



PAUL'S LETTERS TO US

Armor of God

Supplies Needed: two glasses half-filled with water, two eggs (boiled or raw), salt, spoon



TEACHING INSTRUCTIONS

Read Ephesians 6:10-18 together. Read it to the children or have them take turns reading. (See student handout)

Say, “Paul wrote this to the church in Ephesus to teach them about wearing God’s spiritual armor to fight a spiritual war against the devil and his forces. Paul goes through the different pieces of armor and what protection from God they represent. For example, the truth of God holds everything together like a belt. His righteousness protects our heart, like a breastplate.

The only weapon listed is the sword of the Spirit, which is the word of God. The passage ends with Paul reminding believers that we should pray all the time under the guidance of the Holy Spirit. Let’s talk about some more interesting points from this scripture.”

Read the “Did You Know?” points together. Read it to the children or have them take turns. Help the children look up the Scriptures mentioned. For added fun, have them say “amen!” when they find it. (See student handout)



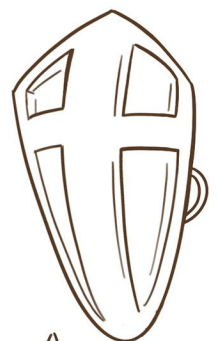
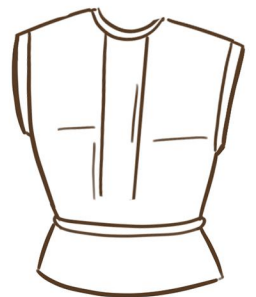
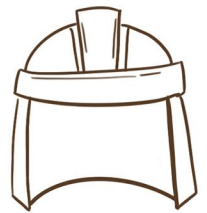
Say, “Ephesians 6:12 says, “For we do not wrestle against flesh and blood”. An important word in that sentence is “we”. War is difficult, and no soldier can fight alone. Thankfully, you are not alone. God has given you his Spirit, and His spiritual armor, but He has also given you brothers and sisters that are in the same fight. To win this spiritual war, we must unite as brothers and sisters in Christ. Remember that when we gather and agree on something in His Name, God is among us, and we have His victory (Matthew 18:19-20)!”

OBJECT LESSON

God’s Protection

Items: two glasses half-filled with water, two eggs (boiled or raw), salt, spoon

Set items on a table. **Say**, “God’s spiritual armor protects us from the attacks of the enemy. Our enemy, the devil, attacks us with lies, temptations to sin, and other things. Let’s say this first glass represents the life of someone who does not have the armor of God.” Place an egg in the glass. It will sink to the bottom. **Say**, “Without God’s armor, the enemy can sink us like a ship.” Get the salt and spoon. **Say**, “This salt represents the armor of God, and this other glass is going to represent someone who puts on the armor of God. Do you remember the pieces? Say them with me.” As they recite ‘belt of truth’, ‘breastplate of righteousness’, and so on, put three or four spoonfuls of salt into the glass and stir it until the salt is dissolved. **Say**, “Just like this salt disappears into the water, the armor we’re talking about is invisible, spiritual armor. Let’s see what happens to someone with the armor of God.” Place the second egg into the saltwater glass. It should float. (test this before class) **Say**, “The armor of God stops the enemy from taking us down.”



GAMES

Super Shield Dodgeball



The shield of faith stops the flaming arrows of the enemy! Each round of this game requires three players. One player is the defender, another is the attacker, and the third player is the shield. Have the defender stand on one side of the room with the shield in front of him/her. Have the attacker face them on the other side of the room. Make ten paper balls and line them in front of the attacker. When you say, "Go!" the attacker can move side to side quickly and throw the paper balls at the defender one at a time as the defender tries to dodge. However, the shield will help deflect each shot and protect the defender. Each hit (even if the ball barely touches the defender) counts as one point for the attacker, each missed or deflected shot counts as one point for the defender. At the end of ten shots, the highest score wins.



**** Optional Memory Verse Game ****

The "Who" Game-Ephesians 6:10

Have everyone sit in a circle. Call out different descriptions, like: "Who likes basketball?" "Who has a birthday this month?" "Who is wearing red?" Each time you call out, everyone who fits that description stands and says the verse together.



DISCUSSION QUESTIONS

1

Name three pieces of God's armor.

2

What is the sword of the Spirit and why do we need it?

3

How does a believer "put on" the armor of God?