



Lesson 7

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

The Helmet of Salvation

Wear Your Helmet

Hey kids, today we're talking about a super special helmet—the Helmet of Salvation. Who here likes to zoom around on bikes or skateboards? Do you wear your helmets? Yep, because it keeps your noggin safe! Soldiers in armor wear helmets too, so they don't get bonked on the head in battle.

Teach the importance of salvation through Jesus Christ. Discuss how it represents our protection and how it keeps us from being deceived by the enemy.

We're kind of like those soldiers

because we're in a big, invisible battle against wrong choices and bad stuff. And guess what? God gives us our very own helmet, but it's not for our heads—it's for our hearts. It's called the Helmet of Salvation.

Salvation is a big word that means Jesus helps us say "no" to bad things because He loves us so much. He did something amazing so we could be His friends forever. We just need to say, "I'm sorry for the bad stuff," believe that Jesus is super strong to help us, and tell Him, "You're my number one hero!" That's how we wear our Helmet of Salvation and keep our hearts super safe.

Power Point

Our salvation comes from Jesus and it is a lasting protection until the day we are with Him in heaven.

MEMORY VERSE

Ephesians 6:17, "Take the helmet of salvation and the sword of the Spirit, which is the word of God."

Object Lesson: Safety Helmet

Class: (Gather as many different types of helmets as you can. Borrow these or buy them at a thrift store.)

Show & Tell: Simply present a safety lesson on wearing helmets for sports, bike riding, skateboarding, etc. *(Come from the point-of-view of a conscientious mom. Let your class tell you why each helmet is important to wear.)* Explain that a football coach wouldn't even let a player on the field without a helmet. They should never skateboard, ride a bike or motorcycle, or even be the batter at a baseball game without a helmet on.



Apply: Then say that a Christian should never be without his/her helmet of salvation because life is a spiritual battle and we must be prepared.

Take-Home

Summary

Bible Passage:

2 Cor. 10:4-5;
1Thess. 5:8-9

Main Point:

Our salvation comes from Jesus and it is a lasting protection until the day we are with Him in heaven.

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 2 Corinthians 10:4-5. "...taking every thought captive." Why is this important? Because thoughts lead to desires and desires lead to choices. If we believe the wrong thoughts, we will end up making the wrong choices.

Now **read 1 Thessalonians 5:8-9.** Say: No matter what happens in life, if we have salvation through Jesus, we don't have to worry. We can know God's got it. He is on our side. Even death can't separate us from Him. He promises us eternal life in Heaven with Him because of Jesus. There is always hope in Him!

Family Activity

Hold up a safety helmet of some type. Ask someone to share what the helmet does.

Play Helmet Charades: Have family members act out and guess different people who usually wear a helmet such as: motorcycle rider, baseball player, soldier, jockey, fireman, football player, etc. Discuss how a helmet protects each one.

Apply and Pray

One word prayer guides: Use the following words to direct your kid's thoughts for prayer. Give them a few moments to think and pray about each. You may want to write these on sheets of paper or index cards to hold up or print them on a sheet:

Jesus
Family
Friend
School
Teacher
Sad
Afraid
Joyful
Excited