and Obstacles

- Acknowledge that filling our minds with God's promises can be challenging at times.
- Discuss common obstacles and doubts that may arise.
- Provide strategies for overcoming these challenges, such as seeking support and accountability.

Conclusion:

In conclusion, declarations play a vital role in our spiritual journey as they bridge the gap between simply knowing God's promises and experiencing the manifestations in our lives.

They propel us to live out our faith in tangible ways, turning beliefs into actions.

By consistently declaring God's promises over our lives, we invite His transformative presence to work within us, renewing our minds and empowering us to walk in victory.

Now that we understand the significance of filling our minds with God's promises and the power of declarations, let's explore the practical steps to incorporating this practice into our daily lives in a more intentional and meaningful way.

First, immerse yourself in God's Word.

Dive deep into the Scriptures, where you will find an abundance of promises waiting to be embraced.

Meditate on these promises, internalise their truth, and allow them to take root in your heart.

Next, choose your declarations wisely.

Select declarations that resonate with your current circumstances and areas of growth.

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Be intentional in the words you speak, aligning them with God's truth and the desires of your heart.

Remember, declarations have the power to shape our reality, so choose them wisely and speak them with conviction.

Incorporating these steps into your daily life will help you cultivate a **mindset** rooted in God's promises and open yourself to His transformative work.

As you consistently declare His promises, you will experience His presence and power in a real way, leading to a life filled with faith, victory, and the manifestation of God's blessings.

LET CHRIST SHIFT YOUR MINDSET AND EXPECT THE GOODNESS OF GOD to flow in your life