

Stand Having On the Breastplate of Righteousness



Armed with Righteousness

1 Nephi 14:14

And it came to pass that I, Nephi, beheld the power of the Lamb of God, that it descended upon the saints of the church of the Lamb, and upon the covenant people of the Lord, who were scattered upon all the face of the earth; and they were armed with righteousness and with the power of God in great glory.

You can be armed with righteousness and with the power of God, which will make you invincible to the enemy.

Satan is Powerless

1 Nephi 22:26

And because of the righteousness of his people, Satan has no power; wherefore, he cannot be loosed for the space of many years; for he hath no power over the hearts of the people, for they dwell in righteousness, and the Holy One of Israel reigneth.

Wow! Righteousness renders Satan powerless! You can do this, even right now in your own life!

How Does a Breastplate Relate to Righteousness?

The breastplate protects the heart. Righteousness also protects your heart.

Romans 10:10

For with the heart man believeth unto righteousness;

What Makes a Heart Righteous?

We usually refer to thinking in the head or mind, but it seems that the thoughts of the heart are very important in determining whether a person is righteous or not.

Matthew 9:4

And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts?

Proverbs 23:7

For as he thinketh in his heart, so is he.

What Does it Mean to Think in Your Heart?

The enemy of all righteousness has the power to put thoughts into your mind. But only you have the power to allow those thoughts into your heart. The thoughts we allow into our hearts are those that we believe and ponder on, so be careful what you allow into your heart.

3 Nephi 1:22

And it came to pass that from this time forth there began to be lyings sent forth among the people, by Satan, to harden their hearts, to the intent that they might not believe in those signs and wonders which they had seen; but notwithstanding these lyings and deceivings the more part of the people did believe, and were converted unto the Lord.

2 Nephi 4:16

Behold, my soul delighteth in the things of the Lord; and my heart pondereth continually upon the things which I have seen and heard.

Actions whether right or wrong begin with thoughts, the kind of thoughts that are pondered on in the heart.

How Can You Change What is in Your Heart?



Repentance

Acts 8:21-22

Thou hast neither part nor lot in this matter: for thy heart is not right in the sight of God. Repent therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee.

Many people think of repentance as a horrible thing, relating it to guilt and shame, but in fact, it is quite the opposite! Of course, that is the enemy again telling lies in order to hide the truth. Repentance is a wonderful thing related to peace and joy!

Alma 36:24

Yea, and from that time even until now, I have labored without ceasing, that I might bring souls unto repentance; that I might bring them to taste of the exceeding joy of which I did taste; that they might also be born of God, and be filled with the Holy Ghost.

The breastplate covers the stomach. Like being hungry for food, you should desire righteousness.

3 Nephi 12:6

And blessed are all they who do hunger and thirst after righteousness, for they shall be filled with the Holy Ghost.

How Can You Become Righteous?

Agency

The sacrament is a renewal of your baptismal covenant. To partake of the sacrament worthily you need to choose to repent. Then as you partake, you are recommitting to use your agency to keep the Lord's Commandments.

Just as the Sacrament prayer says, always remembering the Savior and keeping His commandments will make it possible for you to have His Spirit to be with you. When you eat and drink the sacrament worthily and sincerely you will be fed spiritually, and changed.

None of us are able to keep all of God's commandments all of the time. We make mistakes, and our Father in Heaven knew that we would. That is why he gave His Son Jesus Christ to pay the price for our sins. You can choose to accept the atoning sacrifice He offers, He will help you to change.

Jesus Christ's Atoning Sacrifice



Jesus Christ willingly gave His great atoning sacrifice for you. The bread and water of the sacrament represent Jesus' body and His blood which He gave. He experienced all of your pain and sorrow. He paid the awful price for all of your sins. He allowed Himself to be tortured and killed. He did all of this so that you could repent and be free from sin, death, and the devil.

Partake of What Jesus Offers

Jesus is the Bread of Life and the Living Water.

John 6:35

And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

Jesus offers the Fruit of the Tree of Life.

Alma 6:62

Come and be baptized unto repentance, that ye also may be partakers of the fruit of the tree of life.

When you believe in Jesus Christ, and come to Him for repentance you are hungry and thirsting after righteousness.

Alma 5:33-34

Behold, he sendeth an invitation unto all men, for the arms of mercy are extended towards them, and he saith: Repent, and I will receive you. Yea, he saith: Come unto me and ye shall partake of the fruit of the tree of life; yea, ye shall eat and drink of the bread and the waters of life freely;

So come to Jesus, believe that He loves you and has sacrificed His life for you, and repent. He will feed you with His Spirit and your heart will change.

Helaman 15:7

As many of them as are brought to the knowledge of the truth, and to know of the wicked and abominable traditions of their fathers, and are led to believe the holy scriptures, yea, the prophecies of the holy prophets, which are written, which leadeth them to faith on the Lord, and unto repentance, which faith and repentance bringeth a change of heart unto them—

You Will Be Strengthened

The Breastplate of Righteousness that the Lord will give you will change you, it will strengthen you.

Isaiah 45:24

Surely, shall one say, in the Lord have I righteousness and strength: even to him shall men come; and all that are incensed against him shall be ashamed.

Breastplate of Righteousness Printable

Activity

This Repentance and Agency worksheet can help you to make repentance a daily practice.

Begin by writing down negative actions that you have done and feelings that you have felt, along with the false thoughts and beliefs that you have had. Next, pray for a desire to change, ponder about how the Lord would act, feel, think and believe. Write down a better way to act and to feel and for each negative thought and belief. Then, think of what you have learned from these experiences and write it down. End by, sincerely praying to God about everything you have written.