

The Armor of God

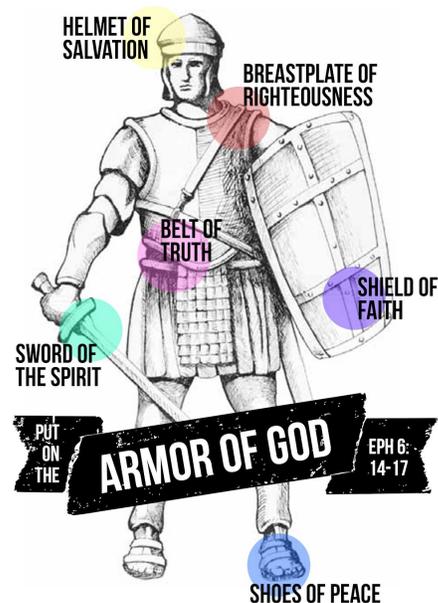
Ephesians 6:10-20

A 6 Part Series

Sunday School Lesson for the Weeks of:
3/22/20 and 3/29/20

Hey Parents!

I am praying for you as you navigate quarantine/no church season. You are in the trenches now, more than ever. How are you doing? Do you need anything? Please feel free to reach out to the church if we can help your family in any way!



- Before using, it may be helpful to look at the complete packet and think about how or when you will use each “session.”
- Also, consider reading this article to help you prepare your heart as you get ready to teach about the importance of the Armor of God in spiritual warfare:
<https://www.focusonthefamily.com/parenting/teaching-kids-about-spiritual-warfare/>
- For more study, consider doing a word study on the words that correspond with each element of the Armor of God. Using the concordance, have each family member or work in teams to look up a verse that pertains to each: truth, righteousness, Gospel of Peace, Faith, Salvation, Scripture/Word

What's in here?

- The Armor of God lesson broken into 7 sessions
- Activities to go with each session
- Activity pages for extra fun!

Sessions:

- Session 1 - Know Your Enemy
- Session 2 - Stand Firm... To Declare the Gospel?
- Session 3 - The Belt and the Breastplate
- Session 4 - The Shoes and the Shield
- Session 5 - The Helmet and the Sword
- Session 6 - Keep Alert! Persevere!

Session 1 - Know your Enemy

Ephesians 6:10-12

Open your Bibles together if you can, or read:

“Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers, over this present darkness, against the spiritual forces of evil in the heavenly places.” -ESV

Read: Sometimes, especially during hard times, we start to get confused about something kind of important. The sneaky snake devil that tricked Adam and Eve is still real, and just like he tricked Adam and Eve, he wants to trick us too! He wants to tempt us and trick us into serving him by sinning against God. It is important for us to know that we are not just facing whatever is going on in our world (COVID-19, no school, no church, stuck inside, hungry, grumpy, fighting with our sibling) but we are also facing the devil. Thankfully for us, God is on our side and He is mightier than any enemy we may ever face!

This video helps explain this better! Take a moment to watch:

(you may want to save the rest of the video for another session, consider watching just the first 45 seconds or rewatching later on)

<https://www.youtube.com/watch?v=nqoDMybXq5E>

Song: If looking at a hardcopy of this lesson, search this on Youtube:

The Armor of God-Ephesians 6 | Sunday School Lesson and Bible Story For Kids |HD| Sharefaithkids

While on Youtube, search for “*The Armor of God Kids Songs*” and see what you find that your family likes! There are so many choices, enjoy!

Discuss:

- What kind of things does Satan tempt us to do?
- Why is it important to resist these temptations?
- How can we resist temptation, even when it's hard?

Read: Throughout the next 2 weeks we will work together to learn about the tools the Lord has given us with which to serve Him and fight the devil. Remember, God is mightier than anything we will ever face, and the best part... He is on our side and we are fighting together in the Lord's Army!

Pray: (This is just a suggestion, encourage each family member to pray and consider closing with something like this)

Dear Heavenly Father, thank you for all you have done for us. Thank you that you are SO strong and that you are on OUR SIDE. Thank you that no matter what is going on or what temptation we are facing, you are on our side and you love us. In the midst of this season, help us to choose you. Help us to serve you. In serving you, help us to love you and love our families well. Thank you for Your Word, for this time together, and Your love. In Jesus name, Amen.

Memory Verse: (this will go better with the rest of the sessions)

Ephesians 6:19-20 Pray also for me, that whenever I speak, words may be given to me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Activities:

- Write or type the Bible verse on a sheet of paper, using fairly small print. Cut the words or phrases apart. Carefully roll or fold each word up and insert it into a balloon opening. Blow up the balloon and tie. Have your child pop the balloon, get the words, and put them in order. If you have multiple kids, divide the words into enough balloons for each child to have one.
- Stand in a circle and toss or bounce a ball back and forth as you say the words of the memory verse. You can have the whole group or individuals say the words with each throw.

Session 2 - Stand firm... to Declare the Gospel

Ephesians 6:13-20

Open your Bibles together if you can, or read:

“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. [...] and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the Gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.” -ESV

Read: Did you know that being in the Lord’s army is more than just resisting temptation? Serving the Lord is such a blessing. Because Jesus loves us, He chose to die on the cross for us! He lived His ENTIRE life, NEVER giving into temptation, so that when He grew up, His death on the cross would be enough to pay for our sins. So that we can go to heaven to be with Him! How amazing is that? All we have to do is believe in Him and we can be a part of His Family. Once we choose to believe in Him and be a part of His family, we want to share that good news with others too! Paul asked the Church in Ephesus to pray for him, that he would be able to declare the Good News boldly, so that others would be able to join God’s family as well! We need to pray that way too! Jesus told the disciples before going to heaven to “make disciples of all nations.” We are commanded to go into all the world and tell others about Him.

Sword Drill: Do a sword drill to look up and discuss the following verses. Discuss each verse. What do they say about God’s love for us? How can we talk to others about each one?

- | | | |
|--------------|-----------------|-------------------------|
| 1. John 3:16 | 2. Romans 3:23 | 3. I Corinthians 15:3-4 |
| 4. John 1:12 | 5. 2 Peter 3:18 | |

Read: When we know the Gospel and understand each piece of the story of God’s love for us, we are more likely to be able to declare it boldly.

Activity: divide the verses above, have each person draw a picture or symbol that goes with each verse. Hang them in a space where you spend a lot of time together in order to help your family hide these truths in your hearts.

Video: Check out this video from our 7 Week Challenge from last summer. Jesus commands us to share the Gospel. When this crazy season is over, will you be ready to go into the world and make disciples?

<https://www.facebook.com/KingdomSeekersKidMin/videos/2619823101385977/>

Song: I'm in the Lord's Army

-Good Fight by Unspoken

No matter the season we are in, God will always be with us, so we can keep fighting the good fight, and we can keep speaking the Gospel boldly to everyone we meet because everyone needs to know the love of Jesus.

Pray: (This is just a suggestion, encourage each family member to pray and consider closing with something like this)

Dear Heavenly Father, thank you for this day and for being with us. Thank you for your Word and for loving us so much that you died on the cross for us. Help us each to grow in our understanding of the Gospel more each day. Help us to declare the Gospel boldly to everyone we meet. We love you, God. In Your name we pray, Amen.



Session 3 - The Belt and the Breastplate

Ephesians 6:13-14

Open your Bibles together if you can, or read:

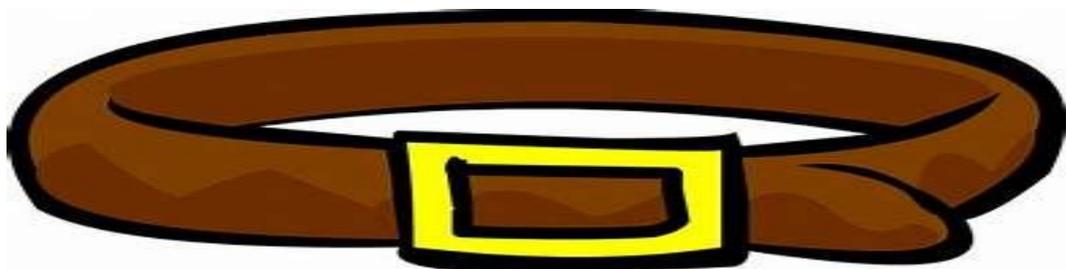
“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness.” -ESV

Read: The Bible tells us to “put on the whole armor of God.” Over the next few days we will read about what exactly that means. What is “armor?” What is it for? Armor is worn for protection in battles. The first two pieces of armor are the Belt of Truth and the Breastplate of Righteousness. Let’s talk about what those might mean:

The Belt of Truth: Remember, we are talking ARMOR here. What would the Belt of Truth be protecting us from? What is the opposite of truth? Lies. Remember when we talked about knowing our enemy? And how Satan wants to trick us? He tricks us by telling us lies that make us want to serve him instead of God.

Discuss:

- What kind of lies do you think Satan wants us to believe? It’s okay to lie, cheat, steal, hurt someone, be selfish, be mean to others, not obey and respect our parents.
- What is the truth in God’s Word, the Bible? Do not lie, cheat, steal. Be kind and loving to everyone, put others before yourself, and obey and show honor to your parents.
- If we study the truth in God’s Word and hide it in our heart, then when Satan comes to whisper lies or temptation, we will be ready to fight back and resist temptation and lies.



The Breastplate of Righteousness: A breastplate is like a shield that you wear over your chest. This is one of the most important pieces of armor because it protects your most important part: your heart. In a battle, if the enemy can get to your heart, what can happen? You would be seriously injured and probably die! If you do not guard your heart from the lies of Satan how can you serve God? If you don't believe that Jesus' righteousness or goodness is enough to fix your relationship with God and get you into heaven, then you will always doubt God's power. If we doubt will be terribly difficult to follow God. A strong member of God's family knows that the sinlessness (or righteousness) and death of Jesus is enough to make him a child of God. Satan can never change that or take it away!

Activities:

- Activity page: Belt of Truth - T/F Questions
- Consider creating an Armor of God "scarecrow" out of anything your kiddos can find in the house. Work together to add to it each time you have a devotional time until you have a full armor.

Song: Full Armor of God by KidSpring

Listen on Alexa or Youtube

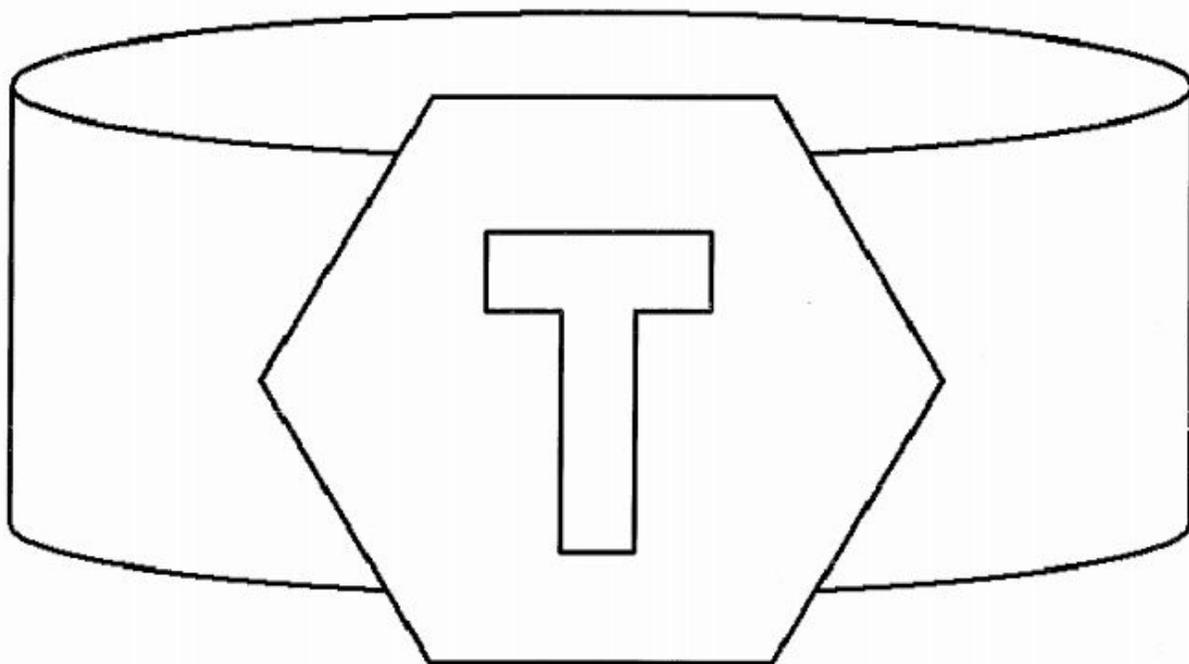
Check out this website for more fun and interactive information on the Armor of God:

<http://www.christcenteredmall.com/teachings/armor-of-god.htm>

Prayer: (This is just a suggestion, encourage each family member to pray and consider closing with something like this)

Dear Lord, we thank you for this day. We pray that we would feel your presence with us, because of your Holy Spirit, as we go through the day. We thank you for this season of being home together. We pray that you would help us to put on your full armor so that we can serve you better. In your name, Amen

"But speaking the truth in love, may grow up into him in all things, which is the head, even Christ." *Ephesians 4:15*



T/F

- _____ God knows each one of us.
- _____ Jesus only loves people who never make mistakes.
- _____ Jesus loves me!
- _____ God wants me to wear the whole armor of God.
- _____ God only hears us on Sunday.

Activity: Put a T beside the true sentences and an F beside the false.

Session 4 - The Shoes and the Shield

Ephesians 6:13-16

Open your Bibles together if you can, or read:

“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all of the flaming darts of the evil one;” -ESV

Read: Next, Paul tells us to put on the Gospel Shoes of Peace and the Shield of Faith.

The Gospel Shoes: Everytime you go anywhere, what is the last thing your mom tells you to do before you get in the car? Put on your shoes! Why do you need to put your shoes on? So that you are ready to move when you need to. Jesus tells us in Matthew 28 to “GO and make disciples of all nations.” How can we go anywhere and share the Gospel without protecting our feet. If we ALWAYS wear the Gospel Shoes we will be ready to share the Gospel any time we meet someone who needs to hear it!

Discuss:

- Do you ever feel afraid to share the Gospel?
- Why?
- How can we work to not be afraid? How can we wear the Gospel shoes and be ready to share about Jesus?



The Shield of Faith: You probably already know what a shield is used for... blocking weapons from the enemy! Paul describes Satan’s lies and tricks as “flaming darts” in the passage we read today. That’s a pretty strong statement! Satan can be very sneaky! So how can we arm ourselves with the shield of faith? We pray that the Lord would give us faith to trust Him. Faith that He can help us through ANY temptation or trick the devil throws our way. Faith that He will love us even when we CAN’T resist temptation. Faith that He is with us always, when life is hard, when we are feeling tempted, and even when life is going great!

Discuss:

- Do you ever struggle to have faith and trust God?
- When?
- How can we help ourselves in those times?

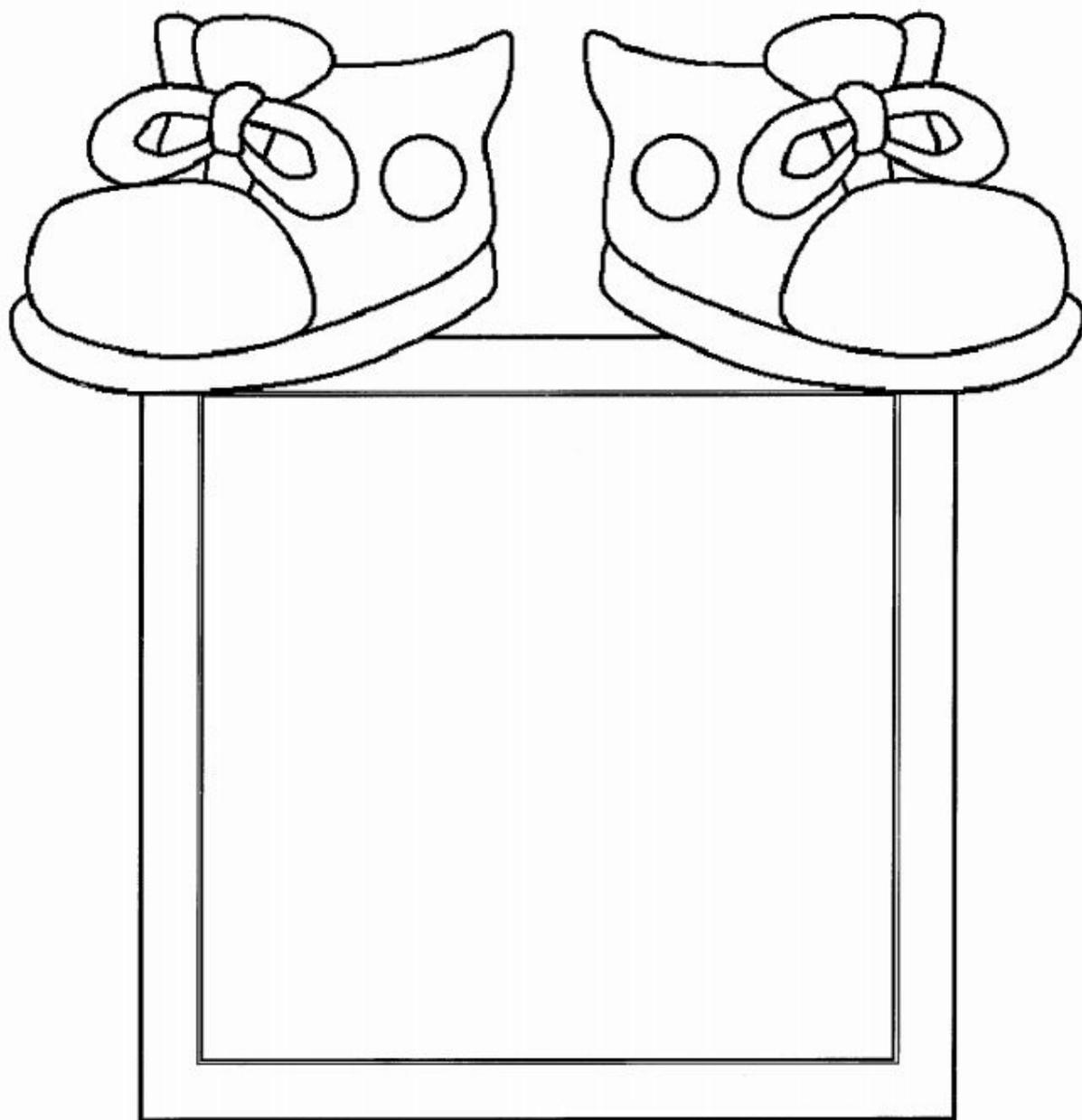
Activities:

- Go outside and trace your kids with chalk. Encourage them to draw their face and put on the Belt of Truth, Breastplate of Righteousness, the Gospel Shoes of Peace, and the Shield of Faith. This could be done any day and if it lasts on the concrete, consider adding pieces of armor as you study them. Or, if you have butcher paper, trace each child on a sheet of butcher paper and use it the same way.
- Activity Page: Gospel Shoes - Draw a picture or write a letter to someone who needs to hear the Gospel
- Activity Page: Draw a picture of something scary on the shield of faith.

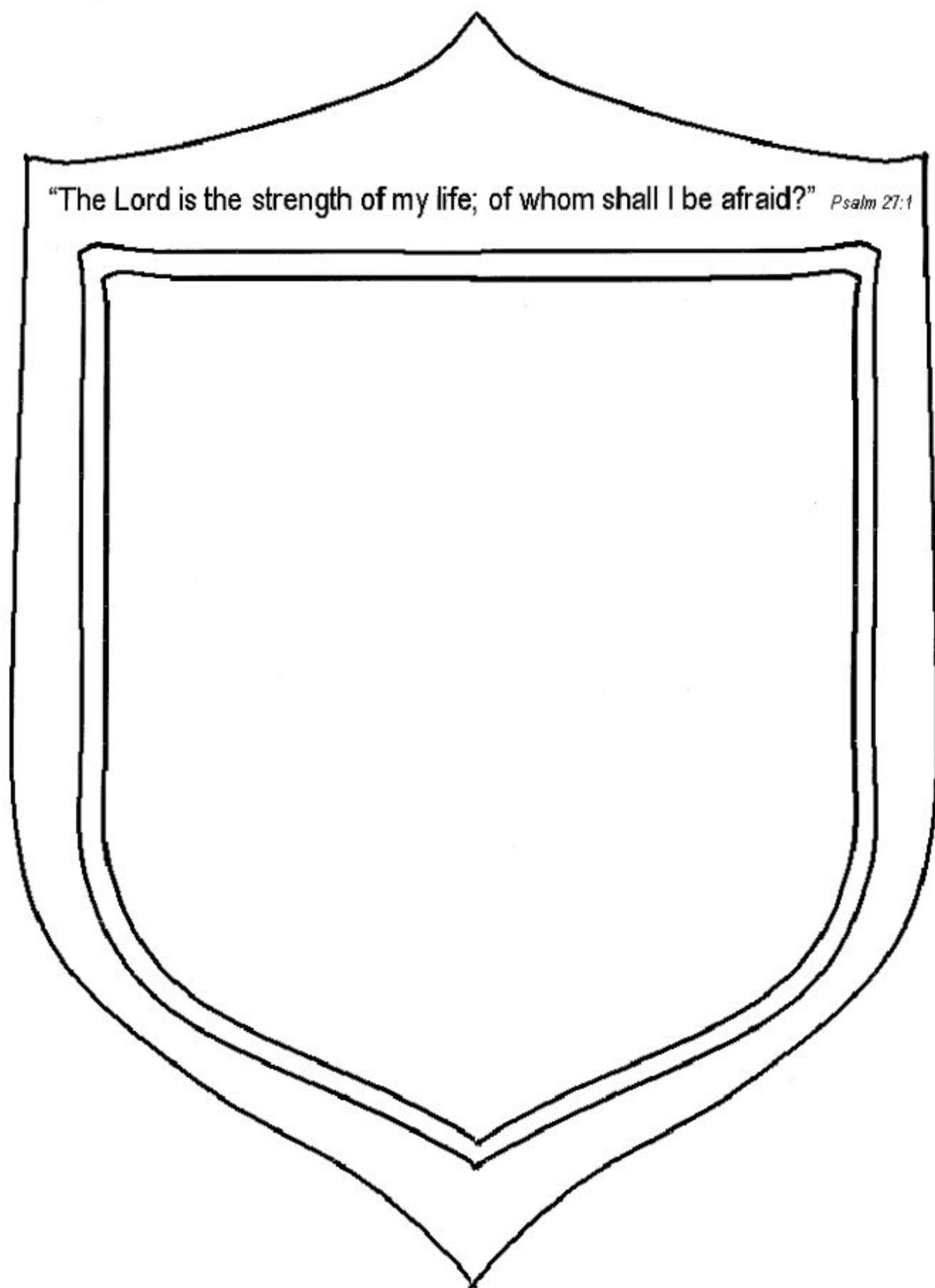
Pray: (This is just a suggestion, encourage each family member to pray and consider closing with something like this)

Dear Lord, we love you so much. Thank you for loving us. Thank you for giving us your Word that we can learn to put on your full armor. Thank you that you protect us from the lies and schemes of the devil. Help us to be ready to share the good news of your love for us always. Help us to constantly have faith that you will be with us always. In your name we pray, amen.

Use your shoes! Share the news!



Activity: Who would you share God's news with? Write a word or sentence or draw a picture about sharing God's news.



Activity: Draw a picture of something scary on the shield of faith.

Session 5 - The Helmet and the Sword

Ephesians 6:13-18

Open your Bibles together if you can, or read:

“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all of the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God,” -ESV

The Helmet of Salvation: This one is a bit more obvious. Where do we wear a helmet? On our head! We become a member of God’s family by believing in the Gospel, or the story of God’s love for us. By believing that Jesus died on the cross to save us from our sins. When we believe that, we begin to protect our minds from the sneakiness of the devil. we put on the Helmet of Salvation that we can never lose. We will always have that protection!



The Sword of the Spirit: “The Sword of the Spirit, which is the Word of God...” The Sword is the most unique element of the Armor of God. Can you guess why? It is the only article of the suit that is a weapon rather than a tool of protection. So how is the Word of God like a sword? Remember who we are fighting. Not a literal battle with an actual army, but a spiritual battle. So what kind of weapon would we need to use against the sneaky, lying devil? The Truth! When the devil whispers lies and temptations, we can respond with truths from God’s Word.

Activity:

- For each of these lies that the devil tells us, work together to find a truth from God's Word that could be used as a weapon against him.
 - You should be afraid of the dark. Joshua 1:9
 - You should disobey your parents and sneak a cookie. Ephesians 6:1
 - You are not smart enough to tell others about Jesus. Ephesians 2:10
 - Since you gave into temptation and sinned again, Jesus can't love you anymore. Romans 5:8
- Activity page: The Armor of God Prayer Sheet
- Activity page: The Sword of the Spirit - Write four words that remind you of God

Song: Soldier by Unspoken

Prayer: (This is just a suggestion, encourage each family member to pray and consider closing with something like this)

Dear Lord, thank you so much for your salvation. Thank you that even though we are sinners, who make mistakes every day, you still love us. So much that you died for us. Thank you that we cannot lose that salvation from you or our relationship with you. And thank you for your Word, God. For the truths that are in it with which we can arm ourselves. We love you, in your name, amen.

The Armor of God Prayer Worksheet

Father, with the upcoming battles today
being spiritual in nature, please help me to...

Write a brief response:

Buckle

"14a...truth like a belt around [my] waist,"

How can I speak truth in love today?

Strap on

"14b...righteousness like armor on [my] chest,"

What "right" things can I do today?

Lace up boots of

"15...readiness with the gospel of peace,"

How can I model peacefulness today?

Firmly hold

"16...the shield of faith,"

What type of challenges may come?

Confidently wear

"17a ...the helmet of salvation,"

How should this effect my attitude?

Properly use

"17b ...the sword of the Spirit...God's Word,"

How should I speak about scripture?

And remember

"18...to pray at all times in the Spirit,"

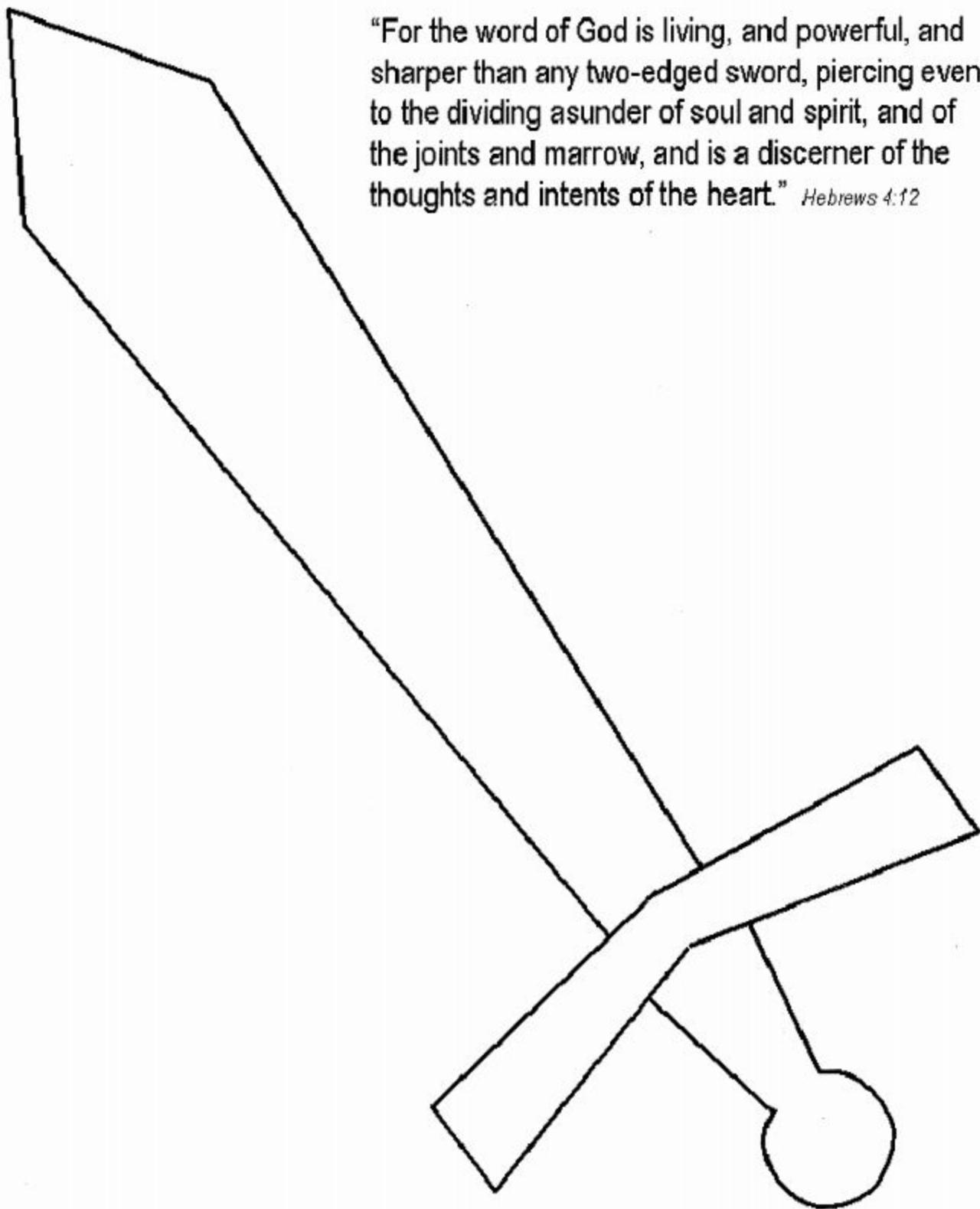
How can I specifically pray today?

That You may be honored.

In Jesus' name, Amen

(Ephesians 6:10-18)

"For the word of God is living, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart." *Hebrews 4:12*



Activity: Print four words that make you think of God on the sword of the spirit.

Session 6 - Keep Alert! Persevere!

Ephesians 6:18

Open your Bibles together if you can, or read:

“Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,” -ESV

Keep Alert: Even though we go through crazy seasons, like our current situation, we cannot forget the fact that we are in a spiritual battle. Imagine you are playing basketball and you get distracted by a friend in the stands. What would happen if your teammate passed you the ball? It probably wouldn't go well! If we forget that we are in a spiritual battle, the lies and tricks of the devil will sneak up on us and we won't be prepared. We will have a harder time resisting temptation, or we might start to doubt that God loves us. So we put on the full armor of God in order that we can keep alert and on guard.

Discuss: How do we do that? Stay close to Jesus!

- Read the Bible regularly together and even alone
- Pray together daily
- Pray on your own throughout the day
- Memorize God's Word so that you can have it in mind in moments of trouble, darkness, weakness, etc.

Activity:

- together, as a family, come up with a family plan. In the same way you would discuss an emergency escape plan, come up with a plan for how your family will work to keep alert. It COULD look something like this:
 - Reading the Word: at least four days per week, each member of the family will read the same scripture passage/verse/story in the morning. After meditating on it all day we will discuss it together at dinner. (stolen from a friend)
 - Prayer: At least 3 times per week we will pray together while taking turns at the sink to brush our teeth in the morning and before bed.

- Encouragement: one time per week, we will take turns encouraging each other by going around the table at dinner and pointing out something each person did well throughout the week. I.e. “Carla, you served God by helping Kim with her chores this week.”
- Memorizing scripture: At the beginning of the week, we will each draw or write a postcard with the same memory verse. We will hang them up all around the house in areas we all use. At the end of the week we will take turns sharing the verse with each other.
- Armor of God Matching - Cut up the matching pieces and play matching. Match the piece of armor with the word that goes with it. <https://sundayschoolzone.com/activity/armor-of-god-match-game/view/>
- Play Pin the Armor on the Christian. Draw or create a person. Have the children create pieces of armor: belt, breastplate, shoes, shield, helmet, and sword. Have them cut out the pieces and play as usual!

Video: Consider reviewing the Armor of God Video

<https://www.youtube.com/watch?v=nqoDMybXq5E>

If looking at a hardcopy of this lesson, **search this on Youtube:**

The Armor of God-Ephesians 6 | Sunday School Lesson and Bible Story For Kids |HD| Sharefaithkids

Songs: Take some time to listen to the songs from this packet:

- Soldier by Unspoken
- Full Armor of God by KidSpring
- Good Fight by Unspoken
- I’m in the Lord’s Army

Pray:

Dear Lord, Thank you so much for your Word. Thank you for sharing these messages about the ways you protect us in spiritual battles. Thank you that these messages are true every day of our lives. Thank you that you love us. Help us to stay close to you, to keep alert, and to persevere. Thank you for giving us a family to help us work together and serve you well. We love you, in your name we pray, amen.