

LESSON 6

ARMOR OF GOD

LESSON AT A GLANCE

WONDER TRUTH: The Holy Spirit Gives Us Strength

SCRIPTURE: Ephesians 6

GOD'S BIG STORY: Paul encourages Jesus-followers to stand firm against the devil's evil plans by putting on spiritual armor and relying on the Holy Spirit for strength.

WORD OF WONDER: The Holy Spirit gives us power. —from Acts 1:8

FOUNDATION BUILDING BLOCKS

WHO?

Paul wrote Ephesians to address the realities followers of Jesus must face in a world that doesn't yet know Jesus as Lord. Jesus-followers are the new temple of God's Spirit (Ephesians 2:21–22). God resides in all believers and empowers them.

WHAT?

Truth, righteousness, peace, faith, salvation, and the Spirit are required to withstand spiritual attacks. These are not literal armaments: They are more like virtues that Jesus-followers can practice. Being peaceful, speaking truthfully, acting rightly, and building one another up in faith are defenses against darkness.

WHERE?

According to Paul, he is writing while in chains (Ephesians 6:20). As one of the so called prison epistles, Paul wrote Ephesians while he was imprisoned for sharing the good news of Jesus. Astonishingly, Paul does not name his oppressors as his enemies.

WHEN?

Like Paul in the first century, Jesus-followers face many dark days, days when it looks like evil has the final say. But believers can be confident that God will make all things new and put an end to evil, because Jesus is and will return as King.

CONNECTING TO GOD'S BIG STORY

Before His crucifixion, Jesus told His disciples, "In this world you will have trouble. But be encouraged! I have won the battle over the world" (John 16:33). Paul's words to the Ephesians point to the same truth: Evil attacks will come, but Jesus has overcome the devil through His death and resurrection!

Object Lesson: Helmet

Ahead of time, put a helmet somewhere in the room where it's obvious.

Welcome to church! I'm so glad you're here. I've hidden something in our room that is not usually here and looks out of place. Can you figure out what it is?

Allow kids to search around the room to find the helmet. Give them hints as needed. Once they find the object, bring it back to the middle of the room and let each kid look at it.

Who knows what this is? Allow the kids to respond. **It's a helmet! Do you know why we wear a helmet?** Allow the kids to respond. **It helps keep our heads from getting hurt! In God's big story today, we'll see how a helmet and other pieces of armor help keep us safe and strong. Armor is what a soldier wears during a battle to stay protected.**

Activity: Strength Challenge

Who do you know who is very strong? Allow the kids to respond. **Having strong muscles can mean someone can lift really heavy things. There are different ways of being strong. Some people have strong bodies and muscles. Some people have strong power inside of them, so they can do hard things and be strong against temptation to do wrong. Let's have a contest to see how strong we are.**

Place an object on the floor in the middle of the circle and ask a kid to lift it. Have the other kids cheer for them being strong. Let other kids in the circle have a chance to lift it, as well. Switch out objects as time and interest allows.

You're so strong! While we may be strong enough to lift things, sometimes we need another kind of strength. We need strength to help us be brave and powerful to follow God and live for Him. We'll learn today about how God gives us strength through the Holy Spirit.

Our Wonder Truth today is: THE HOLY SPIRIT GIVES US STRENGTH.

Encourage the kids to do the following motions while you repeat the Wonder Truth. Older toddlers can say the words with you as they do the motions.

THE HOLY SPIRIT—*Move arms up and in a circle in front of your body, palms facing out.*

GIVES—*Hold your hands out in front of you like you're giving someone something.*

US—*Point at yourself.*

STRENGTH—*Flex your arm muscles.*

Prayer and Blessing

Every time I say, “strength,” make strong arms and show your muscles. Let’s pray and talk to God.

God, thank You for sending the Holy Spirit to give us strength (strong arms). Thank You for helping us have strength (strong arms) in scary situations. We love You. In Jesus’ name, Amen.

Encourage the kids to hold their hands in front of them, with palms up, as if their hands are open to receive something. Tell them to listen and receive the blessing as you speak it over them.

Blessing: We can wear the armor of God just like we learned in God’s big story today. May you always remember to wear each piece of God’s armor every day. And never forget that the Holy Spirit will give you strength when you’re scared or in a hard situation. God is with you, and He strengthens you!

Activity: Put on Armor

Ahead of time, print the Armor and Soldier Picture and cut out the armor pieces.

In God’s big story today, we learned about the armor of God. Let’s put the armor on the soldier and remember how God’s armor protects us and makes us strong. Invite the kids to find the pictures of each piece of armor as you talk about them and put them on the soldier in the picture.



Kind of like we have to get dressed and put on our clothes each day, God wants us to remember to put on the protection and love He gives us each day, through the Holy Spirit! We can trust the Holy Spirit to make us strong each day.

As the kids put the pictures of armor on the soldier, call out the pieces of the armor of God.

- **Belt**—The belt reminds us to always believe God’s truth to know what’s right.
- **Breastplate**—The breastplate reminds us to follow God and do what is right.
- **Shoes**—Shoes remind us to tell people about God wherever we go.
- **Shield**—The shield reminds us to believe in Jesus as our Savior.
- **Helmet**—The helmet reminds us that we’re loved and forgiven by Jesus when we trust in Him.
- **Sword**—The sword reminds us to know and believe God’s Word, the Bible