

### LESSON 6

## ARMOR OF GOD

### LESSON AT A GLANCE

**WONDER TRUTH:** The Holy Spirit Gives Us Strength

**SCRIPTURE:** Ephesians 6

**GOD'S BIG STORY:** Paul encourages Jesus-followers to stand firm against the devil's evil plans by putting on spiritual armor and relying on the Holy Spirit for strength.

**WORD OF WONDER:** The Holy Spirit gives us power. —from Acts 1:8

- Arrival Activity - Play Stations:
  - Belt of Truth Play
  - Soldier Play Dough Mat
  - Armor of God Coloring Sheet
- Curiosity Activity: How Strong Is It?
- Word of Wonder: From Acts 1:8
- Craft: Shield of Faith
- Declaring God's Wonder
  - Read the Story!
- Circle Time: Pieces of Armor
  - older group dismiss to LG if necessary
- Prayer of Invitation
- Worship
- God's Big Story: The Armor of God
- Connecting the Wonder Truth
- Prayer and Blessing
- Closing Game: Paper Wad Battle





**INVITATION**

We invite you to pause, listen, and shift your gaze toward the Father ...

**LESSON AT A GLANCE**

**WONDER TRUTH:** The Holy Spirit Gives Us Strength

**SCRIPTURE:** Ephesians 6

**WORD OF WONDER:** From Acts 1:8

Paul saw clearly what we sometimes forget: We're at war.

Your enemy is relentless, a mighty power in a dark, fallen world. He's cunning, vicious, and takes no prisoners. His goal is your destruction—and the destruction of every child you serve.

But here's good news: No enemy is stronger than God, and God has equipped you to stand firm in the fight. Read Ephesians 6:10–17, picturing yourself strapping on each piece of armor.

You're not a bystander in this war—as a follower of Jesus, you've been drafted into the fray. You're fighting to honor God, to carry His light into shadowed places.

Today you'll help kids understand they're in the battle too, and like you, they have nothing to fear. They are not alone. If they're standing with God, the Holy Spirit is with them and in them. And ultimate victory is assured ... though that won't keep the enemy from attacking.

So be diligent as you move through your day, prayerful as you prepare this lesson. Trust in the power of God but remember to keep that shield handy. There's too much at stake to be caught sleeping.

- Does the spiritual war around you seem real or unreal? Why?
- How prepared do you feel for battle? What would make a difference?
- What does victory look like?

—Mikal Keefer

Ministry Volunteer

Contributor to Wonder Ink

**DID YOU KNOW?**

**FOUNDATION BUILDING BLOCKS**

**WHO?**

Paul wrote Ephesians to address the realities followers of Jesus must face in a world that doesn't yet know Jesus as Lord. Jesus-followers are the new temple of God's Spirit (Ephesians 2:21–22). God resides in all believers and empowers them.

**WHAT?**

Truth, righteousness, peace, faith, salvation, and the Spirit are required to withstand spiritual attacks. These are not literal armaments: They are more like virtues that Jesus-followers can practice. Being peaceful, speaking truthfully, acting rightly, and building one another up in faith are defenses against darkness.

**WHERE?**

According to Paul, he is writing while in chains (Ephesians 6:20). As one of the so-called prison epistles, Paul wrote Ephesians while he was imprisoned for sharing the good news of Jesus. Astonishingly, Paul does not name his oppressors as his enemies.

**WHEN?**

Like Paul in the first century, Jesus-followers face many dark days, days when it looks like evil has the final say. But believers can be confident that God will make all things new and put an end to evil, because Jesus is and will return as King.

**CONNECTING TO GOD'S BIG STORY:**

Before His crucifixion, Jesus told His disciples, "In this world you will have trouble. But be encouraged! I have won the battle over the world" (John 16:33). Paul's words to the Ephesians point to the same truth: Evil attacks will come, but Jesus has overcome the devil through His death and resurrection!

Spark curiosity and get kids thinking about the wonder of God.

### LESSON AT A GLANCE

**WONDER TRUTH:** The Holy Spirit Gives Us Strength

**SCRIPTURE:** Ephesians 6

**WORD OF WONDER:** From Acts 1:8

### Play Stations

**SUPPLIES:** construction paper (1 sheet per 2-3 kids), scissors (prep only), coloring utensils, stamps and ink pads, stickers or sticky-back jewels, laminator, play dough

**RESOURCES:** [Armor and Soldier Picture \(3-4/SG\)](#), [Armor of God Coloring Sheet \(1 per kid\)](#)

Greet kids warmly as they arrive and briefly explain the play stations. Invite them to play at any of the play stations.

**Welcome to church! While we're getting ready to start, you can play at any of these stations to help get ready for our lesson today. Do you have any ideas what we'll be learning about today?**

#### Play Station: Belt of Truth

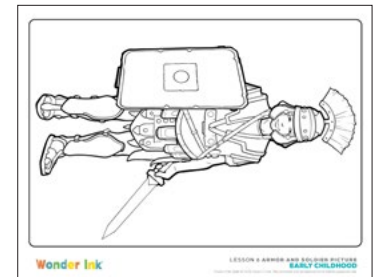
**Set up:** Ahead of time, cut out thick strips of construction paper (about 4" wide) for each kid and set out coloring utensils, stamps and ink pads, and stickers or sticky-back jewels.

**Play:** Let the kids use the decorating supplies to decorate their own "belt of truth." You can also write the words "Belt of Truth" on the strips of paper.

#### Play Station: Soldier Play Dough Mat

**Set up:** Ahead of time, print a few copies of the Armor and Soldier Picture and laminate them or put in a plastic sheet protector Set out play dough.

**Play:** Invite the kids to put armor on the soldier using the play dough. They can make a helmet, boots, shield, sword, breastplate, and belt for the soldier.



#### Play Station: Armor of God Coloring Sheet

**Set up:** Ahead of time, print one copy per kid of the coloring sheet and set out coloring utensils.

**Play:** Let the kids color. The kids can also turn the sheet over and draw a picture of someone or something that's powerful.

## Curiosity Activity: How Strong Is It?

**SUPPLIES:** paper towels (good quality, if available), wooden blocks, tissue or toilet paper (optional)

**Who's the strongest person you know?** Allow the kids to respond. **Those are strong people! Did you know that the Holy Spirit gives us strength? We're going to hear more in God's big story, but first, we're going to do an experiment to see how strong this paper towel is. How many blocks do you think we can place on this paper towel before it breaks?** Invite the kids to give their guesses of how many blocks the paper towel will hold. Choose two kids to help with this activity. Have each kid hold one side of the paper towel. Allow other kids to take turns placing blocks on the paper towels until the towel rips. You can use several paper towels together or fold the paper towels to make them stronger and then do the activity again. You could also experiment with different materials, such as tissue or toilet paper.

**Wow! We were able to put more blocks onto the paper towel once we made it stronger. Was the paper towel as strong as you thought? What do you think would happen if we added more support by putting more sheets of paper towels together?** Allow the kids to respond. **By ourselves, we aren't very strong, but God gives us strength.**

**We'll learn today how the Holy Spirit gives us strength and helps us.**

## Word of Wonder

**SUPPLIES:** Bible

**RESOURCES:** [Word of Wonder Sword Sheet, \(1/SG\)](#)

### WORD OF WONDER

The Holy Spirit gives us power.

—from Acts 1:8

Before the kids arrive, print the Word of Wonder Sword Sheet, cut apart the pieces, and hide the pieces around the room.

**Our Word of Wonder for the Power of the Spirit series is from Acts 1:8. Let's practice saying the Word of Wonder together.**

**Do you remember what the sword of Spirit is from today's story?** Allow the kids to respond. **The sword is God's Word, His story written in the Bible. When the devil accuses us or tries to trick us, we can read God's Word to know what is really true. We can trust God's Word, the Bible. We can memorize God's Word, and it will stay in our hearts and help us. That's why we're learning and remembering our Word of Wonder. Let's go on a hunt and find the pieces of the sword and put them together. Then we'll say the verse in big, strong voices, like soldiers.**



Give kids time to find the sword pieces. Once all the pieces have been found, have the kids put the pieces together to make a sword. **The Bible is God's Word, and this verse can help us remember that God gives us the Holy Spirit, and the Holy Spirit gives us power and strength.**

Encourage the kids to do the motions and say the verse with you.

- **THE HOLY SPIRIT**—Move arms up and in a circle in front of your body, palms facing out.
- **GIVES US**—Point to yourself.
- **POWER.**—Flex your arm muscles.
- **FROM ACTS 1:8**—Hold your hands together as if opening a book.

Gather kids to discuss these questions:

- **Our Word of Wonder says the Holy Spirit gives us power. What do you think of when you hear the word power?**
- **Can you think of times when you've been tempted to do wrong and needed the Holy Spirit to give you power to defeat sin?**

## Craft: Shield of Faith // Read the Story

**SUPPLIES:** Silver 9–10 inch plates (1 per kid), Cardstock or construction paper strips (for handles, pre-taped or taped during activity), Jewel stickers, Markers (optional), **Wonder Truth Labels (1/kid)**

Ahead of time, cut strips of cardstock or construction paper for the handles, print and cut the Wonder Truth labels.

**Today's story comes from the Bible and teaches us how to be strong. The Bible says to be strong in the Lord and in His power, not our own. God gives us special armor to help us stand strong.**

Give each child a plate and begin attaching or pointing out the handle.

**The Bible says to put on the full armor of God so we can stand strong when things are hard. One piece of armor is the shield of faith. A shield protects a soldier in battle.**

Instruct kids to begin decorating shields with jewel stickers.

**Read Ephesians 6:10,14-17 from an NIV Bible.**

**Our shield is like trusting in Jesus. When we trust in Him, it helps guard our hearts and reminds us that He is with us.**

**Say this with me: Trust in Jesus.** Trust in Jesus

**The Bible also says God gives us everything we need to stand strong. We are not strong on our own. God makes us strong.**

Pat your heart

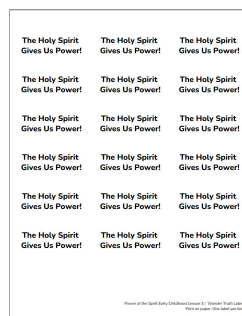
**When we feel scared or weak, we can remember that God is with us and helping us.**

**Every time you look at your shield, remember that God helps you stand strong and trust Him.**

**Hold up your shield**

**Say this with me: The Holy Spirit Gives us Strength.**The Holy Spirit Gives us Strength

**The Holy Spirit gives us strength!**



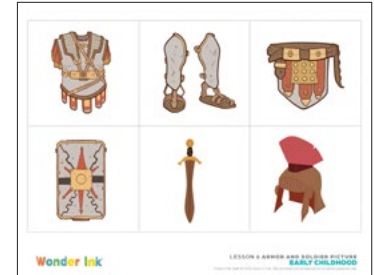
## Circle Time: Pieces of Armor

**SUPPLIES:** scissors (prep only), bowl

**RESOURCES:** [Armor and Soldier Picture \(1/SG\)](#)

Ahead of time, print the Armor and Soldier Picture and cut out the pieces of armor. Put the pictures in a bowl.

Gather the kids in a circle and place the bowl in the middle. **Today we learned that we need to be very strong so we can stand up against God's enemy, the devil. The devil tries to get people to sin, or do wrong things, and keep people away from God. The Holy Spirit helps Jesus' followers stay strong against the devil's sneaky plans. We can be strong against the devil's tricks. We're not alone in this fight. We can resist the devil because the Holy Spirit gives us strength. We'll take turns pulling out a piece of armor from the bowl, and we'll put each piece on the soldier. I'll ask you a question based on the piece of armor you pull out.**



Allow kids to pull one piece of paper out of the bowl and name the picture. Then ask them the corresponding question below.

### DISCUSSION QUESTIONS

- **Helmet—What does the helmet remind us?** (*The helmet of salvation stands for Jesus' victory over sin and death. Because Jesus died and rose again, we can be close to God.*)
- **Belt—What does the belt remind us?** (*When we know God's truth, we can be strong against the devil's tricks.*)
- **Breastplate—What part of the body does the breastplate protect?** (*our heart*) **What does it remind us?** (*trust that because Jesus died and rose again; we can be forgiven, and we can be right with God*)
- **Shoes—Where do these go?** (*on our feet*) **What do they help us do?** (*tell others about Jesus*)
- **Sword—What is a sword used for?** (*fight enemies*) **What does the Bible say is our sword?** (*God's Word, the Bible*)
- **Shield—What does a shield do?** (*protects us*) **Who should we trust to protect us?** (*Jesus*)

**Sometimes we feel weak or scared. But the Holy Spirit gives us power and strength. When you need help, you can ask God to help you! Let's talk to God now in prayer and thank Him for giving us strength through the Holy Spirit.**

Invite kids to share prayer requests and praises and to pray for each other. Some kids may not be comfortable praying out loud. That's OK! Encourage them to pray silently and thank God for giving us the Holy Spirit. God hears all our prayers!

## Declaring God's Wonder

Show the Early Childhood Declaration Slide and encourage the kids to say the statements and do the motions with you.

**Thank You, God, that You made me!** (Kids repeat words and motions.)

Make prayer hands, then point up and then to yourself.

**And I am Your kid!** (Kids repeat words and motions.)

Put your hands on your hips.

**Jesus loves me so much.** (Kids repeat words and motions.)

Spread your arms out wide to your side one at a time, then pull them in for a hug around your chest.

**His love for me is big.** (Kids repeat words and motions.)

Hold your arms up high and wide above your head.

**The Holy Spirit leads me,** (Kids repeat words and motions.)

Bring your arms down from above, making a path in front of you.

**And I can follow You.** (Kids repeat words and motions.)

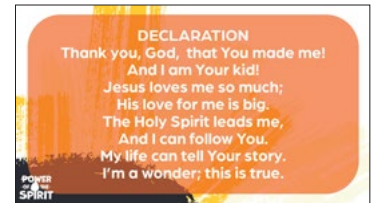
March in place like you're following the leader.

**My life can tell Your story.** (Kids repeat words and motions.)

Hold your hands in front of you like an open book.

**I'm a wonder; this is true.** (Kids repeat words and motions.)

Put your hands up, shake your fingers, and celebrate ("praise hands").



## Prayer of Invitation

Before entering into God's big story, lead kids in a prayer of invitation. Use the prayer here or your own words: **God, thank You for loving us and for calling us to follow You. You are good, and we trust You. Thank You for leading us and helping us. Help us find strength in You and not in ourselves. In Jesus' name, Amen.**

## Worship

**Today we'll learn about how the Holy Spirit is for all who trust in Jesus. Let's sing and thank God for the Holy Spirit!**

Play songs Take You at Your Word, Happy Day and encourage the kids to sing and dance as they praise God.

## God's Big Story

**SUPPLIES:** Bible

**RESOURCES:** [Bible Story Picture \(1/SG\)](#)

### Bible Time Rhyme

Say the Bible time rhyme (with motions) each week before the Bible story to remind kids that what they're about to hear is part of God's big story.

**I open my Bible, and what do I see?** *(Hold your hands together, then open your palms, as if opening a book.)*

**God's big story, waiting for me!** *(Point to yourself.)*

Hold up a Bible and show the kids. Tell them today's story comes from the Bible. Open a Bible and show them where the story is found in the book of Ephesians.

**Let's hear part of God's big story, which comes from the book of Ephesians in the Bible, which is part of the Epistles in the New Testament.**

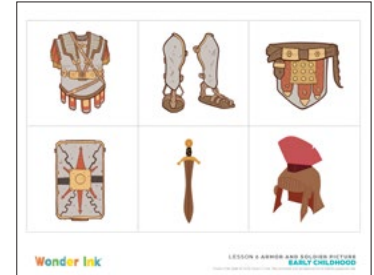
Read the Experience It Script on the following page.

# GOD'S BIG STORY SCRIPT

**SUPPLIES:** Bible, scissors (prep only), cardboard or posterboard (up to 3 pieces, optional), glue (prep only, optional), duct tape (optional), utility belt (or a regular belt, optional), shoes (optional), bike helmet or hardhat helmet (optional), toy sword (optional), toy shield (optional), sports chest padding (optional)

**RESOURCES:** [Armor and Soldier Picture](#)

Ahead of time, print the Armor and Soldier Picture and cut out each piece of armor. You'll tell the story by placing pieces of armor on a volunteer (kid or adult). You can use the actual props or, if you prefer, you can create a breastplate, shield, or sword by cutting the shapes from cardboard or posterboard. If using real props, you'll need a utility belt (or regular belt), shoes, bike helmet or hard hat helmet, toy shield, toy sword, and a cardboard breastplate (or use sports padding). You'll also need a Bible.



**Have you ever seen a soldier wearing armor?** Allow the kids to respond. **Armor protects a soldier's body in a battle. The story we're going to hear today from the Bible talks about armor from God. We'll hold up the pieces and put them on the soldier as we talk about it.**

**Jesus went to heaven and sent the Holy Spirit to His followers, just like He promised. A man named Paul was a follower of Jesus. He traveled all around telling people about Jesus and His love. Paul wrote letters to Jesus' disciples, or followers. Some of those letters are now books in the Bible. In Paul's letter to Jesus-followers in a city called Ephesus, he gives advice about the best way for God's kids to live.**

**Paul told the Ephesians to "let the Lord make you strong" and to "depend on his mighty power" (Ephesians 6:10). Jesus' disciples need to be very strong. They need to stand up against God's enemy. God's enemy is the devil. The devil tries to keep people away from God. The devil tries to get people to sin, or do wrong things. Sin keeps people away from God. The Holy Spirit helps Jesus' followers stay strong against the devil's sneaky plans. The Holy Spirit is God's powerful, wise, and loving presence. The Holy Spirit is God! Paul says the Spirit protects us like a suit of armor. When we put on the armor of God, we can be strong against the enemy, and we can obey God.**

**Each piece of God's armor helps guard against the devil's evil plans.**

Hold up the belt and invite a kid to put it on the soldier (or on a child if using real pieces).

**First, Paul says to put the belt of truth around our waists. Knowing what is true and what is not true helps us be strong against the devil's tricks.**

Hold up the breastplate and invite a kid to put it on the soldier (or on a child if using real pieces). **Then Paul says to put on the breastplate of righteousness. A breastplate goes over a soldier's chest.**

**We put on the breastplate by trusting that Jesus makes us right with God. We have all sinned. But Jesus never sinned. Jesus' victory over sin and death fixed our relationship with God. When**

we accept Jesus, it is like we never sinned. The breastplate of righteousness protects us when the devil tries to make us think we're bad because we've done wrong things. We can remember that Jesus makes us right with God!

God's armor also helps us be ready to share the story of Jesus with others. Paul says to put on the shoes of the gospel of peace.

Hold up the shoes and invite a kid to put them on the soldier (or on a child if using real pieces). **The gospel of peace is God's story. Show me how fast you could run in place if you were wearing super shoes.** Pause to allow the kids to run in place. **Just like we put on shoes so we're ready to run fast, we need to be ready to tell God's story when we have a chance. We can invite others to know God and His love for them.**

Hold up the shield and invite a kid to put it on the soldier (or on a child if using real pieces). **The shield of faith is our belief in Jesus, which guards us against the devil's attack.**

Hold up the helmet and invite a kid to put it on the soldier (or on a child if using real pieces). **The helmet of salvation stands for Jesus' victory over sin and death. Because Jesus died and rose again, we can be close to God! We can be saved from sin and live with God forever!**

Hold up the sword (and hold up a Bible) and invite a kid to put it on the soldier (or on a child if using real pieces). **Paul ends by saying to take the sword of the Holy Spirit. The sword is God's Word, His story written in the Bible. When the devil accuses us or tries to trick us, we can read God's Word to know what is really true.**

**Jesus' followers are in a battle with the devil. We must be strong against the devil's tricks and plans and help others resist them too. We're not alone in this fight. We can resist the devil because the Holy Spirit gives us strength.**

Thank the volunteer as you help him take off the various pieces.

## Connecting the Wonder Truth

Ask the following question to help kids connect the Wonder Truth to God's big story:

**Our Wonder Truth today is THE HOLY SPIRIT GIVES US STRENGTH. Where did you see our Wonder Truth happen in the story?** Allow kids to answer freely.

**Before Jesus died on a cross, He told His disciples, "In this world you will have trouble. But be encouraged! I have won the battle over the world" (John 16:33). Paul wrote in Ephesians something kind of like that: Bad things happen and the enemy of God, the devil, fights ... but Jesus has overcome the devil through His death and resurrection! We have Jesus on our side, and we'll win the battle.**



## Prayer and Blessing

After the kids finish their activity, pray with them and thank God for sending the Holy Spirit to give us strength.

**Every time I say, “strength,” make strong arms and show your muscles. Let’s pray and talk to God. God, thank You for sending the Holy Spirit to give us strength (strong arms). Thank You for helping us have strength (strong arms) in hard situations and helping us be strong against the enemy. We love You. In Jesus’ name, Amen.**

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands are open to receive something. Tell them to listen and receive the blessing as you speak it over them.

**Blessing:** We can wear the armor of God just like we learned in God’s big story today. May you always remember to wear each piece of God’s armor every day. And never forget that the Holy Spirit will give you strength when you’re scared or in a hard situation. God is with you, and He strengthens you!

## Closing Activity: Paper Wad Battle

**SUPPLIES:** paper plates (1 per kid); paper wads, cotton balls, or pom-poms (optional)

Give the kids each a paper plate to use as a shield. If kids made a paper plate shield in the Craft, they can use it here.

**Today we learned about the armor of God. We learned that the armor protects us from the enemy and helps us to be strong in the power of the Holy Spirit. When we trust in Jesus and follow Him, He helps us and protects us. Let’s practice using shields and think about how God makes us strong! I’m going to throw paper wads at you, and you can use your shields to protect yourselves. Try not to let a paper wad hit you.**

Allow the kids to have a paper wad battle while you toss paper wads at them. Encourage them to use their shields to try to protect themselves. For older kids, you can invite them to all engage in a paper wad battle and let them toss the paper wads at each other. You could also have them throw cotton balls or pom-poms.

**Leader Tip:** Make it a contest to see who can pick up the most paper wads at the end, so you aren’t left cleaning up the mess by yourself!

**VIEW THE GOD’S BIG STORY VIDEO**

