



Lesson 9

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

Battle Plan—Prayer

Having a Chat With God

Kids, we've been learning about a big battle we're in—it's not with swords and shields, but it's just as important. It's a battle against a tricky enemy named Satan. But don't worry, God has given us special tools to stay strong!

Now, think about this: If you play on a soccer or basketball team, does your coach let you run around doing anything you want during a game? Nope! Your coach gives you a plan so you can play well and win. Jesus is like the best coach ever, and He's given us a super plan to win this battle. Can you guess what it is? You got it—prayer!

So, what's prayer? It's like having a chat with God. You can tell Him anything—what you're happy about, what makes you sad, or even ask for help. The Bible says in a book called Philippians, "Don't be a worry-wart; talk to God about everything and don't forget to say thanks!"

How do we pray? We get a little help from our friend, the Holy Spirit. Sometimes we're not sure what to say to God, but the Holy Spirit is like a translator who tells God exactly what's in our hearts, even without words. If you've asked Jesus to be your friend forever, the Holy Spirit is like your personal prayer guide.

When should we pray? Another part of the Bible, Ephesians, says to pray all the time. But that doesn't mean we can't do anything else! It just means we keep God in our thoughts and talk to Him no matter what we're doing.

Let's make a fun chart together! We'll write down all the different things we can pray for, like our families, friends, and even people we don't know who need help. And we'll think of all the wacky places we can pray—like while taking a shower, waiting for your burger at McDonald's, snuggled in bed, or riding the bus to school.

Power Point

Prayer helps us fight and win the spiritual battle.

MEMORY VERSE

Ephesians 6:11, "Put on the whole armor of God, that you may be able to stand against the schemes of the devil."

Game: Telephone

Play a good old-fashioned round of telephone. Have all the kids sit in a circle or straight line on the floor. Whisper a phrase into the first child's ear, then have them whisper it to the next child, on and on until it reaches the last child.

Have the last child say out loud what they heard. Tell them the original phrase, and share a laugh at how it changed.

Use tricky tongue twisters to throw the kids off.

For example:

- Giddy goats gobbled green grapes greedily.
- Six sleek swans swam swiftly southwards.
- How can a clam cram into a clean can?
- Sandy sells sandy shells on the slushy slopes.

After a few rounds, discuss how the message got muddled from one person to the next, but when we talk with God, He always understands exactly everything we say, even when we don't say things out loud.

Take-Home

Summary

Bible Passages:

Phil. 4:6; Ro. 8:26-27; Eph. 6:18

Main Point:

Prayer helps us fight and win the spiritual battle.

Unit Theme:

Prepare yourself for the spiritual battles of life by putting on the whole armor of God.

Our Strategy for Kids:

- To hear the Gospel
- To receive Christ
- To be baptized in water
- To grow strong in God
- To be empowered by the Holy Spirit
- To step up and be leaders in an ungodly world

Explore the Bible

Read Philippians 4:6. Ask: What should we pray for?

Read Romans 8:26-27. Ask: How can we pray?

Read Ephesians 6:18. Ask: When should we pray?

Family Activity

Make prayer booklets. These booklets can help the children remember what to pray for and serve as a place to record their prayers. You may want to pre-make the booklets for younger children, and just have the kids decorate them.

Look up online “one page mini book” for instructions on how to make this craft.

Apply and Pray

Prayer is like talking to a friend, and when we pray, we’re talking to God. Just like the knights in shining armor from our stories, who always stay in touch with their king, we can talk to God anytime, anywhere. We can thank Him for the good things, ask for help when we’re scared or sad, and even tell Him about our day. When we pray, we’re putting on God’s Armor, making us strong and brave.

Teach your family the five-finger prayer or the armor prayer. (See page 2)

Parents:

At church we have been learning about the Armor of God. Armor is not meant as decoration. It is to be worn with due diligence,

ever ready to defend the wearer from attacks of the enemy. But how do we put it on? Through prayer.

Our Responsibility as Armor Wearers

We are to:

- speak “the **truth** in love” (Ephesians 4:15);
- “die to sin and live to **righteousness**” (1 Peter 2:24);
- work out our **salvation** “with fear and trembling” (Philippians 2:12);
- “live in **peace** with one another” (1 Thessalonians 5:13);

- “stand firm in the **faith**” in the face of adversity (1 Corinthians 16:13); and equip ourselves with **God’s Word**, which is “profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work” (2 Timothy 3:16).

The Five-Finger Prayer

Teach your family the five-finger prayer:

First you pray for those close to you. (As the **thumb** is close to the body when you hold up your hands in prayer.) Second you pray for those who point to God, like teachers and missionaries. (As the first finger is the **pointer finger**.) Third you pray for authority, like the president. (As the **middle finger** is the tallest.) Fourth you pray for the oppress and weak, like orphans, widows, prisoners and the sick. (The **ring finger** is the weakest.) Fifth, you pray for yourself. (The **pinky** is last. You are last to remind yourself to consider others as more important than yourself.)

The Armor Prayer

I put on the helmet of salvation to guard my mind. (*Point to your head*) I think the thoughts of Jesus.

I put on the breastplate of righteousness to guard my heart. (*Point to your heart*) I am righteous in Jesus.

I put on the belt of truth. I don’t believe any lies, and I don’t tell any either. (*Pretend to put belt on*)

I put on the Gospel shoes of peace because I am on a mission for Jesus. (*Stomp your feet*.)

I take the shield of faith (*hold up a shield*) to stop all the darts of the enemy.

I take the sword of the Spirit (*stab with a sword*), which is the Word of God, and I defeat the devil.

Lord's Prayer Bookmark

Instructions

Photocopy the following page on heavy paper so your students can color on it if they want. Cut the copies in half and give one to each child. Show them how to fold it so that it sits on its own



Daily Prayer Challenge

Challenge your students to pray this prayer every day for the next week. Tell them that you will join them and pray the prayer daily yourself.

— THE —
**LORD'S
PRAYER**

Our Father which art
in heaven, Hallowed
be thy name.

Thy kingdom come,
Thy will be done in
earth, as it is in
heaven.

Give us this day our
daily bread.

And forgive us our
debts, as we forgive
our debtors.

And lead us not into
temptation but deliver
us from evil: For thine
is the kingdom, and
the power, and the
glory, for ever.
Amen.

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