



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.