

### 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

- Welcome Question: Who is the strongest person you know?
- Curiosity Questions
- Elementary Interactive Game: Who's the Strongest?
- Preteen Interactive Game: Armor Up!
- Declaring God's Wonder
- Prayer of Invitation and Worship
- God's Big Story: Hear It, Watch It, Experience It!
- Connecting the Wonder Truth
- In Awe of God's Wonder
- Word of Wonder Activity
- Discussion Questions for Elementary Kids and Preteens
- Small Group Prayer Time
- Elementary Responding in Worship: Put on the Armor of God
- Preteen Responding in Worship: The Armor Project
- Blessing Your Kids



### 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:** 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 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!

## LESSON 6 ELEMENTARY & PRETEEN

### Small 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

### Pre-Service Connection (15–20 min)

**RESOURCES:** whiteboard, poster paper, or butcher paper, writing utensils, board games or games

[Games & Activities Guide](#)

Small group leaders should be seated in place in their small groups 20 minutes prior to service time. Have activities ready to keep children occupied and engaged WITH you. This time is important to build relationships, welcome new kids, and keep structure in the room - you should be an active participant with them! Learn the kids names, and make sure they all know yours too!

#### As kids arrive ...

Warmly welcome new friends, and introduce them to your group.

Use the Welcome Question and the following "I'm Curious" questions to engage kids. Say "I'm curious.." before each question and give kids an chance to think before answering each one. After each question, consider having kids share their ideas with a neighbor before you call on one or two of them to share with the group.



Consider having a whiteboard or poster for kids to write or draw answers to any of the questions:

- **What do you think it means to be strong?**
- **Do you think there are different types of strength? What is something you're strong in?**

### Small Group Begins

After the Opening Activity or game, Large Group Leader will begin small group time by reading the Welcome Question aloud and inviting everyone to open their Bibles and begin.

## Word of Wonder Activity

### 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 (NirV)

**SUPPLIES:** Bibles (1 per kid), scissors (prep only)

**RESOURCES:** Footprint Sheets NirV(1 per small group)

Ahead of time, print one set of the Footprint Sheets NirV for each small group. Cut out the footprint on each page. Shuffle the sheets in each set so they're out of order.

In our **Word of Wonder for the Power of the Spirit** series, Jesus tells His disciples they are going to receive power to tell people everywhere about Him. The Holy Spirit gives us strength! Let's say the verse together. Open your Bible to Acts 1:8. Encourage kids to read Acts 1:8 several times together.

Today we've learned that we can receive the Holy Spirit's strength when we put on the armor of God. One of the ways the Holy Spirit gives us power is by making our feet ready to go tell others God's story. Let's put these footprints in order to help us remember our Word of Wonder! Set out the Footprint Sheets or give one to each kid. Have kids work together to put the footprints in verse order. Once they're in order, challenge kids to step carefully from footprint to footprint, saying the verse as they go.

## God's Big Story

**SUPPLIES:** Bibles (1 per kid)

Explain to kids that today's story from the Bible is found in the New Testament. The apostle Paul wrote a letter to the church in Ephesus, and his words were included in our Bible to help us all these years later. Help kids find Ephesians 6 before reading together.

**Ephesians 6 was written by the apostle Paul to help believers understand how to live strong in their faith. In this passage, Paul uses the picture of a soldier's armor to explain how God protects and equips His people. Each piece of armor represents something important, like truth, faith, and God's Word. This is not a physical battle, but a spiritual one, where we trust God and stand firm in Him. As you read, pay attention to what each piece of armor represents and how it helps us stand strong.**

Read Ephesians 6:10–17 as kids follow along. Or ask two confident, willing readers to read part of the passage for the group: One can read verses 10–13 and one can read verses 14–17. Then do one or both of the following:

## Elementary Questions

- **Who wrote the letter to the Jesus-followers in Ephesus, which is called Ephesians in the Bible?** (Paul)
- **Can you fill in the blank? Paul compares the Holy Spirit's protection against the devil's tricks to putting on \_\_\_\_\_ .** (a suit of armor)
- **What are the pieces of the armor of God? Name as many as you can!** (belt of truth, breastplate of righteousness, shoes ready to tell God's story, shield of faith, helmet of salvation, sword of the Holy Spirit)
- **What does the armor of God help us to do?** (Possible answers: stand strong against the enemy's [the devil's] tricky plans, stand firm in obedience to God, resist the devil's tricks)
- **Who helps us stand strong against the devil's tricky plans?** (the Holy Spirit)
- **When has the Holy Spirit helped you to be strong and do what was right?**

God gives His Holy Spirit to everyone who loves and follows Jesus! The Holy Spirit is God—our powerful, wise, and loving helper. And when we follow Jesus, the Holy Spirit is in us and with us, giving us strength to do what is right and to show others God's love. Let's talk with God in prayer now and thank Him for giving us strength!

**Make It Inclusive:** Modify some questions into yes/no format to help kids who struggle to understand and respond to open-ended questions. For example, ask, "Did Paul write the book of Ephesians in the Bible?" (yes) and "Did Paul compare the Holy Spirit's protection against the devil's tricks to putting on a fancy hat?" (no).

## Preteen Questions

- **Who was Paul writing to when he wrote about the armor of God?** (Jesus-followers in the city of Ephesus)
- **What are the pieces of the armor of God? Name as many as you can!** (belt of truth, breastplate of righteousness, shoes ready to tell God's story, shield of faith, helmet of salvation, sword of the Holy Spirit)
- **How does each piece of armor help us with our struggle against God's enemy, the devil?** (See Ephesians 6:14–17.)
- **What are ways that the devil might try to keep us from following God?**
- **When has the Holy Spirit helped you to be strong and do what was right?**
- **Think quietly about something you're struggling with. What piece of the armor of God would most help you stand strong in this struggle as the Holy Spirit gives you strength?**

God gives His Holy Spirit to everyone who loves and follows Jesus! The Holy Spirit is God—our powerful, wise, and loving helper. And when we follow Jesus, the Holy Spirit is in us and with us, giving us strength to do what is right and to show others God's love. Let's talk with God in prayer now and thank Him for giving us strength!

## Small Group Prayer Time

Invite kids to share prayer requests and pray for one another. Encourage them to think and share about areas in their lives where they need the Holy Spirit to help them to be strong. After kids share requests, you can invite several kids to pray for the group. If kids are not comfortable praying out loud, that's OK! You can lead this time of prayer.

## Elementary Responding in Worship: Put on the Armor of God

**SUPPLIES:** cardstock, coloring utensils, kid-safe scissors (1 per kid), glue sticks (1 per kid)

**RESOURCES:** [Armor Cutouts Sheet \(1 per kid\)](#), [Armor of God Template \(1 per kid\)](#) [Power of the Spirit Elementary Spotify playlist](#)

Ahead of time, print one copy of the Armor of God Template onto cardstock for each kid. Print one copy of the Armor Cutouts Sheet on regular paper for each kid.

**Leader Tip:** For Younger Kids. Cut out the pieces of armor on the Armor Cutouts Sheet ahead of time for younger kids and for any kids who struggle to use scissors. You might also pre-cut the armor to save time and shorten this activity.

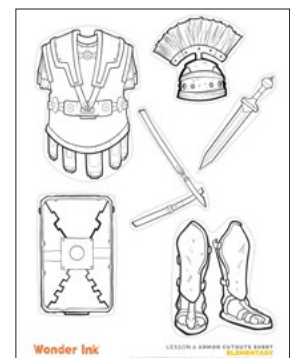
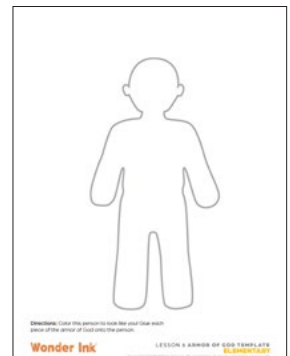
Today we learned that God doesn't leave us on our own to face struggles in life.

God gives the Holy Spirit to all followers of Jesus! The Holy Spirit is God, and when we follow Jesus, the Spirit is with us and in us. The Holy Spirit helps us to stand strong when God's enemy, the devil, tries to harm our relationship with God. One way the Holy Spirit gives us strength is through the armor of God. Paul compared how Jesus-followers prepare for spiritual battles to how soldiers prepare for physical battles—by putting on armor. Like a soldier who is prepared for battle, we can be prepared each day to follow Jesus. Give each kid a copy of the Armor Cutouts Sheet and set out coloring utensils.

Let's take time to remember each piece of the armor of God. As we talk about it, you can color it on your sheet. Talk through each piece of spiritual armor: belt of truth, breastplate of righteousness, shoes ready to tell God's story, shield of faith, helmet of salvation, sword of the Holy Spirit. For each piece, ask kids these questions and give them time to respond as they color:

- What do you remember about this piece of armor?
- How does it help protect us?
- How does it help us live God's way?

**Leader Tip:** Reread Ephesians 6:14–17 to remember what Paul wrote about each piece of the armor of God.



Now give each kid a copy of the Armor of God Template and invite them to color the person to look like themselves. As kids color, play music from the [Power of the Spirit Elementary Spotify playlist](#). As kids finish coloring, continue: **The Holy Spirit gives us the strength to stand strong when we put on the armor of God. Let's cut out the pieces of armor and glue them onto the person that looks like you! As you glue each piece on, talk with God in prayer. Ask Him to help you put on the armor of God so that you can stay strong when the enemy tries to trick you and harm your relationship with God. Ask God to help you remember that He loves you, died and rose again to save you, and that when you follow Jesus, you're God's kid forever!** Set out kid-safe scissors and glue sticks. Give kids time to cut out their armor pieces and glue them onto their person templates. Circulate throughout the room during this time, praying quietly for each kid by name. When kids finish, encourage them to take their sheets home as a reminder to put on the armor of God every day!

**Make It Inclusive:** Provide a variety of drawing utensils to benefit kids of varying fine motor skill levels. For example, markers require less muscle strength/pressure than crayons or colored pencils. If possible, also have simple adaptive tools on hand, such as pencil grips.

## Preteen Responding in Worship: The Armor Project

**SUPPLIES:** various art and craft supplies (i.e. butcher paper, thin cardboard from cereal/food boxes, cardstock, construction paper, aluminum foil, yarn and/or ribbon, coloring utensils (including markers, duct and/or masking tape, glue, kid-safe scissors)

**RESOURCES:** [Soldier Picture\(1/SG\)](#) [Power of the Spirit Elementary Spotify playlist](#)

Ahead of time, gather supplies that kids can use to create one piece of the armor of God, such as butcher paper, thin cardboard (such as cereal and other food boxes), cardstock, construction paper, aluminum foil, and yarn and/or ribbon. Have these and all other supplies set out and ready.

**Today we learned that God doesn't leave us on our own to face struggles in life. God gives the Holy Spirit to all followers of Jesus! The Holy Spirit is God, and when we follow Jesus, the Spirit is with us and in us. The Holy Spirit helps us to stand strong when God's enemy, the devil, tries to harm our relationship with God. One way the Holy Spirit gives us strength is through the armor of God. Why do you think Paul used the example of putting on armor in his letter to Jesus-followers in Ephesus?** Give kids time to reflect and share. It's OK if they don't answer.

**Paul knew that, as followers of Jesus, we would face struggles. And he knew that the people who first read his letter would understand the example of a soldier preparing for battle. So Paul compared how Jesus-followers prepare for spiritual battles to how soldiers prepare for physical battles—by putting on armor. Like a soldier who is prepared for battle, we can be prepared each day to follow Jesus.**

**Let's take time to remember each piece of the armor of God.** Talk through each piece of spiritual armor as you point to it on the Soldier Picture: belt of truth, breastplate of righteousness, shoes ready to tell God's story, shield of faith, helmet of salvation, sword of the Holy Spirit. For each piece, ask kids these questions and give them time to respond:

- **What do you remember about this piece of armor?**
- **How does it help protect us?**
- **How could this piece of armor help you this week?**

**Leader Tip:** Reread Ephesians 6:14–17 to remember what Paul wrote about each piece of the armor of God.

**Now I invite you to think quietly about each piece of the armor of God.** Ask each of these questions, pausing for kids to think quietly about their answers:

- **What piece of armor do you find most interesting? Which are you most drawn to?**
- **Now think about your upcoming week. What is a hard situation you're facing?**
- **Which piece of armor do you think will help you most to stand strong with the Holy Spirit's help?**

**Your project is to create one piece of armor that represents the spiritual armor you need to put on this week. As you create, I invite you to talk with God in prayer. Tell Him about your upcoming week and anything that you're concerned about. Ask Him to help you put on your spiritual armor and to give you strength!** Set out all the supplies and invite kids to create a piece of armor. There is no one right way to craft the armor, so kids can be creative! Play music from the [Power of the Spirit Elementary Spotify playlist](#) as kids create. Circulate throughout the room during this time, admiring kids' creations and praying quietly for each kid by name. Encourage kids to take their armor creations home as a reminder to put on that piece of the armor of God each day!

**Leader Tip:** If you have concerns about kids creating weapons, ask kids to create a piece of armor other than the sword of the Holy Spirit.

**Make It Inclusive:** Arrange for a volunteer to be available to help kids who struggle with fine-motor skills. The volunteer can help cut cardboard/paper and tie yarn/ribbon according to the kids' requests.