



## **Lesson 4: The Shield of Faith**

**Main Idea:** Faith acts as our protective shield against life's adversities and trials.

**Scriptures:** Ephesians 6:16, Hebrews 11:1, Matthew 14:22-33

**Gospel Connection:** Our faith connects us with Jesus, reminding us of His presence during hardships and His unfailing love that shields us.

**Bible Story:** "Peter Walking on Water" - In Matthew 14:22-33, Peter's faith allows him to walk on water with Jesus until fear and doubt cause him to sink, showing the protective power of faith.

Lesson.

### Corporate Teaching Time (K-Gr5)

**ONE80 MC:** "

"Good morning, young warriors! It's so wonderful to see all of you here today. Are you ready for another exciting day at ONE80? Last week, we learned about the 'Shoes of the Gospel of Peace' and how we must always be ready to share the Good News. Today, we'll be adding another piece of armour to our spiritual toolkit:

Can I have a volunteer? Someone who loves being a soldier for Jesus!

\*Dress child in the armour- piece by piece:

OK so we have learned about the belt of truth that helps us identify lies, the breastplate of righteousness, that protects our heart from sin, the boots of of the gospel of peace- that helps us to be ready to share the good new about Jesus, and can I have a drumroll please.....The 'Shield of Faith.' Now, you might be wondering, why a shield? Well, in a real battle, a shield protects soldiers from arrows and other attacks, right? In the same way, our faith in Jesus acts as a shield, protecting us from fear, doubt, and anything else that might try to shake us. Today, we're going to learn how to lift up our Shield of Faith and keep it strong and shiny. But before we dive into our lesson, let's start with a fun game. Are you ready?"

I need two volunteers to start. The first volunteer has the job of hitting the balloon so that it lands on the other side of the line. Each time the balloon touches the ground on the other side of the line-you get a point. But our second volunteer is going to have the job of blocking the balloon so that it does not cross the line and touch the ground. We will play for 1 minute and see how many points our volunteer can earn- then we will switch it up. Are you ready???? GO!!!

\*Get a fresh set of volunteers- or keep the defender and add an attacker if he is really good, or add an extra balloon.

Well done everyone. Wow you had to be really awake to block all those balloons. The bible tells us that the devil fires firey darts at us, and that we need to use how shield of faith to block off these fiery darts. Do you know what these darts can be- FEAR - sometimes being really scared stops us from trusting in Jesus and makes us focus on the bigs scary things, DOUBT- like does God really care, or is He really listening to me. And a whole range of other things. But when we have our shield of faith up, we believe boldly in Jesus and his promises and we trust HIm completely no matter what happens. Then if a fiery arrow of fear comes along, I say NO! God promised that He will never leave me, I do not need to be scared. The arrow just bounces off the shield of faith.

## OBJECT LESSON

"Can anyone tell me what this is?" (Hold up the umbrella and let the children respond.) "That's right! It's an umbrella. Now, what do we use umbrellas for?" (Allow children to respond.) "Yes, we use umbrellas to protect us from the rain, right? It keeps us dry when it's pouring outside. Now, I want you to think of this umbrella as our 'Shield of Faith.' Just like how an umbrella protects us from the rain, our faith in Jesus protects us from many things. Fear, worry, and doubt can all try to soak us like a heavy rain. But, with our faith, we can stay secure and dry. Let me show you. I have here a spray bottle filled with water. Let's pretend this water is like the problems and fears we sometimes face. (Spray the closed umbrella with water.) Now, if we don't have our 'Shield of Faith' open and ready, what happens? We get wet, right? But watch what happens when I open the umbrella, or our 'Shield of Faith.' (Open the umbrella and spray the water.) You see, the umbrella, or our 'Shield of Faith,' protects us. The water, or the problems and fears, can't get to us! This is exactly how the Shield of Faith works. When we believe in Jesus and trust Him, He protects us. Our faith doesn't mean we won't face any problems. But it means that we can face them bravely, knowing that God is with us and He's protecting us. Just like this umbrella, our faith in Jesus is our defense, our shield."

### Worship (song liked on YouTube)

We are going to do a song that requires us to sing a little sillily. But you need to listen carefully. Ok let's practice when I say 'Who's got their armour on?' I want you to say it after me in the silliest voice ever! Can we try... 'Who's got their armour on?' ..kids repeat..practise with 'piece by piece we'll put it on'

1. Who's got their armour on?

### Bible Story (Peter walks on water) (Matthew 14:22-31)

**ONE80 MC:** "Peter walks on water"

"Are you all ready for a story from the Bible today? This story is about Peter, one of Jesus' disciples, and it's all about faith, which is perfect for our 'Shield of Faith' lesson today. So, let's dive in!

**READ: Matthew 14:22-24**

Jesus told His disciples to get in a boat and go on ahead of Him. And while they were out on the lake, a storm came up. The boat was getting tossed about by the waves, and the wind was strong. Can you imagine how you might feel if you were in that boat? (Allow for responses.)

**READ: Matthew 14:25-27**

Now, in the middle of the storm, they saw something - or should I say, someone - walking on the water. Who was it? That's right, it was Jesus! But the disciples were scared. They thought it was a ghost. But Jesus told them, 'Don't be afraid, it's me.'

**READ: Matthew 14:28-29**

Here's where our story gets really interesting. Peter, who was in the boat, wanted to be sure it was Jesus. So, he said, 'If it's you, Jesus, tell me to come to you on the water.' Can you imagine having that much faith? To walk on water in the middle of a storm? (Allow for responses.)

**READ: Matthew 14:30-31**

Peter started walking on the water towards Jesus. But then he got scared. He saw the wind and the waves around him and started to sink. But just as he was about to go under, he cried out to Jesus to save him. And guess what happened? Jesus reached out His hand and caught him. What do you think the lesson is here? (Allow for answers.) Yes, even when Peter started to doubt, his faith in Jesus was his shield. It saved him from sinking completely.

This story is an amazing example of how our faith - our belief in Jesus - can protect us, just like a shield. Remember, our faith doesn't mean we won't face any storms or difficulties. But it does mean that when we do, we have Jesus to reach out and hold us up. That's our 'Shield of Faith.'

Pray

## Small group Discussion, Reflection & Prayer

*Split into 2 groups- preferably boys and girls. Create an atmosphere where children feel welcome and comfortable to share. Play worship music in the background. A calm worshipful atmosphere should be created. Please prepare prayerfully for this time and do not rush it. Pass a talking object around, giving each person an opportunity to share.*

### **ONE80 Volunteer:**

"Good job, everyone! You all paid fantastic attention during our Bible story. It's so exciting to see you engage with God's Word and learn about the 'Shield of Faith'. Now, it's time for us to talk more about it in our small groups.

I have some questions here that will help us understand our lesson even better:

1. What is faith?
2. Why can we trust Jesus?
3. What do you trust Jesus for?

### **GRADE 2-5 QUESTIONS**

1. Can you remember a time when your faith in Jesus helped you overcome a fear or a problem? What happened?
2. In our story today, Peter had to have faith to step out of the boat. What does it mean to have faith in Jesus in your life?
3. Why do you think faith is compared to a shield in the Bible?
4. How can you use your 'Shield of Faith' this week?

**Prayer Requests:** Does anyone have any prayer requests today? We can pray for anything - whether it's something you're thankful for, something you're struggling with, or a prayer for someone else. We can also pray and ask God to help us to listen to Him.

\*Allow time for children to share- and jot down their requests. Make sure each child's request is prayed for. As a volunteer you can lead this prayer time by asking specific children to pray for specific requests, break into pairs and pray for each other or you can pray corporately- however you feel led.

### **Let's pray together.**

'Dear Heavenly Father, we thank you for this time together to learn about your word. Thank you for giving us the 'Shield of Faith.' We pray for all the requests that were mentioned. Please help us to always remember to use our faith as a shield in our daily lives. Give us the courage to face our fears and challenges, knowing that you are always with us. We pray in Jesus' name. Amen.'

## **Memory Verse Challenge**

Hand out the memory card packs and in pairs or small groups, children try to unscramble the verse. First team wins. (Prizes in tote)

Ephesians 6:11, "Put on the full armour of God, so that you will be able to stand firm against the schemes of the devil"

Video link: [The Armour of God](#)