

# Discovering The Breastplate Of Righteousness



CHRISTIAN WOMEN'S CORNER  
7-DAY DEVOTIONAL JOURNAL

# Welcome

## IT'S TIME TO DIG A LITTLE DEEPER INTO THE BREASTPLATE OF RIGHTEOUSNESS.

This 7-day devotional journal was created to complement our blog post [Discovering The Breastplate Of Righteousness](#). Journaling is a great way to help you digest what you're learning through the written word. We hope you find this useful while you're discovering the breastplate of righteousness.

Enjoy your journaling time!

[www.ChristianWomensCorner.com](http://www.ChristianWomensCorner.com)



# *Copyright Notice*

**© CHRISTIAN WOMEN'S CORNER**

**All rights reserved. No portions of this guide may be replicated, modified, claimed, shared, or re-sold without express permission from the Christian Women's Corner creator:**

**Alicia Bowyer**

# Table Of Contents

---

God's Promises Are Always Fulfilled	4
Journal Your Thoughts	5
When Tragedy Strikes	6
Journal Your Thoughts	7
Fear or Faith	8
Journal Your Thoughts	9
Standing Alone	10
Journal Your Thoughts	11
The Desire of Your Heart	12
Journal Your Thoughts	13
Family Ties	14
Journal Your Thoughts	15
Facing the Unknown	16
Journal Your Thoughts	17



## God's Promises Are Always Fulfilled

"Abram believed the LORD, and he credited it to him as righteousness." –  
Genesis 15:6

Abram (later renamed Abraham by God) had a vision from God. In it, God shared that He would reward his faithful servant and bless him.

When Abram heard the words, he must have felt a moment of sadness. He would have been delighted to know God planned to bless him. But Abram had no heirs he could pass this blessing along to.

Abram said, "You have given me no children; so a servant in my household will be my heir." (Genesis 15:3)

You can almost hear the pain as he voices the words. There's no son for Abram to bounce on his knee, say bedtime prayers with, or teach how to hunt and fish. There's only the ache of all the things that could be.

Yet God makes a promise to the childless man. Directing him to the night sky, God instructs His servant to count the stars above as if that were possible.

Then he said to him, "So shall your offspring be." (Genesis 15:5)

It would be years before Abram would see God's promise fulfilled. But he still believed. He held onto his faith even when the circumstances around him made God's promise seem laughable at best and impossible at worst.

Many years later, Abram's faith would be rewarded with what he craved most—a precious son, a beautiful gift from God!

***God, give me faith. I can't yet see all the beautiful promises you'll fulfill in my life, but I believe You will! In Jesus' name, Amen.***

## Journal Your Thoughts

1. Have you ever faced an “impossible” situation? What did it look like?

---

---

---

---

---

---

---

2. How have you seen God move in your life in the past?

---

---

---

---

---

---

---

3. What promise has God given you that you’re waiting to see fulfilled?

---

---

---

---

---

---

---

# When Tragedy Strikes

“In the land of Uz there lived a man whose name was Job. This man was blameless and upright; he feared God and shunned evil.” – Job 1:1

Job was one of the wealthiest men in his area. He owned vast flocks and herds. He had a large number of servants and ten children. Everything in his life seemed to be going well.

Until tragedy struck.

Again and again.

His flock was destroyed. His children were killed. His body was stricken. His wife told him to curse God and die. His friends, the people that were supposed to offer him comfort, gather around him to insist he must have committed some great evil.

Maybe you can relate. Everything in your life was on track until that tragedy. Perhaps it was the cancer diagnosis, the lost job, or the discovery that your child was abusing drugs.

Suddenly, your world is in chaos, and as you seek to understand, you might be tempted to believe you've done something wrong. But being righteous doesn't mean that you'll never suffer. You can do everything right (just as Job did) and still experience incredible loss and grief.

The question to ask in these moments isn't, "What have I done?"

In these moments, the question to ask is, "Is my God still worthy of praise?"

Job seemed to think so. Listen to his bold declaration, "The Lord gave and the Lord has taken away; may the name of the Lord be praised." (Job 1:21)

**God, when I'm in the middle of tragedy, help me to remember Your goodness. Let Your name be my peace and my comfort. In Jesus' name, Amen.**

## Journal Your Thoughts

1. What tragedy have you faced?

---

---

---

---

---

---

---

2. Who has been a comfort to you in the middle of tragedy?

---

---

---

---

---

---

---

3. What would you say to someone walking through a tragedy like yours?

---

---

---

---

---

---

---

---

## Fear or Faith

But the angel said to her, “Do not be afraid, Mary; you have found favor with God.” – Luke 1:30

Mary was in the middle of a typical workday when the angel of the Lord showed up to greet her. His first words were ones of reassurance, stating, “The Lord is with you.”

While the beginning of the message might sound like an odd way to start, it soon becomes apparent why that greeting was chosen. Mary is pregnant with Jesus, the Son of God, conceived supernaturally.

This was a moment when Mary could have dissolved into fear and frustration. In her time, when a woman became pregnant outside of wedlock, she could be facing the loss of her betrothed, the love of her family, and even experience rejection by her community.

Yet, she takes the news with surprising courage of all these possibilities.

“I am the Lord’s servant,” Mary answered. “May your word to me be fulfilled.” (Luke 1:38)

There are moments when God may ask you to do something you find scary. It may put you in a place where your future is uncertain, and you risk the rejection of those around you. But just as God promised to be with Mary, He is also with you!

***God, when you call me out of the ordinary and into the extraordinary, help me to remember Mary and her faith. I know You work all things for my good, and You are with me. In Jesus’ name, Amen.***

## Journal Your Thoughts

1. Has God ever asked you to step outside your comfort zone?

---

---

---

---

---

---

---

2. How do you respond when something surprising or unusual happens?

---

---

---

---

---

---

---

3. What would you say to Mary if you talked to her today?

---

---

---

---

---

---

---

## Standing Alone

“Noah was a righteous man, blameless among the people of his time, and he walked faithfully with God.” – Genesis 6:9

Noah was living in a world filled with wickedness. Humanity was so evil that it broke God’s heart, and the state of the earth grieved Him deeply. It was from this place God decided it was time for a drastic “reset.”

But while God was contemplating this, He found one righteous man. Noah wasn’t like the others. He and his family were set apart, choosing to be righteous and shine the light of God.

All around Noah was corruption, sin, chaos, and evil. He could have easily given in to temptation and said, “Everyone else is doing it.”

Maybe you’ve faced temptation and wondered why you should stay holy and righteous. After all, everyone else is looking at pornography, cheating on their spouse, or avoiding their taxes. Why can’t you?

Yet Noah is a reminder that you don’t have to follow what the rest of the world is doing. You can choose to be blameless and righteous. The way to do this is to refuse to focus on those around you. Instead, fix your gaze on God and the holy life He desires you to live.

***God, when temptation is near, remind me again to be righteous. Help me live like Noah—blameless in the middle of an evil generation. In Jesus’ name, Amen.***

## Journal Your Thoughts

1. What are you tempted to do because “everyone else is doing it”?

---

---

---

---

---

---

---

2. How do you respond to peer pressure? Do you go along with the crowd, or are you willing to stand out?

---

---

---

---

---

---

---

3. What would you like to ask Noah about resisting temptation? How do you think he was able to do it?

---

---

---

---

---

---

---

## The Desire of Your Heart

“Because the Lord had closed Hannah’s womb, her rival kept provoking her in order to irritate her.” – 1 Samuel 1:6

Elkanah had two wives, named Peninnah and Hannah. Peninnah could bear children for her husband, but Hannah was not.

In a culture that valued women for their ability to provide heirs, this means that Hannah had very little worth. But her husband, Elkanah, still loved her dearly, and when it was time for the annual feast, he would always gift her with a double portion of food.

Unfortunately, Peninnah was not kind to Hannah and used the annual feast as an excuse to torment Hannah each year. She would provoke the other woman and wouldn’t stop until Hannah was weeping.

For all the insults, there’s no record that Hannah ever responded directly to her tormenter. She showed no hatred or unkindness. Instead, she focused on seeking God and let her request be made known to Him.

God heard her prayers, and in time, He granted her a son she named Samuel. Samuel would grow up to become the prophet who would lead the nation of Israel during some difficult and dark days.

Sometimes, others will mock and torment you for reasons outside your control. You can’t help what those people do, but you can control your response. You can seek God and choose righteousness. Perhaps in time, God will show you favor and grant your desire just as He did for Hannah.

***God, give me the grace to endure when I’m mocked. Show me how to return love for hatred, and let me seek You all the more. In Jesus’ name, Amen.***

## Journal Your Thoughts

1. What's the biggest desire of your heart?

---

---

---

---

---

---

---

2. Have you ever had others torment or mock you for reasons outside of your control?

---

---

---

---

---

---

---

3. If you saw Hannah at the annual feast, what would you say to encourage her?

---

---

---

---

---

---

---

## Family Ties

“Asa did what was right in the eyes of the Lord, as his father David had done.” - 1 Kings 15:11

King Asa was king of Judah for forty-one years. The interesting thing about King Asa is King David wasn't truly his father. Instead, an evil man named Abijah was Asa's father.

But when Asa took the throne, he faced a choice. He could rule like Abijah had, being evil and refusing to seek God. Or he could establish himself as a new generation and seek the Lord. Perhaps he was so inspired by David's example that he chose to view David as his father.

Asa was devoted to God, and he had the idols that his ancestors served destroyed. Later, when his grandmother created a false image to worship, he removed her from her position as “Queen Mother” (1 Kings 15:13).

Clearly, Asa sought to do what was right during his life. Even though it went against what his family stood for, he wanted to honor God.

Sometimes in life, seeking God means that you have to go against others. Maybe your birth family doesn't understand your newfound faith. Perhaps your community doesn't agree with your traditional beliefs.

But don't forget that you are not the first person to stand for righteousness, and you do not stand alone. God is with you!

***Dear God, help me to remember that You are my family. I choose to seek You and Your will above all else. In Jesus' name, Amen.***

## Journal Your Thoughts

1. How are you different from your friends and family?

---

---

---

---

---

---

---

2. When was a time you stood alone in your life? How did you deal with it?

---

---

---

---

---

---

---

3. What would you say to a struggling Christian who feels alone in their beliefs?

---

---

---

---

---

---

---

## Facing the Unknown

But Ruth replied, “Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.” – Ruth 1:16

Ruth loved her mother-in-law, Naomi. After they were both widowed, Naomi sought to return to her hometown and urged Ruth to return to her own people.

But Ruth stubbornly refused. She went with Naomi, traveling to a land where she was a stranger and didn’t understand the customs. All she knew was that she wanted to look after Naomi for the rest of her days.

While she was there, Ruth caught the eye of Boaz as she gathered in his fields. He looked kindly on her and made sure she was well-treated. When he learned her husband had been related to his family, he sought to “redeem” Ruth and married her.

Sometimes, doing the right thing means we have to walk into a new place. These new places could be literal, such as moving to a different country, or figurative, like forgiving a spouse.

But either way, know that God is watching over you. He is your Redeemer, and He can take your situation and make something beautiful from it.

***God, please give me courage in the middle of the unknown. Help me to choose righteousness even when it’s scary and hard. I know You are always with me, and You will redeem this situation. In Jesus’ name, Amen.***

## Journal Your Thoughts

1. Have you taken someone under your wing and looked out for them like Ruth did?

---

---

---

---

---

---

---

2. What new place is God calling you to?

---

---

---

---

---

---

---

3. How has God redeemed a difficult situation in your life?

---

---

---

---

---

---

---

# Congratulations!

**You completed the 7-day devotional journal!**

**Our hope is that you will grow to discover more about the breastplate of righteousness and remember to put in on every day.**



# Join Our Facebook Group For Friendly Accountability And Community



**The Christian Women's Corner private Facebook group was created with you in mind. CWC's goal is to provide and facilitate encouragement, accountability, and community for Christian women.**

**The CWC private Facebook group includes both Christian Women's Corner and Good Morning Girls resources.**

## **What is Good Morning Girls?**

**Good Morning Girls meets online daily to keep each other accountable in God's word and in prayer as we read through the Bible cover to cover just one chapter a day.**

**We're excited and hope you will join our private Facebook group to start reading the word of God daily and have the accountability to keep up this habit and read through the entire Bible with us.**

**To find out more about the Christian Women's Corner Facebook group, please click the green button below.**

**CLICK HERE**

# About The Author



Alicia Bowyer created Christian Women's Corner after talking to a good friend one day. They discussed how hard it was to keep up with daily prayer, Bible reading, and telling others about Jesus who didn't share their faith. She knew that some might not struggle with these three things, but many do.

She wanted to take the knowledge that she gained from over 40 years on her Christian walk and help others.

Alicia lives in Barrie, Ontario, Canada, with her family, whom she loves dearly.

To find out more, visit: [www.ChristianWomensCorner.com](http://www.ChristianWomensCorner.com)