

The Armor of God

Bible Story: The Armor of God – Ephesians 6:10-19

Bottom Line: God gives us what we need to stand strong against evil.

Memory Verse: “¹⁷ Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 2 Corinthians 5:17 NIV

Christ Connection: *Paul told believers to be ready to fight a spiritual battle each and every day. People and powers who are against God will be against us too. But Jesus died and rose from the dead. He had victory over evil. We can fight the battle against evil, knowing Jesus already won the war.*

10 Minutes SOCIAL: SETTING THE TONE OF THE EXPERIENCE

CEREAL BOX MIX UP

What You Need: cereal box cover (cut into 16 equal squares), scissors

What You Do:

- Break your group into 2-3 teams
- Place the pieces into a pile face down.
- Race to see which team can put their cereal box back together the fastest.
- For an added challenge you could cut the cereal box cover into a more difficult kind of pattern or have the students complete the challenge with one hand behind their back.

What You Say: “You guys did a great job putting your boxes back together. Today in Large Group we are looking at ways to we build our faith like the boxes you assembled today.”

10 Minutes Worship: CELEBRATING WHAT GOD IS DOING

GAME, SONGS, OFFERING AND PRAYER

Protect the Castle

What You Need: foam balls, blocks/boxes/cups (2 sets, one red and one blue), countdown timer

What You Do:

- Separate the room into 2 teams (red and blue). Choose 6 kids to be the armor.
- Place the blocks/boxes/cups in the center of the room down a line.
- This game is like dodgeball but, the goal is to knock down all of the blocks in the middle of the room.
- The armor can block the balls with their hands only.
- Teams will start throwing when the timer starts.
- Team with most of the blocks down wins.

What You Say: Good job teams! Today we will be looking at things that God has given us to help defend us against evil. Before we do that let's all stand up and sing.”

15 Minutes LARGE GROUP: COMMUNICATING GOD'S TRUTH IN ENGAGING WAYS

Today's Passage

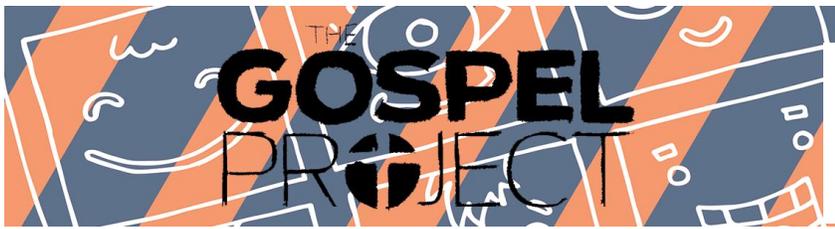
¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. ¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, **Ephesians 6:10-19**

Context:

The Bible says that God gives us what we need to stand strong against evil. He gives us armor to fight against the plans of the devil. Now, I have a question. If God gives us armor, where is it? Where is the armor for my chest? Where is my belt and helmet and shield? This is not heavy, physical armor that we pick up and put on every day.

Paul used a Roman soldier's armor as a picture of how we should prepare ourselves to fight against evil. We can carry God's truth, righteousness, and peace wherever we go. We hold tight to our faith, salvation, and the Word of God. Also, we are to pray. Pray and ask God for help. When we have this armor of God, we are ready for any battle.



You might be thinking, *I'm not sure how to fight a battle. I'm not very strong, and I am a little afraid.* Well, the good news is that God does not leave us to depend on our own strength. He gives us the Holy Spirit, and we can rely on His power.

Today's Takeaways

- We need to be ready to fight the spiritual battle every day.
- Our world is full of people and powers who are against Jesus and us, too.
- **BL:** God gives us what we need to stand strong against evil.
- Since Jesus rose from the dead, we have victory over evil. We can stand firm in the faith.

Give kids a chance to believe in Jesus for the first time. Remind them that God loves them so much that He sent Jesus to earth to pay for their sins. Lead them to pray as you pray. Pray that believers will submit their lives to the Holy Spirit and follow Jesus.

25 Minutes SMALL GROUPS: CREATING A SAFE PLACE TO CONNECT

Discussion Questions:

- What do you take with you when you leave the house? Why?
- What kind of things did our Bible story today say we need?
- What kind of battle do we face in our lives?
- The armor of God is not physical armor, so how do we prepare ourselves for battle?

Activity: Armor toss

What You Need: "Armor toss" printable (2-3 sets per group), beanbags, Armor of God legend

What You Do:

- Place each piece of armor on the floor as though building a suit of armor.
- Instruct the kids to line up and take turns tossing a beanbag onto the pieces of armor.
- Each time a kid lands the beanbag on a piece, say its name aloud and talk about the meaning.
- Encourage the kids to say it with you.
- Give everyone multiple chances to throw a bean bag.

What You Say "Today we learned about these pieces of armor. They are a special kind of armor that God gives us to help us stand firm against anyone who is against God, and fight back against evil. The next time you are scared or fearful, remember the tools God is equipping you with."

Activity: Memory Verse Activity

What You Need: "Key Passage Poster", white board, Markers, eraser

What You Do:

- On a dry erase board or chalkboard, write out the key passage.
- Invite a volunteer to read the verse for the class and then erase one word.
- Invite another kid to do the same, erasing a second word.
- Continue in this way until kids have erased all the words and are saying the verse from memory.

What You Say "Great job with that key passage. There is still time to memorize it, so keep working on it. This verse is from 2 Corinthians, one of the books of the Bible written by the apostle Paul. Paul wanted the Corinthians to know that the sin in their lives was against God's will for them and showed that they didn't fully understand the gospel. When we trust in Jesus, we are new creations, changed inside and out. **Who changes us? The Holy Spirit changes us to be like Jesus for God's glory.**"

Pray and Dismiss:

What You Need: No supplies needed

What You Say:

"Father, thank You for Your goodness, faithfulness, and love. Help us to put on the full armor of God each day. Fill us with Your Spirit and guide us to fight the good fight and expand Your kingdom. Amen."

5 Minutes HOME: PROMPTING ACTION BEYOND THE EXPERIENCE

As adults arrive to pick up, ask kids to share what they learned about how God equips us to stand against evil. Encourage families to pray for each other that they will remember these tools when they need them.