

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: But you will receive power when the Holy Spirit comes on you. Then you will tell people about me in Jerusalem, and in all Judea and Samaria. And you will even tell other people about me from one end of the earth to the other. —Acts 1:8

- PRESERVICE
 - OPTION 1 Interactive Game: Who's the Strongest?
 - OPTION 2 Interactive Game: Armor Up!
- Welcome Question: Who is the strongest person you know?
- Declaring God's Wonder
- Prayer of Invitation
- Worship: Take You at Your Word, You Have Overcome
- God's Big Story
- Connecting the Wonder Truth
- In Awe of God's Wonder
- Responding in Worship: Worthy of it All
- Blessing Your Kids



INVITATION

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

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WONDER TRUTH: The Holy Spirit Gives Us Strength

SCRIPTURE: Ephesians 6

WORD OF WONDER: Acts 1:8

Most clubs are only for those who qualify.

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 disciple, "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!

Large Group

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: Acts 1:8

As kids arrive...

20 minutes before service begins, leaders are in place ready to welcome kids.

Display series theme loop. Play high-energy music in the background.

LG Leader walks around the room on mic and greets kids by name as they enter the room. Be intentional about introducing yourself to new parents and kids.

SLIDE: SERIES THEME LOOP

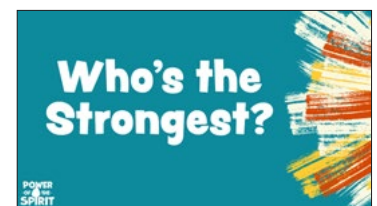
VIDEO: COUNTDOWN (2min OR 30sec) Start a countdown to begin game 10 minutes prior to service start)

OPTION 1 Interactive Game: Who's the Strongest?

SUPPLIES: basket or box (1 per group of 10 kids), beanbags (10 or more per group of kids), masking or painter's tape, canned foods (10 or more per group of kids, optional)

Ahead of time, place 10 or more beanbags in each basket or box. You'll need one basket or box for every group of about 10 kids. Alternatively, use canned food instead of beanbags. (The key is to use objects that are light enough for an individual kid to carry but are too heavy for an individual kid to carry when combined with nine others of the same object.) Use tape to mark a finish line on the floor at the opposite end of the room from the basket of beanbags.

Display the *Who Is the Strongest?* Slide. Gather the kids into groups of about 10. If you have fewer than 10 kids total, work together as one group! Place a basket or box containing beanbags (or canned foods) in front of each group.



Today we're going to complete a challenge! Each group has a basketful of beanbags (or canned foods) in front of them. For this challenge, your group needs to get the basket and all the beanbags across the finish line on the other side of the room. Point to the finish line. Here's the catch: Your group can only make one trip across the room, and no one can lift the basket alone.

Instruct your volunteers to not allow any kid to carry the basket or box by himself across the room, even if the kid thinks she's strong enough! Instead, encourage creative thinking. Some possible solutions include having multiple members of the group carry the basket together or emptying the basket, giving each kid a beanbag (or empty basket) to carry. Congratulate groups as they complete the challenge.

Display the Armor Wonder Truth Slide. It was fun watching you complete this challenge together! Carrying those baskets by yourselves would've been really hard. However, when your whole group worked together, you were stronger. Sometimes, following Jesus can be challenging as well. Just like you needed your group to help you complete the challenge, God gives us someone to help us follow Jesus. God gives us the Holy Spirit! Today's Wonder Truth is **THE HOLY SPIRIT GIVES US STRENGTH.**



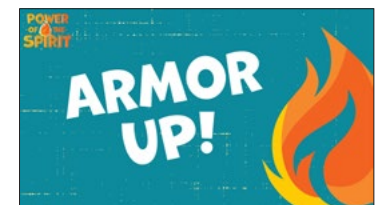
Leader Tip: Help kids understand who the Holy Spirit is by sharing this: The Holy Spirit is God—our powerful, wise, and loving helper! The Holy Spirit is the presence of God with and in everyone who follows Jesus.

OPTION 2 Interactive Game: Armor Up!

SUPPLIES: boxes (2 or more); various clothing items and protective gear such as bike helmets, shin guards, shoulder pads, jackets, sweatshirts, socks, mittens, baseball gloves, etc. (2 or more of each), disinfectant wipes or spray, timer, paper (optional), masking or painter's tape (optional)

Ahead of time, gather various clothing items and protective gear and place them in boxes. You'll need a box for every team (up to 10 kids per team), and you'll need the same number of items in every box. Items might include bike helmets, shin guards, shoulder pads, jackets, sweatshirts, socks, mittens, baseball gloves, etc. Disinfect protective gear (such as bike helmets) with wipes or spray before and after the lesson.

Display the Armor Up! Slide and gather the kids together. Help kids form two or more teams (up to 10 kids per team). There should be the same number of teams as prepared boxes. **Today your team is competing in a game called Armor Up! In your boxes are various items of clothing and protective gear. Your team will choose one person to armor up by putting on the most protective outfit possible! Let's choose who's going to armor up!** Give kids about 20 seconds to decide who on their teams will wear the "armor." Make sure each person selected is willing and is OK with other people helping them put on additional clothing and protective gear.



You'll have one minute to put your teammate in the most protective outfit possible! Ready, set, go! Set the timer for one minute and have kids begin. Feel free to add time to the clock if your groups are large or there is a lot of clothing and protective items in each box.

When time is up, call each team's representative to the front. To determine the winning team, choose one of these options:

1. Invite all volunteer leaders to huddle up and together decide which team's representative has the strongest armor. Consider also selecting winners in silly categories such as "most creative use of random items" or "most uncomfortable armor."
2. Invite team representatives to compete in a 30-second paper snowball fight while wearing their armor. Have all the kids wad paper up into "snowballs." Mark a center line on the floor with tape. Place all the snowballs along the center line and invite one kid to stand on each side of the line. Set the timer for 30 seconds and have the team representatives throw snowballs at their opponent. Whoever has fewer snowballs on her side of the line after 30 seconds wins!

Gather the kids together and announce the winning team. Team representatives can take off their armor. Display the Armor Wonder Truth Slide. **Great job helping your teammates armor up! In God's big story today, a Jesus-follower named Paul compares God's protection of us to armor or protective clothing. We can stand strong when difficult things happen because, as today's Wonder Truth states, THE HOLY SPIRIT GIVES US STRENGTH.**



Welcome Question

SUPPLIES: paper, coloring utensils, poster board OR , whiteboard, dry-erase markers (if needed)

SLIDE: WELCOME QUESTION

At service start time, draw kids' attention to the Welcome Question. Invite kids to write answers on the poster board or whiteboard. **Today we're going to hear about someone who can help us be strong, but it might be a different kind of strength than what you're imagining. I can't wait to share with you. But first, it's time for small group.**



Small Group

Introduce small group time. While kids are in small group, consider sitting in the groups for a few minutes each. Engage and interact as is appropriate.

Countdown

After about 15 minutes of small group, give a 5 minute warning and begin the countdown.

VIDEO: COUNTDOWN

"Hey everyone! Welcome to our Large Group Worship time! My name is _____ and I'm excited to take this time to worship God, review what we just read, and talk about ways we can respond to what we are learning about God! We are going to pray as we prepare our hearts to worship God!"

Declaring God's Wonder

Display the [Armor Declaration Slide](#). Read each line boldly and invite kids to repeat after you.

Thank You, God, that You are good! (Kids repeat.)

You made me on purpose, for a purpose. (Kids repeat.)

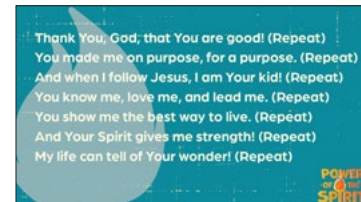
And when I follow Jesus, I am Your kid! (Kids repeat.)

You know me, love me, and lead me. (Kids repeat.)

You show me the best way to live. (Kids repeat.)

And Your Spirit gives me strength! (Kids repeat.)

My life can tell of Your wonder! (Kids repeat.)



Prayer of Invitation

Lead kids in a prayer of invitation before entering into worship and God's big story. **God, thank You for loving us and sending Jesus. Thank You for giving us Your Holy Spirit to help us live and love well! We pray that Your Holy Spirit will help us to understand Your message to us today. In Jesus' name, Amen.**

Worship

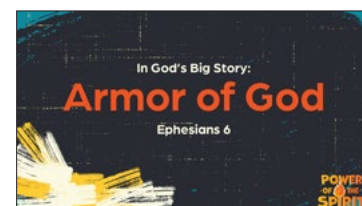
Today we'll hear about how we can be strong with the Holy Spirit's help. Let's thank God for the Holy Spirit as we praise Him now! Play songs [Take You at Your Word](#), [You Have Overcome](#) and encourage the kids to sing and dance as they praise God.

God's Big Story

Display the [Armor of God Title Slide](#).

Today we are learning how God gives us everything we need to stand strong. As you watch, think about which piece of armor stands out to you and how the Holy Spirit helps you live it out every day.

Watch the [God's Big Story Video](#).



LESSON 6 ARMOR OF GOD

EXPERIENCE IT! SCRIPT

SUPPLIES: wax sticks or pipe cleaners (about 10 per kid), Bible, interlocking brick toys (optional)

During this Bible storytelling, kids will bend wax sticks or pipe cleaners into the shape of different pieces of armor. Alternatively, have kids create each piece of armor using interlocking brick toys (you'll need at least 10 blocks per kid).

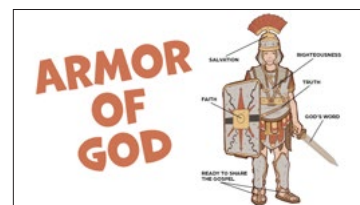
Give about 10 wax sticks or pipe cleaners (or interlocking bricks) to each kid. Have them set their supplies in front of them. **Visual aids are things we look at to help us understand or picture a story. I need your help creating visual aids for today's part of God's big story! I'll pause several times during the story for you to create visual aids using the supplies I gave you. For now, leave your supplies in front of you (and don't touch them yet!).**

The apostle Paul was a follower of Jesus who traveled throughout the Roman Empire telling people about Jesus and His love. Paul wrote letters to Jesus' disciples, or followers, in many different cities, and some of those letters are now books in the Bible. In Paul's letter to Jesus-followers in the city of Ephesus, he gives advice about how to live in a way that honors God. Open the Bible to Ephesians and hold it up for kids to see.

Sometimes Jesus' followers can seem weak to those who don't know Him. After all, Jesus told His disciples to love their enemies and to pray for them rather than repaying them for the hurt they caused. Jesus blessed those who made peace with others. To many people, these actions look weak.

But Paul ends his letter to the Ephesians by encouraging the disciples to "let the Lord make you strong" and to "depend on his mighty power" (Ephesians 6:10). In reality, Jesus' disciples need to be very strong. The real enemies are not human beings, but spiritual forces under the leadership of the devil. The devil attempts to deceive us and to harm our relationship with God by leading us to sin—to say, do, and think wrong things that separate us from God. The Holy Spirit helps us resist the devil's sneaky plans. Paul compares the Spirit's protection against the devil's tricks to putting on a suit of armor. When we put on the armor of God, we can stand firm in our obedience to God

Display the [Armor of God Slide](#). The Jesus-followers reading Paul's letter would have been familiar with the armor that Roman soldiers wore during that time, which would have looked similar to the armor in this picture. Point to the slide.



Each piece of God's armor helps us guard against the devil and the forces of evil. First, Paul says to put the belt of truth around our waists. Knowing what is true helps us resist the devil's tricks more easily. Point to the belt labeled "Truth" on the slide. **Can you create the belt of truth using the supplies in front of you?** Give kids about one minute to create their belts of truth. Depending on supplies, they might create a belt large enough to actually wear or just a small replica of one. Invite all the kids to hold up their belts when they are done. Affirm their creativity and have them set their belts in front of them.

Then Paul says to put on the breastplate of righteousness. We do this by trusting that Jesus has made us right with God. We have all sinned. But Jesus, who never sinned, died to heal our relationship with God and to make us innocent, like He is innocent. When we accept Jesus, it's as though we never sinned. The breastplate of righteousness protects us when the devil comes to accuse us of the wrong things we've done. Point to the breastplate labeled "Righteousness" on the slide. **Can you reform your belts into armor that covers and protects the chest? These will be our breastplates of righteousness!** Give kids about one minute to create armor using their wax sticks or pipe cleaners (or blocks). Invite them to hold up their finished armor and affirm the creative work! Have them set their creations in front of them.

Leader Tip: This Experience It! Script refers to the "breastplate of righteousness." This wording is found in the NIV translation of Ephesians 6:14. This verse in the NIV says, "Put the armor of godliness on your chest." Choose the wording that works best in your ministry!

God's armor also helps us be ready and prepared to share the story of Jesus with others. Just like we put on shoes to run quickly, we need to be prepared to tell God's story when we have a chance. By sharing God's story with others, we invite them to know God and His love for them. When we do that, we put a stop to the devil's tricks and plans in other people's lives. Point to the sandals labeled "Ready to Share the Gospel" on the slide. **Now let's create shoes that represent that we're ready to share God's story!** Give kids about one minute to create shoes using their wax sticks or pipe cleaners (or blocks). When they're done, have them hold their creations up for everyone to see. Affirm kids on their great work and have them set their creations in front of them.

The shield of faith is our belief in Jesus, which guards us against the devil's attack. Point to the shield labeled "Faith" on the slide and invite kids to make shields. After about one minute, have them hold up their shields. Then invite everyone to set their supplies back in front of them.

The helmet of salvation represents what Jesus does through forgiving us of the wrong things we do and healing our relationship with God. Accepting the salvation Jesus offers protects our minds against the devil's attempts to hurt us. Point to the helmet labeled "Salvation" on the slide and invite kids to make helmets. After about one minute, have them hold up their helmets. Then invite everyone to set their supplies back in front of them.

Finally, Paul says to take the sword of the Holy Spirit. The sword is God's Word, the things that God has spoken to His people throughout time and through Jesus. His Word is revealed to us in the Bible. Hold up the Bible. When the devil accuses us or tries to trick us, we can read God's Word to point out the devil's lies. Point to the sword labeled "God's Word" on the slide and invite kids to make swords. After about one minute, have them hold up their swords. Then invite everyone to set their supplies back in front of them.

Jesus' disciples are at war with the devil and his forces. We must resist the devil's tricks and plans against us and help others resist them too. But we're not alone in this fight. We're able to resist the devil because the Holy Spirit gives us strength.

Invite kids to straighten out their wax sticks or pipe cleaners (or disassemble their blocks). Consider sending the supplies home with kids and encouraging them to read Ephesians 6 with their friends or families, making each piece of armor as they go.

Leader Tip: The last piece of armor introduced in Ephesians 6 is the sword of the Spirit, which means the last piece of armor kids will create with wax sticks or pipe cleaners is a sword. Plan on having kids undo their swords at the end of the story so that they don't become a distraction during the rest of the lesson.

Connecting the Wonder Truth

Display the **Armor Wonder Truth Slide**. Our Wonder Truth today is **THE HOLY SPIRIT GIVES US STRENGTH**. Where did you see our Wonder Truth in action 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’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!**

In Awe of God’s Wonder

Spend a few moments allowing kids to think about the wonder of God’s story.

As you ask each of these questions, invite kids to close their eyes and imagine putting on that piece of armor. (They can even quietly act out putting each piece on!) Pause after each question for kids to think quietly before they share. **What do you think Paul means when he tells Jesus-followers to wear the belt of truth? The breastplate of righteousness? The shield of faith? The helmet of salvation? The sword of the Holy Spirit?**

Responding in Worship

SLIDE: RESPONDING IN WORSHIP

Talk about ways we can respond to what we are learning with next steps such as tithing, prayer, asking questions, and worship. Encourage kids to ask their SG leaders any questions they were wondering during the lesson.

***Introduce this next song and invite kids to respond and participate in worship. See the "Worship Posture Tutorial" on the RBKids Resource Page.



WORSHIP VIDEO: WORTHY OF IT ALL

Blessing Your Kids

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: God loves you so much and gives you His Holy Spirit when you follow Jesus! May the Holy Spirit—who is with you and in you—give you strength to stand strong as you put on the armor of God each day!