

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!

Curiosity

Play Stations

Greet kids warmly as they arrive and briefly explain the play stations. Invite them to play at any of the play stations.

Welcome to church! While we're getting ready to start, you can play at any of these stations to help get ready for our lesson today. Do you have any ideas what we'll be learning about today?

Play Station: Belt of Truth

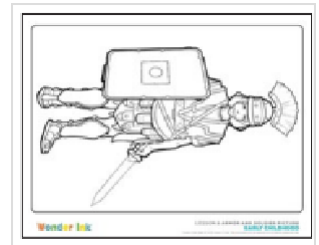
Set up: Ahead of time, cut out thick strips of construction paper (about 4" wide) for each kid and set out coloring utensils, stamps and ink pads, and stickers or sticky-back jewels.

Play: Let the kids use the decorating supplies to decorate their own "belt of truth." You can also write the words "Belt of Truth" on the strips of paper.

Play Station: Soldier Play Dough Mat

Set up: Ahead of time, print a few copies of the [Armor and Soldier Picture](#) and laminate them. Set out play dough.

Play: Invite the kids to put armor on the soldier using the play dough. They can make a helmet, boots, shield, sword, breastplate, and belt for the soldier



Play Station: Armor of God Coloring Sheet

Set up: Ahead of time, print one copy per kid of the [coloring sheet](#) and set out coloring utensils.

Play: Let the kids color. The kids can also turn the sheet over and draw a picture of someone or something that's powerful.

Faith

Craft: Shield of Faith

Ahead of time, cut strips of aluminum foil into long and short rectangles so they can be placed on paper plates in the shape of a cross. You'll need one long and one short piece for each kid.

In God's big story, we learned all about the armor of God. We can wear God's armor by trusting Him and following Him. We don't need to try and be strong on our own. God will make us strong with the Holy Spirit. One of the pieces we learned about was the shield of faith. The shield of faith is our belief in Jesus, which guards us against the devil's attack. Let's do a craft to remind us to put on the shield of faith by believing in Jesus.

Give each child a paper plate and two strips of aluminum foil. Help the kids glue the long piece of foil onto the bottom of their plate. Show the kids how to glue the shorter strip of paper across the first piece to make a cross. Next, take a piece of duct tape and fold it in half for each child. Show them how to tape each side of the duct tape strip onto the front of their plate to make a handle for their shield. They can decorate their shields with markers. They may want to use their shields in the Closing Activity.



Leader Tip: Instead of making a cross, the kids can simply cover their whole plates in aluminum foil. Optional: You can tape a cardboard "handle" on the back of each plate, so it is more like a shield.

Take your shield of faith home as a reminder for you to wear your armor of God and know that God will make you strong through the Holy Spirit.

Identity

Closing Activity: Paper Wad Battle

Give the kids each a paper plate to use as a shield. If kids made a paper plate shield in the Craft, they can use it here.

Today we learned about the armor of God. We learned that the armor protects us from the enemy and helps us to be strong in the power of the Holy Spirit. When we trust in Jesus and follow Him, He helps us and protects us. Let's practice using shields and think about how God makes us strong! I'm going to throw paper wads at you, and you can use your shields to protect yourselves. Try not to let a paper wad hit you.

Allow the kids to have a paper wad battle while you toss paper wads at them. Encourage them to use their shields to try to protect themselves. For older kids, you can invite them to all engage in a paper wad battle and let them toss the paper wads at each other. You could also have them throw cotton balls or pom-poms.

Leader Tip: Make it a contest to see who can pick up the most paper wads at the end, so you aren't left cleaning up the mess by yourself!

Prayer and Blessing

After the kids finish their activity, pray with them and thank God for sending the Holy Spirit to give us strength.

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 hard situations and helping us be strong against the enemy. We love You. In Jesus' name, Amen.

Encourage the kids to hold their hands out 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!