



WEEK 3

ELEMENTARY LESSON OUTLINE



BIG IDEA

God gives us everything we need.

THE BIBLE

The Armor of God: Ephesians 6:10-18;
(2 Corinthians 10:3-4)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **ACTIVITY** | The Right Uniform
- **ACTIVITY** | Name That Uniform
- **POLL** | Do Uniforms Matter?
- **THE BIG IDEA** | God gives us everything we need.
- **VIDEO** | Go, Episode 3
- **SCRIPTURE** | Ephesians 6:10-18
- **VIDEO** | The Armor of God
- **REFLECTION** | Act Out the Armor
- **SCRIPTURE** | 2 Corinthians 10:3-4
- **MUSIC** | Dance Party
- **RESPONSE** | When Do We Need the Armor of God?
- **PRAYER**
- **MEMORY VERSE** | Memory Tower

SMALL GROUP TIME

- **DISCUSSION**
 - What “uniform” should we put on as followers of Jesus?
 - What are some of the parts of the Armor of God?
 - Can you name what some of those parts do?
 - 2 Corinthians 10:4 says that our weapons are not like real weapons, but they still help us in battle. What do you think that means?
 - Why do we need an armor of God?
 - How does the armor of God show us that God gives us everything we need?
 - How will you put on the Armor of God this week?
- **ACTIVITY** | Suit Up!
- **MEMORY VERSE** | Matthew 5:16 (NIV)



WEEK 3

HACKS FOR PRETEENS



BY HEATHER HENDERSON

HOW TO HACK THIS SERIES FOR PRETEENS

In children's ministry, you've got a wide range of ages you need to engage every week, but preteens tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your preteens more engaged.

POLL | Do Uniforms Matter?

Ask a few follow-up questions for the older kids in the group:

- **What uniform have you always hoped to try on?**
- **Have you ever tried on someone else's uniform for work?**
- **Do your parents or anyone in your family have to wear a special type of uniform for work? What do they do?**

REFLECTION | Act Out the Armor

As an additional way to reinforce the Armor of God, try adding in this activity! Get some articles of clothing and other props and label them with each piece of the armor of God. It doesn't have to be accurate—you can just have label an oversized T-shirt as the breastplate of righteousness, for example. Then have kids take turns trying to put on the "armor" as fast as they can (use a stopwatch.)





MUSIC | Dance Party

You can use this time of discussion to help kids settle down after the dance party, or as a replacement activity if you have preteens that are reluctant to participate in the dance party.

- **Why it would be so helpful to have God's armor?**
- **Why do we need help with being righteous and knowing what is really true?**
- **What are some real life situations where having the armor helps?**

ABOUT THE AUTHOR

HEATHER HENDERSON

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Heather is currently a self-employed writer, speaker, coach, and ministry partner. In addition to writing this awesome series, she writes for several other publications regularly. She is also on the teaching rotation at a couple of churches in the Washington, D.C. metro region. She is on the board of directors for a foster home in Mexico and also for a youth conference held in the Mid-Atlantic region each year. Heather is a former youth pastor and associate pastor at a large and culturally and racially diverse church in Maryland. She has coached and led tons of volunteers and paid ministry staff over the years, and she is passionate about helping churches tell

people the good news of Jesus. She is also a strong advocate of women in vocational ministry and leads electives and workshops for women and girls and their advocates any chance she gets! Heather is married to her technology genius husband, and they have three kids, aged 10, 5, and 3. They live in the Virginia suburbs of Washington, D.C. with their dog June and their fish Pepperoni.

If you'd like to chat with Heather about church leadership, about women in vocational ministry, or about how to make the perfect apple pie, reach out. She would love to connect with you!

ADDITIONAL DEVELOPMENT: Elle Campbell, Brooklyn Lindsey, Amber Stephens, Linda Moon, Megan Romer.

TEACHING VIDEOS: Elle Campbell, Brooklyn Lindsey, Linda Moon, Jared Callahan.

PRETEEN HACKS: Heather Henderson.

SPECIAL NEEDS HACKS: Abby Burg.

MEMORY VERSE SIGN LANGUAGE: Sunny Brown.

GRAPHIC DESIGN: Josh Gosney, Jules Gray, Elle Campbell.

LAYOUT DESIGN: Jules Gray, Elle Campbell.

ADDITIONAL SUPPORT: Kenny Campbell, Tash McGill, Stephen Switzer, Ali Anne, Eddie Irvin, Ari Raines, Kellee Gentry, Tim Synan, Josh McLemore, Amber Gaddis.



WEEK 3

HACKS FOR KIDS WITH SPECIAL NEEDS



BY ABBY BURG

HOW TO HACK THIS SERIES FOR KIDS WITH SPECIAL NEEDS

In children's ministry, you've got a wide range of ages you need to engage every week, but kids with special needs tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your kids with special needs more engaged.

ACTIVITY | Name That Uniform

- Some kids on the autism spectrum demonstrate a strong interest in a particular animal, profession, or activity (i.e. whales, chefs, race car driving). It's usually something that they like to talk about all the time and know a ton about! If you have such a kid, consider finding a way to have them share their interest with the group. You'll not only delight them by involving them, but they'll see how much you care about them and notice their interests.

MUSIC | Dance Party

- For kids whose movement is impaired by a physical disability, consider providing props such as colorful scarves, ribbons, or hoops to facilitate creative movement. And if your space and number of students permits, making these props available to everyone promotes an inclusive environment and amps up the fun!

SCRIPTURE | 2 Corinthians 10:3-4

- The armor of God is a powerful image, but reinforcing the concept that it is not a literal set of armor will be helpful for some kids with intellectual disabilities. This passage will be helpful to remind them of this. Even as you're asking the application questions later during discussion time, remind the group that the armor of God is spiritual, not something that they can touch or carry around in a suitcase.

ABOUT THE AUTHOR

ABBY BURG

 [instagram.com/abbyjburg](https://www.instagram.com/abbyjburg)



Abby Burg has been living the adventurous life of the unexpected over the past decade. After seven years in both children’s ministry and executive ministries in upstate New York and her home state of Delaware, she has taken on a new endeavor in serving missionaries around the world through ReachGlobal, the international mission of the Evangelical Free Church of America. As a missionary kid herself, interacting with ReachGlobal staff has been a joyful extension of her ministry. Blending her training in Inclusive Childhood Education at Houghton College (class of 2012) with her heart for Jesus, she is passionate about making the Bible real to kids and believes that disciple-making should be active, full of fun, and sometimes a little messy. . . all while pointing to Jesus. Whether serving as a kids camp speaker, “pinch-hitting” on the children’s

church rotation, or training fellow kidmin leaders, Abby enjoys every opportunity she gets to advance the kingdom in the hearts of kids and those that lead them.

Abby lives in Minneapolis, Minnesota with her high-school sweetheart and husband of nine years, Andrew. They love Saturday morning breakfast dates, ice skating, road trips, and writing post cards to their niece and nephew. Their lovable golden retriever, Charlie, is the most popular dog on the block with his trademark goofy grin and eagerness for belly rubs.

If you’d like to chat with Abby about creative worship experiences for kids, anything written by Henri Nouwen, or living life as an enneagram one, reach out! She would love to connect with you!

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WEEK 3

ELEMENTARY LESSON GUIDE



BIG IDEA

God gives us everything we need.

THE BIBLE

The Armor of God: Ephesians 6:10-18;
(2 Corinthians 10:3-4)

LARGE GROUP TIME

WHAT? *What are we talking about today?*

ACTIVITY | The Right Uniform

- **INSTRUCTIONS:** *You or another leader starts off group time dressed in a uniform of some sort. You could be dressed as a sailor, a firefighter, a race car driver, a chef – any outfit that obviously looks like the dress of another profession and is easily identifiable by kids.*
- Hey, friends! **Do you, uh, happen to notice anything different about me today?** That's right, I'm dressed as a _____. But wait a second... I'm not a _____! I am a (insert your title here; e.g., teacher, pastor, director, leader, etc.!) Uh-oh! I'm not dressed in the right clothes for my job here at church!

ACTIVITY | Name That Uniform

- **INSTRUCTIONS:** *Find five to seven images of different people in various types of uniforms, or pass out the Name That Uniform printable provided for you—you can have 2-3 kids share one copy.*
- **Can you guess what job each person has in these pictures? How can you tell?**
 - ✂ **SPECIAL NEEDS HACK:** *If you have a kid on the autism spectrum who demonstrates a special interest in a particular profession, consider finding a way to have them share their interest with the group. You'll not only delight them by involving them, but they'll see how much you care about them and notice their interests.*

POLL | Do Uniforms Matter?

- **Do you think uniforms are an important part of having a job?** Give me two big thumbs up if your answer is “yes” and two big thumbs down if your answer is “no.”
- So, lots of uniforms are pretty important when it comes to certain workers. Those big, heavy jackets firefighters wear? They’re made of really special, thick material that protects the firefighters from getting burned! A sailor’s life jacket protects the sailor in case they have to go in the water, and a surgeon wears brand new clean scrubs to keep germs out of the surgery room.
- The type of uniform a person will wear has a lot to do with the job a person will be doing.
 - ✂ **PRETEEN HACK:** *Ask a few follow-up questions for the older kids in the group: What uniform have you always hoped to try on? Have you ever tried on someone else’s uniform for work? Do your parents or anyone in your family have to wear a special type of uniform for work? What do they do?*

THE BIG IDEA | God gives us everything we need.

- **INSTRUCTIONS:** *Use the same images from the “Name That Uniform” activity.*
- **In addition to what they’re wearing, what else do each of these people need?** Each person can only succeed in their jobs if they have everything they need! Well, that’s what today’s Big Idea is!
- Repeat after me:
 - **God** *(Point upward.)*
 - **Gives us** *(Point to self.)*
 - **Everything we need** *(Spread arms out wide.)*
- Just like uniforms give firefighters and sailors what they need to stay safe and do their jobs well, God gives us everything we need to face anything that may come our way!

SO WHAT? *Why does it matter to God and to us?*

VIDEO | Go, Episode 3

- **INSTRUCTIONS:** *Play this week’s [teaching video](#).*

SCRIPTURE | Ephesians 6:10-18

- Did you know we have a uniform? The Bible talks about how the world can be a really difficult and even sometimes scary place. But in the middle of a lot of really hard things, we have protection! We can stand up for things that matter and for people who matter because God is protecting us and helping us with everything we need. Remember we talked about the Helper last week? Well, one of the biggest jobs of the Helper is helping us to be brave when we need to stand up for those who need help!
- So, as Christians, our uniform is given to us by God, and we are going to talk about what that uniform looks like today! Each part of that uniform helps us in a different way.
- **INSTRUCTIONS:** *Begin reading the Bible verse. When you get to verse 13, ask the kids to stand up and mirror you as you act out the different parts of the armor.*

- Belt of Truth (Hands on hips)
- Breastplate of Righteousness (Arms crossed over chest)
- Shoes/Sandals-Gospel of Peace (Run in place)
- Shield of Faith (Hands out in a stopping motion)
- Helmet of Salvation (Hands on head)
- Sword of the Spirit (One hand downward in a sweeping motion)
- Praying (Hands clasped in prayer)

VIDEO | The Armor of God

- Okay, so how do those things help protect us against things that may hurt us? What does “Helmet of Salvation” mean? And what is a “Breastplate of Righteousness?” Let’s watch this video that will help us understand a little bit more.
- **INSTRUCTIONS:** Show [this video](#), “The Armor of God” by LifeKids.

REFLECTION | Act Out the Armor

- Who thinks they remember all of the parts to God’s armor and the motions we did with them?
- **INSTRUCTIONS:** Invite one or a few kids to the front of the room to recite the Armor of God with the motions. Encourage the kids who are watching to try to follow along. Reward each kid who does so with a small prize.
 - ✂ **PRETEEN HACK:** Get some articles of clothing and other props and label them with each piece of the armor of God. It doesn’t have to be accurate—you can just have label an oversized T-shirt as the breastplate of righteousness, for example. Then have kids take turns trying to put on the “armor” as fast as they can (use a stopwatch.)
- Putting on the armor of God is something we have to do every single day. When you wake up in the morning, it’s important for you to make sure you’re wearing the things that keep you safe, just like the firefighter always wears that special firefighting jacket. It’s important to have everything you need to help others along the way!

SCRIPTURE | 2 Corinthians 10:3-4

- So, are we *really* putting on an actual Belt of Truth and carrying around a *real* Sword of the Spirit? I think if you were carrying around a sword, people might get a little freaked out. Just like we saw in that video, the parts of the armor of God are not *real* weapons like we might see in a real battle. But they are spiritual weapons that God gives us for our protection and to help us live the life we’re supposed to. All of us have a shared purpose to love God and to love others. The armor of God will help us do that every single day of our lives.
- **INSTRUCTIONS:** Read 2 Corinthians 10:3-4.
 - ✂ **SPECIAL NEEDS HACK:** This passage will be instrumental in helping reinforce to our friends with special needs that the armor of God is not something they can touch or carry around.
- Even though they may not be real weapons we can hold in our hands, they are powerful enough to help us protect ourselves and others in any situation.

NOW WHAT? *What does God want us to do about it?*

MUSIC | Dance Party

- **Do you guys remember what our Big Idea for this week is?** That's right! God gives us everything we need!
- I don't know about you, but knowing God gives me all that I need to be ready for anything that might happen in my life gets me pretty pumped! Time for a dance party!
- **INSTRUCTIONS:** Show or play "[Full Armor of God](#)" by KidSpring.
 - ✂ **PRETEEN HACK:** Ask kids to discuss why it would be so helpful to have God's armor. Why do we need help with being righteous and knowing what is really true? What are some real life situations where having the armor helps?

RESPONSE | When Do We Need the Armor of God?

- **INSTRUCTIONS:** Read out some of these scenarios the kids might find themselves in and ask them to identify which piece of the armor of God they might need. (Possible answers are listed here, but entertain different responses as well!)
- When your parent tells you it's time to read the Bible and you just want to watch TV instead (*Breastplate of Righteousness*)
- When you might want to blame someone else for a mess you made (*Belt of Truth*)
- When you see two of your friends fighting during lunch (*Shoes of the Gospel of Peace*)
- When someone asks you tricky questions about the Bible, trying to make you stop believing in God (*Helmet of Salvation, Sword of the Spirit*)
- When you are sad because it seems like God is not answering your prayers (*Shield of Faith*)

PRAYER

- God, please help us to remember to put on the Armor of God every single day. We know it protects us and helps us to go and tell others about you. Thank You so much for giving us everything we need to be brave and to face the tough things in this world.

MEMORY VERSE | Memory Tower

- **INSTRUCTIONS:** This activity consists of memorizing the verse while playing a game of tumbling blocks (i.e., Jenga)! Write out (or type) this week's verse on a piece of paper (or adhesive labels). Cut out each word and affix it to the short end of blocks only on one side of the tower, and in order. Every time someone removes a block, recite the memory verse together. Eventually, pieces of the memory verse will be missing, so it will make the kids do it from memory. Once the tower falls over, ask the kids to work together to put the verse in the correct order (see [this image](#) for reference.)

SMALL GROUP TIME

DISCUSSION

- What “uniform” should we put on as followers of Jesus?
- What are some of the parts of the Armor of God?
- Can you name what some of those parts do?
- 2 Corinthians 10:4 says that our weapons are not like real weapons, but they still help us in battle. What do you think that means?
- Why do we need an armor of God?
- How does the armor of God show us that God gives us everything we need?
- How will you put on the Armor of God this week?

ACTIVITY | Suit Up!

- **INSTRUCTIONS:** Print out this week’s printable and ask the kids to color and cut out all the pieces. Ask them to “put on” the pieces of the armor of God, and the older kids can label them by looking at the Bible passage again.

MEMORY VERSE | Matthew 5:16 (NIV)

- **INSTRUCTIONS:** *Introduce kids to this month’s memory verse, teaching them the signs (a combination of SEE and ASL) we’ve provided.*