



Quarter 1: The Armor of God

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

Lesson 1 — Win Against Sin

Lesson 2 — Our Enemy—Our Hero

Lesson 3 — Belt of Truth

Lesson 4 — Breastplate of Righteousness

Lesson 5 — Shoes of the Gospel of Peace

Lesson 6 — Shield of Faith

Lesson 7 — Helmet of Salvation

Lesson 8 — Sword of the Spirit

Lesson 9 — Prayer

Lesson 10—Declare Boldly

Lesson 11—Armor Party



Lesson 1

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

How to Win Against Sin

God Helps Us Win



Hey there, kids! How many of you have heard of movies like **The Incredibles** or **Kung Fu Panda**? You know how there are always good guys and bad

guys in those movies? The good guys are heroes, and the bad guys are the ones causing trouble.

In real life, we have a hero too, and that's **God**! But there's also a bad guy, and his name is **Satan**. Satan is like the villain in the movies who doesn't like the hero and tries to mess things up. God and Satan are in a big battle, and guess what? They're fighting over us!

Satan wants us to be on his side and do bad things, which are called sins. But God loves us so much, He wants us to stay with Him and do good things. If we choose to be on God's team, we're saying "no" to sin and "yes" to being awesome!

Now, you might think, "Whoa, being in a battle sounds scary!" But here's the secret: **God is super strong**, and He's always protecting us. The Bible tells us that God is like our superhero shield, and He won't let anything bad happen to us if we trust Him (that's in Psalm 121).

When we say sorry for the naughty things we've done and ask Jesus to help us, we start winning this big battle against sin. Let's shout it out together: **"With Jesus, I can win against sin!"**

And guess what else? God has given us something super special to keep us safe. It's called the **Armor of God**. We wouldn't walk through thorns barefoot, would we? No! Well, we can't live for God without the Armor of God.

It helps protect our hearts and minds when we're tempted to do things we shouldn't. So, remember, with God's armor and Jesus as our friend, we can be super brave and win against anything bad!

Power Point

God can use you
to make a difference
in the world
around you as
He empowers
you.

MEMORY VERSE

1 Timothy 6:12, "Fight the good fight for the true faith. Hold tightly to the eternal life to which God has called you, which you have declared so well before many witnesses." NLT

Introduction Game: Swordplay

This game is great for helping your class learn everyone's name.

Have students sit in a circle with one person in the middle with half of a pool noodle. One person starts by saying their name and then a second person's name. The person in the middle must try to hit the second person with the pool noodle before that person can say their own name and then someone else's. When the person in the middle hits someone before they say both names the person in the middle takes that person's chair and that person becomes the middle person. When the person in the middle is successful and thus gains a chair, they are the ones to start the game again by saying their own name and then someone else's.

Buy Play Armor

If your church has the budget for it, consider buying a couple of sets of play armor to have for this series of lessons. You can find these sets for sale on Amazon, Walmart, or Ebay for \$30 to \$40 each.

Another idea:

orientaltrading.com has lots of inexpensive armor party items for sale.

Take-Home

Summary

Bible Passage:
1 Timothy 6:12

Main Point:

Satan tries to get us to turn against God by getting us to sin. God loves us and gives us the tools (the armor of God) we need to fight against Satan and WIN AGAINST SIN.

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

Let's talk about a Bible hero named Timothy. He was a brave follower of Jesus who fought a very special kind of battle. It wasn't with swords or shields, but with something even stronger—his faith!

In the Bible, in 1 Timothy 6:12, Timothy is told to "fight the good fight of faith." Imagine faith as a God's power that helps us do the right thing, even when it's hard. Timothy used

his faith to stand up for what he believed in and to follow God's path.

Superheroes wear capes, but God gives us something called the Armor of God to protect us every day. It's not armor you can touch, but it's made of things like truth, peace, faith, and salvation. These are invisible tools that keep us strong and safe from things that are wrong or hurtful.

Family Activity

Artwork:

Have paper, markers, tape, glue and scissors available for your family to get creative making individual pictures or a mural for the whole family to work on together. Challenge them to come up with artwork that portrays a Christian using their Armor of God to win a victory over life's battles.

Alternative Idea:

Challenge your family to create the individual pieces of the Armor of God. You could plan to keep these for all of the upcoming lessons in this series.

Apply and Pray

Give each family member a piece of string or yarn that is about 8 inches long. Tell them to move somewhere in the room away from others. As God brings to their mind someone to pray for, have them tie a knot in their yarn as they pray for each until they get to the end of their yarn.

Tell them to keep the knotted yarn to remind them to pray for others.



Lesson 2

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

Satan Our Enemy — Jesus Our Hero

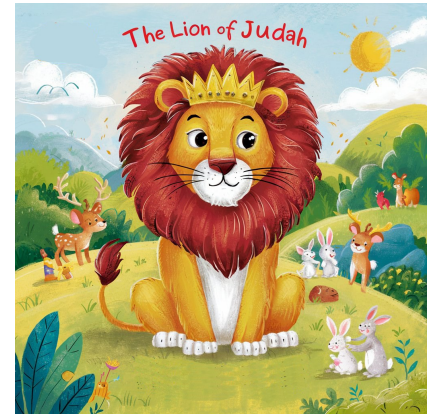
The Tale of Two Lions

Objective: To understand the difference between Jesus as the “Lion of Judah” and Satan as a “roaring lion.”

Materials:

- Bible verses printed on paper (Revelation 5:5 and 1 Peter 5:8)
- Pictures of a lion looking regal and another looking sneaky
- Lion masks or puppets for role-play

Introduction: Start by showing the children the two pictures of lions. (Print supplement pages) Ask them how the lions look different and what kind of “personality” they might have based on their appearance.



Jesus,
“The Lion of Judah”
Revelation 5:5

Read the Verses:

Revelation 5:5: Explain that Jesus is called the “Lion of Judah” because He is strong, brave, and victorious. He is a leader who protects us.

1 Peter 5:8: Contrast this with Satan, who is described as a “roaring lion,” one who is sneaky and looking to cause trouble.

Role-Play:

Use the lion masks or puppets to act out the characteristics of both lions. One child can be the “Lion of Judah,” showing strength and kindness, while another can be the “roaring lion,” pretending to sneak around.

Discussion:

Ask the children why they think Jesus is compared to a lion. Discuss the qualities of a lion that Jesus has (*strength, leadership, protection*).

Do the same for Satan, discussing why he is compared to a roaring lion (*intimidating, deceptive, dangerous*).

Activity: Have the children draw their own “Lion of Judah” and “roaring lion,” depicting the qualities discussed.

Conclusion: Reiterate that while both are called lions, Jesus as the “Lion of Judah” is our protector and leader, and Satan is someone we need to be watchful of, just like the verses say.



Satan,
“The roaring lion”
1 Peter 5:8

Prayer: End with a prayer asking for understanding and the ability to recognize the true “Lion of Judah” in our lives.



**Jesus,
“The Lion of Judah”
Revelation 5:5**



**Satan,
“The Roaring Lion”
1 Peter 5:8**

Take-Home

Summary

Bible Passage:

Ephesians 6:1-13

Main Point:

Jesus is the King of everything and He has a perfect plan for the future.

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

Teach your family about their enemy and Jesus, their Hero so they will "Be aware...but don't despair" (Ephesians 6:1-13)

1. Who Made Who?

- **Jesus** is the best artist ever; He made everything, including the angels! One of those angels was named **Satan**, but he wasn't always bad. In the beginning, he was one of God's special helpers called a Cherubim.

2. The Big Mistake

- Satan tried to act like he was better than everyone, even God! That's called pride, and it's not good. Because of that, he couldn't stay in heaven.
- But guess what? **Jesus** came back to life after dying for us!

3. Truth vs. Tricks

- Satan is known for telling lies, like a villain in a story.

- But **Jesus** is the superhero who always tells the truth. He's a bright light that shows us the right way!

4. The Life Story

- Satan tries to ruin things because he doesn't like it when we're happy.

- **Jesus** is the complete opposite; He's all about giving us a full and happy life. He's our hero who saves the day!

5. Who's the Boss?

- Even though Satan tries to be sneaky, he can only do what God allows. He's not in charge.
- **Jesus** is the King of everything, and He has a perfect plan for the future. Remember, kids, Jesus is the best friend you could ever have. He's always there to help you, and make sure you win in the battles of life!

Family Activity

Have your family make lion masks out of paper plates or draw a portrait of a regal-looking lion and title it: "Jesus, the Lion of Judah."

Apply and Pray

Lead your family in prayer of gratitude for God's protection and ask Him to help you to put on the Armor of God daily so you can win the battles of life each day.



Lesson 3

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

The Belt of Truth

Wear the Belt of Truth

Hey there, little explorers! Today we're going on a special adventure in a book full of amazing stories—the Bible! Let's open it to Ephesians 6 and discover something amazing. If you've got your Bible, flip to that page. Maybe one of you can be the brave reader for today and share Ephesians 6:13-14a with us all. Or, I can read it out loud for everyone to hear.

It takes special safety gear to go skateboarding or to play football. Guess what? We're going to learn about special gear that God gives His children—God's armor! The very first thing we find is the belt of truth. Now, who knows what a belt is for? You got it! It's to keep your pants up so they don't slip down. But this belt, the belt of truth, is extra special. It's like a builder's tool belt. *(Have a tool*

belt as a prop) Can anyone tell me what a builder uses a tool belt for?

That's right, to hold all their tools while they make awesome things!

The belt of truth isn't something you can buy at a store. It's something God gives us, and we learn to wear it every day. How? By learning about God, being kind, and thinking about life and others in a good way.

When we wear the belt of truth, it's like we're learning God's powerful truths and keeping them close to us—just like wearing a belt snug around our waist. It's kind of like Batman's utility belt. Batman has all his gadgets to fight bad guys right there on his belt. And for us, all we need to stand up to sin is the Truth. We are committed to learn and know God's Word because it keeps us grounded in our faith.

Power Point

If we are to stand up to evil, we must be firmly secured by the truth that is found only in Jesus.

MEMORY VERSE

Ephesians 6:14,
"Stand firm then,
with the belt of truth
buckled around your
waist..."

Introductory Activity: Trivia—True or False

Read the trivia questions one by one, ask your students to put their hands on their head if they think it is true or sit on their hands if they think it is false.

Trivia Questions:

T – Ping Pong balls have been known to travel off the paddle at speeds up to 160 km/h.

T - Your tongue is the only muscle in your body that is only attached at one end.

F – Mars is the closest planet to Earth. (*Venus is*)

T - Mosquito repellents don't repel, They hide you. (The spray blocks the mosquito's sensors so they don't know you're there.)

T - Adult elephants can't jump.

F – The "port side" of a ship is the right side. (*Right is the starboard side*)

T - Horses fall asleep while standing.

T- The Statue of Liberty wears sandals.

F- A pineapple grows from a tree. (*from the ground*)

F- Two books of the Bible were written by women. (*All written by men; two are named for women – Ruth & Esther*)

Ask your students if there were any questions they "guessed" on. Ask them why. Hopefully they will say because they didn't know.

Point out that it's like that in life sometimes. We believe the wrong things because we don't know the truth. If we don't know the truth, we can't recognize a lie...and Satan knows it!

We need the Belt of Truth so we can recognize the true versus the false.

Year 3—Quarter 1: The Armor of God



Satan's Lies

Tell your students these examples of lies the world & Satan tells us; Then have them come up with a reason they are FALSE.

- No one cares about me. (*FALSE – God loves and cares about you!*)
- I can't do anything & not worth anything. (*FALSE! God loves you & created you special!*)
- Nothing goes right in my life; I should just quit. (*FALSE!!! God has a plan & we can trust Him!*)
- I'll never pass this test; I should just cheat. (*FALSE!!! Cheating is stealing someone else's answers and will not help me learn. God has a better plan!*)
- I don't want to get into trouble; I can just not tell my parents what really happened. (*FALSE! The truth will eventually come out and you will have lost your parents' trust.*)

Write Truths on the Whiteboard

So, who can tell me some true things about God? (*Write these on the board, keeping as close to the child's wording as you can. If you feel confident enough, draw pictures next to the sentences for the younger children. Stick figures are great.*)

A few important truths that should end up on the board:

- Jesus Christ is God.
- God loves us so much that he sent his Son to die for us.
- We are all sinners and we all need salvation, which only comes from Jesus.
- All we have to do to be forgiven of our sins is say sorry to God, love him, and try to do what he tells us to do in the Bible.
- Jesus is the way, the truth and the life. No one comes to the Father but through him. (*John 14:6*)

Game: Belt Relay

Items Needed: For this game you will need two belts and two pairs of pants. Be sure the two belts are narrow enough to fit easily through the pant belt loops.

Begin: Put each pair of pants across a chair back on the opposite side of the room. Have the students form two lines. Give the first person in line a belt.

Play: The two front students race across the room and loop their belt through the pants on the chair and buckle the belt. They show the leader and then take the belt back out of the pants, lay the pants across the chair and race back to their line. They give the belt to the next person who races across the room and repeats looping the belt in the pants. The game continues until the last student in each line has a chance to finish the race.

Apply: Have your students sit down and explain that today we are learning about the Belt of Truth.

Say: A soldier's belt was designed to hold their clothing up so they didn't trip. In a similar way God's Truth helps us not trip and fall over Satan's lies.

Demonstration: Have a helper demonstrate wrong ways to wear a belt. Have them tie it around their head, ankle, like a purse, etc. Then have a student show everyone the correct way to wear a belt (around the middle!)

Say: The Belt of Truth protects our center or core. The core muscles of our body help us keep our balance. (*Have students stand on one leg.*) It is important to strengthen our spiritual core with God's Truth so we can stand firm and be balanced.

God's Truth also helps us protect our thoughts and emotions because they lead to actions.

Take-Home

Summary

Bible Passage:

Ephesians 6:14

Main Point:

If we are to stand up to evil, we must be firmly secured by the truth that is found only in Jesus.

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: Ephesians 6:14, “Stand firm then, with the belt of truth buckled around your waist...” We need to know what is true and what is not. We need to know what God’s Word says and stand on it, even when it’s hard.

Two truths we need to ALWAYS hang on to are 1) God loves us. and 2) We can trust Him.

Open Bibles to Matthew 4:1-11 and read how Satan tempts Jesus. Point out that Satan didn’t come up with a far-fetched lie, but “twisted” the truth.

Family Activity

Plank Challenge: Have family members see who can “plank” the longest. (Hold the push-up position)

Talk about the importance of strengthening our spiritual core with God’s Truth.

Apply and Pray

Lead your family in a prayer time using this acrostic:

P (Praise) Give praise to God Almighty, Creator & Ruler of the Universe.

R (Repent) Turn away from going our own way and back to Him.

A (Ask for ourselves & others) God wants to give us good things and help us.

Y (Yes & Yield) Thank God for having a plan for your life.



Lesson 4

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

The Breastplate of Righteousness

Wear it Every Day

Let's talk about a super special piece of armor—the Breastplate of Righteousness. But first, let's think about something. We all love God, right? And because we love Him, we try our best not to do bad things, which is called sinning. We want to live in a way that makes God happy, which is called living righteously. Can anyone tell me what 'righteous' means? Yes! You're smart! It means we're living in a way that's good in God's eyes. Now, imagine a knight in shiny armor. What does he have right over his heart? Yes, a breastplate! *(Have a breastplate prop)* Just like that knight, we have a special

piece of armor from God. It's the Breastplate of Righteousness. When we 'wear' it, we're keeping our hearts safe from bad things and learning to live the way God wants us to.

But wait, do we wear this breastplate like a coat? Do we hang it next to our backpacks? Nope! So, how do we put it on? That's right, we talk to God! We ask Him to forgive us when we mess up and to help us make good choices. That's how we 'wear' our Breastplate of Righteousness every day to keep us from being hurt by the enemy.

Power Point

If we try to do battle with our enemy in our own righteousness, we will never win. We need a righteousness that comes from our Savior.

Apply the Lesson

I want you to think quietly for a moment. No need to say anything, just think to yourself. Can you remember a time when you did something you knew wasn't right? Think about how you felt afterwards. *(Pause for a bit to let them reflect.)* Maybe at first, it seemed fun or cool, but later, you felt yucky inside, didn't you?

That yucky feeling happens because we forgot to 'wear' something very important—our Breastplate of Righteousness. When we don't have it on, it's like leaving our hearts open for more yucky choices to sneak in. We're the ones who decide if we let those bad choices take over.

But here's a superhero tip: if we put on our Breastplate of Righteousness every single day, by praying and asking God to help us choose to do what's right, we are protecting our spiritual hearts. It makes it super tough for any bad choices to get through because we're too busy doing good things, just like God teaches us. So, as God helps us, let's be super shielded up, every day!

MEMORY VERSE

Ephesians 6:14,
"Stand firm then,
with the belt of truth
buckled around your
waist, with the
breastplate of
righteousness in
place."

Take-Home

Summary

Bible Passage:

Matthew 28:19

Main Point:

If we try to do battle with our enemy in our own righteousness, we will never win. We need a righteousness that comes from our Savior.

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

Borrow a baseball catcher's chest pad, face mask, shin guards and glove if you can or have pictures of these to show. Use them to teach your family about the Armor of God.

Face Mask—Like the Helmet of Salvation to protect our thoughts.

Chest Pad—Like the Breastplate of Righteousness to protect our heart.

Straps—Like the Belt of Truth holds everything together.

Shin Guards—Like the Shoes of Peace that help us stand firm.

Catcher's Glove—Like the Shield of Faith catches and stops bad things that come our way.

Bat—like the Sword of the Spirit more powerful than any baseball bat.

Family Activity

Have your family pretend they are catchers in a baseball game. If you have real catcher gear, have them each put it all on and talk about the Armor of God as they do. If you don't have real gear, you can have them pretend they are putting on each piece.

Apply and Pray

When we strive to live righteously, we are protecting our hearts from the damage that sin can inflict.

Praise God for His protection over your household. Ask Him to teach each of you how to rely on Him daily.



Lesson 5

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

The Shoes of Peace

Barefoot Thru Blackberries

Use shoes as a prop to teach the importance of peace with God. Discuss how it represents our ability to stand firm and move forward in the midst of chaos.

Say: You wouldn't try to walk barefoot through a blackberry patch. And you certainly wouldn't wear flip flops for a race. That would make you unprepared to win. Likewise, your feet can't be unprepared when you're fighting against the devil. The Bible talks about special shoes will "prepare you to tell

the good news of peace." (Ephesians 6:15 NIV)

Our job as Christians is to be ready to share the Gospel with others. The Gospel is the good news of how Jesus came to save us.

Imagine you're playing your favorite video game, and you find a hidden treasure chest that gives you unlimited lives. You're so excited because now you can play forever! Just like in the game, Christians have found something even better than unlimited lives — they've found the love of Jesus, who

came to save us all. And because this treasure is so amazing, they want to share it with everyone, just like you'd share the secret of the treasure chest with your friends. So, get ready to tell others about Jesus, because sharing this good news is the best way to help everyone win the biggest, most important game of all — life!

Shoe Soup

Have all the kids take off their shoes and place them in a pile on one side of the room, then have them all stand on the opposite side. When you say go, they all have to run to the shoes, grab a pair that does not belong to them, find the person they belong to and put their shoes on them. As you help them put on their shoes, ask them questions until you find out something you did not know about them. You must take turns putting on shoes and having someone put your shoes on you. This is not a race with just one winner. All the students need to work together and make sure everyone has their

shoes on right and makes it back safely. Just like in the Christian race, they are not supposed to run on their own, only looking out for themselves. Encourage the older students to help the younger ones. When everyone gets back with their shoes on, discuss what you learned about each other.



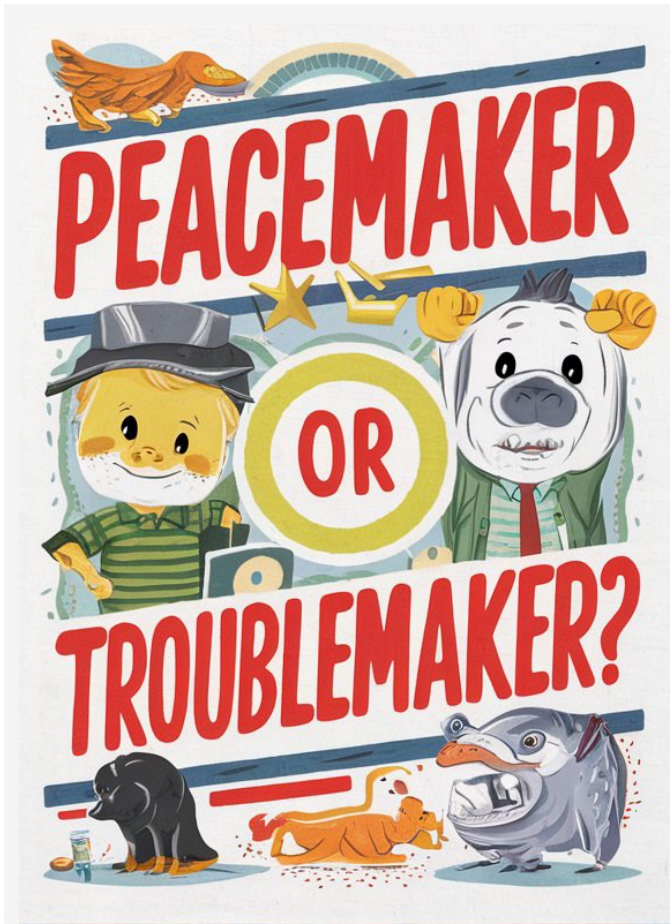
Power Point

To engage in spiritual battles, readiness is essential, which comes from the Gospel—the message of Jesus that offers guidance on reconciling with God

MEMORY VERSE

Ephesians 6:14, 15, "Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace."

Activity: Peacemaker or Troublemaker?



Before Class: (Write the following situations on 3X5 cards. Give one to each of six kids. Have them stand and read their cards when you tell them to.)

Say: Listen to the following situations of men in the Bible. Three are examples of being a peacemaker and three are examples of being a troublemaker. See if you can tell which.

I am Abraham. God has been leading me to a land of promise. Along the way, I encountered a powerful king. To keep peace with the king, I lied to him about my beautiful wife Sarah. I told him that Sarah was my sister and gave her to him as his wife. I lied so he would not kill me and take Sarah from me. (Was I a peacemaker or troublemaker?)

I am Abraham. My nephew Lot and I needed to separate our herds on different lands because our shepherds were fighting. There was great land near the city and much poorer land along the mountains. Instead of fighting with Lot, I let him choose the land he wanted. He chose the best land by the city. (Was I a peacemaker or troublemaker?)

I am Joseph. My brothers hated me because I gave my father a bad report about them. I also told them about my dreams. They beat me and threw me into a deep well. Then they sold me to Egyptian slave traders. (Peacemaker or troublemaker?)

I am Joseph. I became a rich and powerful leader in Egypt. I had the power to kill my brothers who came to Egypt to buy grain during a famine. But I forgave them for beating me and selling me to the Egyptians. (Peacemaker or troublemaker?)

I am Moses. Before being chosen by God to speak to Pharaoh, I saw a Hebrew beaten by an Egyptian. No one was around so I killed the Egyptian and hid him. When others found out what I had done, I ran away. (Peacemaker or troublemaker?)

I am Moses. When I came down the mountain with the Ten Commandments, I saw the Hebrew people dancing around an idol. I confronted them and told them they were wicked. I burned the idol and ground it into fine dust. I added the dust to the water and made them drink it. God also punished the Hebrews for worshipping the false god. (Peacemaker or troublemaker?)

After each card is read, have the class guess if that is being a peacemaker or troublemaker. Discuss each one with your class.

Take-Home

Summary

Bible Passage:

Matthew 28:19

Main Point:

To engage in spiritual battles, readiness is essential, which comes from the Gospel—the message of Jesus that offers guidance on reconciling with God.

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
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Explore the Bible

ABC's of Salvation

Our job as warriors for God is to let as many people as we can know about the Gospel. One way we can do this is to tell them about the ABC's of salvation.

What are the ABC's of salvation?

“**A**” means you **accept** that you're a sinner and need somebody to help you out of your sins.

“**B**” means you **believe** that Jesus Christ has already died for all of your sins and wants you to follow Him for the rest of your life and someday go to Heaven.

“**C**” means you **confess** that Jesus is now your Lord and Savior.

Quiz your family by asking if they can tell you the ABC's of Salvation from memory.

Family Activity

Be sensitive in this time if a child in your family has not made a commitment of faith. Be prepared to lead your child to Christ. Using the ABC's of salvation we just learned is a useful way to guide your child in this.

As you lead your child to make this commitment, you are giving a model to your family of how they could share Jesus with others.

Apply and Pray

Here is a prayer that you could lead your child to say:

“Dear Jesus, I know I have made mistakes and I'm sorry. Thank you for loving me and for the good things in my life. I believe you are the Son of God and that you died for me. Please come into my heart, forgive my sins, and help me to follow you. Amen.”



Lesson 6

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

The Shield of Faith

Keep Your Faith Strong

Hey kids, let's chat about knights and their cool armor. They look super strong with all that metal, right? But guess what? They also carry a big shield. Why? Because even the strongest armor has weak spots, and a shield can cover those up. *(Use a shield as a prop to teach the importance of faith.)* Discuss how it represents our trust in God and how it protects us from the enemy's attacks.

So, what's so special about a shield? It's not stuck in one place; it can move around to block anything that comes at you, like arrows or swords. Smart knights use their shields to stay safe.

Now, let's talk about a different kind of shield—the Shield of Faith.

Why do you think it's called that? Well, faith is like our shield. It helps cover up the parts of us that aren't perfect, where we might make mistakes or don't have all the answers.

There's a story in the Bible, in Hebrews 11, about some people who had a lot of faith. Like Abraham and Sarah, who believed God would give them a child even when it seemed impossible. And when God asked Abraham to do something really hard, Abraham still trusted God.

Our Shield of Faith is about trusting God completely, knowing He's always there for us, even when we mess up. When we really believe that, it's like picking up our shield and being ready for anything. That's how we keep our faith strong and our hearts safe.

Power Point

When we hold on to our shield, when we hold firm to our faith in Jesus, we can go forth boldly.

MEMORY VERSE

Ephesians 6:16, "Take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."

Object Lesson: Umbrellas and Tennis Balls

Needed: two umbrellas and some tennis balls.

To gain the interest of your class, consider forming two lines of kids. They will take turns being the catcher holding the umbrella. The game simply involves a child throwing a tennis ball from a line and the catcher tries to hold the umbrella upside down to catch the ball in. One point for every ball caught. The most points wins.

Apply: Now say, "An umbrella can shield you from the rain but it cannot make the rain stop falling." Then explain to your class that the shield of

faith blocks the enemy, but it doesn't stop the enemy.

With your shield in place you can be protected from the enemy's fiery attacks, but your shield won't stop the enemy's attacks. Put on the full armor of God and be protected every day, and you will be able to weather any storms that come.

Game: Shield Dodge Ball

Give every child a paper plate shield. *(A paper plate with a handle made of masking tape on the back.)* Have them all line up along the wall. Gently toss crumpled balls of paper at the children. *(Not towards their heads, of course.)* The kids have to use

their shields to block the "arrows" flying toward them. Once they are hit, they are out. *(They can help throw things, if you want.)* Play until everyone is out. Once the game is over, have them all sit down on the floor for the lesson. They can hold on to the shields to remind them of the lesson.

Variation: Use a variety of sizes of paper plates. Give some kids dessert plates and others serving plates, for example. Consider giving a couple of kids no shields at all. This helps to demonstrate that the bigger our faith is, the harder it is to be attacked.

Take-Home

Summary

Bible Passage:

Ephesians 6:16

Main Point:

When we hold on to our shield, when we hold firm to our faith in Jesus, we can go forth boldly.

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 Ephesians 6:16. Find a picture of a Roman soldier shield that would cover their whole body. Explain how they used their shields to protect them from enemy arrows.

Say: Our spiritual shields of faith protect us from the arrows, spears, missiles, and fiery darts that Satan throws at us and gives us victory in the battle of life.

Family Activity

(Hand out a handful of play dough or modeling clay to each child.) Have them take the play dough and mold it into something that symbolizes victory to them. Allow five minutes for this. *(Some possible symbols include: a trophy or an award, a gold medal, a checkered flag, a crown or tiara, flowers, a certificate, a good grade, the cross.)*

After they have created their symbols, have them show and explain them.

Apply and Pray

The shield of faith is a very important part of our armor. Let's pray that God will help our faith in Him to grow.

Dear God,

Please help my faith to grow strong like a big, tall tree.

Help me to trust in You, like a bird trusts its wings to fly.

Let my faith be my shield, to protect me every day,

And remind me You're with me, in every single way.

Amen.



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



Lesson 8

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

The Sword of the Spirit

Sword Fighters

Alright, Kids! Today we're going to talk about the coolest piece of God's armor—the Sword of the Spirit. We've already learned about truth, righteousness, readiness, faith, and salvation. But what's the last piece? You got it, the sword!

Use a sword as a prop to teach the importance of the Word of God. Discuss how it represents our ability to defend ourselves against the enemy and to overcome sin.

Now, a sword isn't like the other armor pieces. It's not something we wear; it's something we use. It's our powerful weapon in the big battle against wrong choices and bad stuff. And guess what?

Even Jesus used this special sword—not a metal one, but the Word of God!

Remember the story when Jesus was tempted by the devil after His baptism? Every time the devil tried to trick Jesus, He used God's words like a sword to stay strong and not sin. Jesus was the best at using His sword because He practiced every day.

How do we become awesome sword fighters like Jesus? By reading our Bibles and remembering what it says. That's how we keep our Sword of the Spirit super sharp and how we win the battle against sin.

Power Point

The Word of God is a powerful weapon, especially when used under the power and guidance of the Holy Spirit.

MEMORY VERSE

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

Skit: Two Backpacks

Have a skit to illustrate being prepared. Have two kids with backpacks. Pretend one is an experienced camper with just the right stuff in his/her backpack. The experienced camper asks to see what the rookie has put in his/her pack. *(This is where the fun begins.)*

Have the rookie camper bring out a lot of very odd stuff that covers any unexpected situation, but doesn't fit because it is too heavy or takes electricity or something.

(Examples: hair dryer, electric toothbrush, battery charger, etc.)

Application:

Today we are learning about the Sword of the Spirit which is the Word of God. God's Word equips us for living. It tells us how to live and gives us all that we need to keep from falling for the devil's tricks. By hiding it in our hearts we will always be ready when Satan attacks us.

Take-Home

Summary

Bible Passage:

Ephesians 6:17

Main Point:

The Word of God is a powerful weapon, especially when used under the power and guidance of the Holy Spirit.

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

The Bible tells us that the most awesome thing ever is to follow God and do what's right, and He'll take care of everything we need. That's in Matthew 6:33. It's like God's saying, "Don't worry about stuff, just be my friend and I'll make sure you have what you

need." Sometimes, we might hear that having lots of toys or money is the best, but that's not what God says. So, the Bible is our powerful sword, helping us fight off the sneaky lies and showing us God's way for us to live.

Family Activity

Sword Drill:

Say: Close your Bibles and lift them up like you're holding a sword. When I say "go," start looking for the Bible verse, Hebrews 4:12. If you find it, stand up! Ready? Go!

Once everyone finds it, pick someone to read it out loud. Let someone try to say it in their own words. Then say, "Yes, and another way to put it is: Hebrews 4:12 is saying, God's words are alive and super strong. They're even sharper than the pointiest sword and can help us see what's really in our hearts."

Continue the Sword Drill: Have your family hold up their Bibles above their heads and give them these passages where Jesus used the Sword of the Spirit against the devil. When you say "go" they look them up and then close their Bible and wait for the next one.

Matthew 4:4

Matthew 4:7

Matthew 4:10

Apply and Pray

Lead your family in prayer. Here is an example:

"Dear God, Help me to use Your Word like a sword, To fight lies and to guard my heart. Teach me to read, learn, and remember, So I can be strong and wise. Amen."



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.

— 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.



Lesson 10

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

Declare Boldly

Don't Miss the Bus

Now that we are wearing all of our armor, and we know how to speak with our Commander, Jesus Christ. The last thing we need to do in our battle against sin is declare our faith boldly

Imagine this story:

A mother is helping her child get ready to catch the bus to school. They are both hurrying because the bus will be there

soon. The child is dressed, but must now put on a coat, gloves, scarf, and snow shoes because it is winter. Last thing is the backpack with school books and lunch in it.

Bible Text: *"Behold, now is the accepted time; behold, now is the day of salvation."* 2 Corinthians 6:2

Application:

(See "What Happens Next?" below)

Power Point

Now we are wearing all of our armor, and we know how to speak with our Commander, Jesus Christ. The last thing we need to do in our battle against sin is declare our faith boldly.

What Happens Next?

Now the story can have a happy ending or a sad ending. Either the child catches the bus to school or the child misses bus. Missing the bus is a real possibility. Don't miss the bus.

Kids, this is actually a little parable about sharing your faith.

> **Who prepares you?** Your parents, your pastor, and your teachers.

> **What are they preparing you for?** To be equipped to go out and share your faith.

> **Why the happy AND sad ending?**
Because the sad truth is: there can come a time when it's too late.

> **When is the best time to share our faith with people?** When they are a child.

> **Who is the best person to share with them?**
One of their friends. Another child.

When it comes to sharing our faith with our friends, we never want them to hear, "Too late, you missed the bus."

MEMORY VERSE

"Go and make disciples of all nations.." Matthew 28:19a



Year 3—Quarter 1: The Armor of God



Secret Agents for God

Materials: Dark sunglasses, or any other secret-agent-type objects.

Say: How many of you know what a secret agent is? A secret agent is someone who has a special mission. They have to do whatever it takes, no matter what the danger to complete their mission.

Did you know that I'm a secret agent? (*Put on the sunglasses.*) That's right, I have a special mission, and I'll do whatever it takes to see it completed. Do you want to know what my mission is?

Before Jesus left to go to heaven, He gave all of His disciples a mission. He said, "Go and make disciples of all nations." (Mt. 28:19) That was their special mission. And that's what they did. When I became a Christian, that became my mission too. That's why I'm here teaching all of you. Also, if you are a Christian, this is also your mission. You are also a secret agent!

In our story today we thought about a child getting ready to catch a bus to school. There was a chance of missing the bus. This story reminds us that there are people who will not put their faith in Jesus and they are taking a chance of missing out with God. We all have the mission to share God's word with

our friends and family. You may wonder how you would ever have the courage to do that. The Bible says that God gives us His power in order for us to be brave and share Him with others. (*See the Bible Lesson below*)



Peter and John Speak Boldly

Text: *"The leaders saw how bold Peter and John were. They also realized that Peter and John were ordinary men with no training. This surprised the leaders. They realized that these men had been with Jesus."* Acts 4:13 NIRV

This Bible story is about two friends named Peter and John who went to a big church to tell people about Jesus and how He loves everyone. They even made a man who couldn't walk, jump up and start walking! This made some of the leaders and teachers very upset, so they sent Peter and John to "time-out" in jail because they didn't want them talking about Jesus.

The next day, the leaders asked Peter and John, "How did you make that man walk?" Peter, filled with courage from God, said, "We helped him in the name of Jesus,

who you didn't like, but God loves Him and brought Him back to life!"

The leaders were surprised because Peter and John were not teachers or important people, but they were speaking so bravely. They saw the man who was healed standing there, and they couldn't say anything against it. So, they told Peter and John to stop talking about Jesus, but they said, "We can't stop telling everyone about the amazing things we've seen and heard!"

After that, Peter and John went back to their friends, and they all prayed together for more courage to keep sharing about Jesus, even when it was hard. And guess what? They felt even braver after that!

Armor Review

Here's how we put on our armor:

1. Believe in the true stories from the Bible.
2. Rely on God to help you do good things and be kind, just like a superhero!
3. Tell your friends about the amazing things Jesus has done.
4. Trust that God is always with you, keeping you safe.
5. Say "Yes" to Jesus being your best friend forever.
6. Use the Bible's words like a powerful secret weapon to stop any mean tricks.

Remember, we can't see the Armor of God with our eyes, but it's there! It keeps our hearts and thoughts safe from bad stuff. So let's wear this awesome armor every day and be brave for all our adventures!

Take-Home

Summary

Bible Passages:

2 Cor. 3:12; Col. 4:3;
Ex. 4:10-12; Acts
4:23-31

Main Point:

Now we are wearing all of our armor, and we know how to speak with our Commander, Jesus Christ. The last thing we need to do in our battle against sin is declare our faith boldly.

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 Matthew 28:19. Jesus told His first disciples to go and make more disciples. Does that mean He wants us today to do that too? (*wait for answers*) When Jesus told His disciples to go and make disciples, He was inviting everyone who follows Him to share His love and teachings with others. This includes us too! Jesus' message is timeless and meant for all ages. It's about being a good friend, showing kindness, and talking about how Jesus makes a difference in our lives

Making disciples can be as simple as being a student, learner, or follower of Jesus and helping friends to do the same. It's not about doing big things, but about sharing the little things, like how Jesus teaches us to care for each other and be good friends. So everyone in our family can share their faith in ways that are just right for them.

Family Activity

Today we have discussed how to declare our faith boldly. To help us remember that we are to speak up, let's try to say the following tongue twisters. (*Write them on a chalkboard or on a large piece of paper for them to read and practice first.*)

- A box of mixed biscuits, a mixed biscuit box
- An ape hates grape cakes
- Freshly-fried fat flying fish
- Toy boat

Apply and Pray

Dear God, Thank you for loving me and giving me good friends. Sometimes I feel shy, but I want to be brave and share your love with others. Please help me find the right words to tell my friends about You. I want to be a good example of Your kindness and courage. Thank you for being with me always. Amen.



Lesson 13

Armor of God



Year 3—Quarter 1: The Armor of God

Ephesians 6:10-20

Armor of God Party

End of the Quarter Party

Have an “Armor of God Party” to end this quarter of lessons. Use this as a time to review what your students have learned. You could have a variety of games and activities, fun snacks, and a brief devotion.

Ideas:

- If your church has the budget for it, you could buy a couple of sets of kid’s Christian Armor. These are sold on Amazon, Ebay, and Walmart for \$30-\$40 each.
- If you have made your own armor during the course of these lessons out of posterboard, cardboard, etc., plan to use those.
- Kids can even have fun creating armor from common kitchen items such as pots for helmets, muffin tins for breastplates, pizza pans for shields, and rolled up newspaper for swords.
- You can find plenty of inexpensive Armor Party items at: orientaltrading.com.
- You can also “recycle” any of the games or activities from this quarter that your kids enjoyed.

Ten Fun Game Ideas:

1. **Shield of Faith Frisbee:** Customize frisbees to look like shields and have a target practice game.
2. **Helmet of Salvation Relay:** Kids race while balancing a helmet (or a substitute) on their heads.
3. **Sword of the Spirit Balloon Pop:** Write out Bible verses on slips of paper and put them inside balloons. Kids use ‘swords’ (sticks) to pop the balloons and read the verses.
4. **Belt of Truth Tag:** A game of tag where the ‘it’ person wears a special belt. When tagged, kids answer a truth question before joining the game again.
5. **Breastplate of Righteousness Obstacle Course:** Set up an obstacle course that kids must navigate while wearing a cardboard breastplate.
6. **Gospel of Peace Race:** A relay race where kids wear oversized shoes and try to run without losing them.
7. **Armor of God Jigsaw Puzzle:** Create a puzzle with different pieces of the armor for kids to put together.
8. **Word Search:** Have a word search puzzle with terms related to the Armor of God.
9. **Sticker Stories:** Provide stickers related to the Armor of God and let kids create their own scenes on paper.
10. **Sing and Dance:** Play lyric videos related to the Armor of God and have a sing and dance along session.

MEMORY VERSE

1 John 4:4,
“Greater is He
that is in you
than he that is
in the world.”

Snack Ideas:

Helmet of Salvation Helmets: Use half an apple as the base and attach grapes with toothpicks for the plume.

Breastplate of Righteousness

Rice Cakes: Decorate rice cakes with cream cheese and veggies to resemble a breastplate.

Belt of Truth Twists: Serve pretzel sticks or twists as belts of truth that kids can enjoy.

Shield of Faith Cookies: Make shield-shaped cookies and let the kids decorate them with icing and sprinkles.

Sword of the Spirit Skewers: Fruit skewers can represent the sword, with a variety of colorful fruits.

Gospel of Peace Pies: Mini pies or tarts can symbolize the readiness that comes from the gospel of peace.

Feet Fitted with Popcorn: Offer popcorn in cups as a snack that represents having feet ready to go and share the good news.

Righteousness Wraps: Tortilla wraps filled with healthy ingredients like turkey, cheese, and lettuce.

Salvation S’mores: Assemble s’mores kits with marshmallows, chocolate, and graham crackers to represent the helmet of salvation.

Take-Home

Summary

Bible Passage:

1 John 4:4

Main Point:

When we wear God's armor of protection, we can have victory in the battles of life.

Armor Party:

In class we had an Armor of God party to celebrate the end of this quarter of lessons. Consider having a review of the various pieces of God's armor with your family. You might want to have your own party or picnic.

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 1 John 4:4 with your family and discuss how God the Holy Spirit in us is greater than our enemy the devil. Say: Knowing that God is in us is like having the strongest, kindest friend always with you. This friend is so powerful that no bully, no scary dream, and no mean words can ever win against Him. You have the Armor of God that protects you and gives you courage to face anything, just like David had when he faced Goliath. And when you're sure that you're not alone and that God is with you, you can be brave enough to live for God and share His love with others.

Family Activity

Let your kids raid your kitchen to find items that they can use to represent the various pieces of armor. For example: a pot for a helmet, a muffin tin for a breastplate, and a pizza tin for a shield. *(After they are finished, have them put everything back where they found it.)*

Apply and Pray

Dear God,
Thank you for giving me Your armor.
Please help me put it on every day
So I can be strong and brave for You.
With Your belt of truth,
Your breastplate of righteousness,
Your shoes of peace,
Your shield of faith,
Your helmet of salvation,
And Your sword of the Spirit,
I know I can face anything.
Amen.

Halloween Alternative Object Lesson Christians Are Like Pumpkins!

Objects Needed:

- Secure a real pumpkin and clean it out. Carve a happy face and put a candle inside so it can shine out.
- Any imitation pumpkin could be used (with a precut mouth) so the light can be seen.

Some Key Words:

Field, pumpkin patch, selection, “yucky stuff,” sin, seeds of doubt, presence of God, light, Jesus the Son of Light.

Concept Phrases or Sayings:

- Put a smile on your face.
- What’s on the inside can be seen on the outside.
- Let your light shine!

Concept Bible Passages:

- John 17:14, II Cor. 5:17
- Matt 5:16, John 9:5, Lk 8:11
- 1 John 1:5,7; I John 4:13

Extra Tips:

- Use any size pumpkin based upon your audience.
- You might want to actually clean and carve a pumpkin as you illustrate this message.
- You can expand your lesson to fill the time it takes to prepare the pumpkin.



Message:

Are You a Pumpkin Christian?

Being a Christian is just like a pumpkin! Let me try to explain...I brought this pumpkin here to help me illustrate what I mean. (Proceed to carve the pumpkin.)

First, God picks you from the pumpkin patch and brings you in from the field. The Bible says He selects us out of the world.

He then washes all the “dirt” off the outside that we receive from being around all the other pumpkins. All the outside influences of our former life must be cleaned up. Old things are passed away and all things are become new.

Then, He carefully removes all the “yucky stuff” called “sin” out from the inside. Look at this! Yuk! He then changes us from the inside out by the Power of His Word. That’s why it is important to go to church and learn about God’s Word.

He carefully removes all those seeds of doubt, hate, greed, and fear. After Jesus is invited inside, you begin to experience the changing power of God’s love in your life.

Then He carves a new smiling face. Our heart is changed by the power of His presence in our life and it will even show on our face!

Now we are going to light this candle inside. Look! This pumpkin now reflects the light from inside out. Jesus shines through our life for all to see. “Let your light so shine before men that they may be able to see your good works and glorify your Father who is in heaven.”

So you see, we Christians are really like this pumpkin! We will never be the same with Jesus inside of us!