

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

PROVIDING TIME FOR FUN INTERACTION
10 MINUTES

MADE TO EXPLORE

an activity that extends learning through hands-on experimentation and discovery



1. OPENING ACTIVITY

WHAT YOU NEED: Orange and peels, tape, Vaseline, bowl of water, paper towels

WHAT YOU DO:

- Show kids the peeled and unpeeled oranges.
- Ask them to predict whether each will float or sink and give reasons for their answers.
- Drop both oranges into the bowl of water and observe what happens. The peeled orange should sink while the unpeeled orange floats.
- Remove the peeled orange from the water and dry it off.
- Ask kids to reattach the orange peel you removed earlier. (They can take turns taping on part of the peeling one piece at a time.)
- Apply a generous layer of Vaseline to the outside of the orange over the tape, making sure it is well-sealed.
- Once again ask kids if they think the orange will sink or float and why.
- Demonstrate by placing the orange back in the water.

TODAY'S BIBLE STORY

Stand and Deliver
Armor of God
Ephesians 6:10-17

KEY QUESTION

When is it hard to stand strong?

TODAY'S BOTTOM LINE

Use what God has given you to stand strong.

MONTHLY MEMORY VERSE

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.
Philippians 1:6, NIV

MONTHLY LIFE APP

Confidence—Learning to see yourself the way God sees you

BASIC TRUTH

I can trust God no matter what.

WHAT YOU SAY:

"Give an orange the protection of its peel and it's like a life jacket. The same orange that sank to the bottom of the bowl now it has what it needs to stay afloat. **[Transition] God has given us a layer of protection that helps us stand strong in our faith. Today we're going to discover what it is and how it works to give us confidence.**"

Lead your group to the Large Group area.

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CREATING A SAFE PLACE TO CONNECT
20 MINUTES

MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



1. TAKE A SNAPSHOT

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: Bubble wrap, egg in sealed bag, packing tape

WHAT YOU DO:

- Give each kid a sheet of thick bubble wrap and let them take turns carefully wrapping it around the bag containing the raw egg.
- Seal each layer with tape.
- Make sure the egg has sufficient bubble wrap to protect it from breaking when being tossed or kicked.
- Guide kids to sit in a space-out circle.
- Begin tossing the wrapped egg across the circle.
- Signal kids to stop after several tosses around the circle. (Consider popping a separate piece of large bubble wrap as your signal.)
- Ask the kid holding the wrapped egg to shares a time when it's hard for kids to stand strong for Jesus.
- Repeat the tossing game until all the kids have had a chance to answer at least once.
- Give the wrapped egg the ultimate test by letting kids try to knock it out of the circle by kicking it.
- Each kid should act as a goalie for their area of the circle, to keep the egg from escaping.
- Unwrap the bubble wrap after the game and examine the egg.
- Wrap up with a conversation by asking:
 - In what ways does the bubble wrap remind you of the armor of God?
 - How are followers of Jesus like the egg inside the bubble wrap?
 - Point out that the egg would not have survived the game if it hadn't been for the protection of the bubble wrap. It would have cracked and broken.
 - What are some experiences in life that can make us feel like the egg being tossed around the circle?
 - What do we need in order to stand strong?

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MADE TO IMAGINE

an activity that promotes empathy and facilitates concrete application through role-play and reenactment

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2. BIBLE STORY EXTENSION

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: Bibles, sweet potatoes, foil, bendable straws, permanent markers, tape

WHAT YOU DO:

- Invite kids to find a partner.
- Give partners a Bible, sweet potato, straws, scissors, permanent marker, and several pieces of aluminum foil.
- Let kids cut and insert the straws into the potato to create arms and legs then use the marker to add a face at the top of what will become a "Sweet Potato Warrior."
- Instruct kids to find Ephesians 6:10-17 in their Bible.
- Challenge partners to work together to dress their potato in the Armor of God as described in Ephesians 6. They can use the foil to create each piece of armor. (*Belt; Breastplate; Shoes; Sword; Helmet; Shield*)
 - *If necessary, give each kid their own set of supplies to create their own potatoes in order to let kids spread out and work in their own "personal space."*
- Invite kids to take turns showing the group their "geared up" potatoes when finished.
- Guide kids through a discussion of each piece of the armor and help them think through the various ways it provides protection.
 - Belt of Truth
 - Why is truth important?
 - How do we find out what God says is true?
 - Chest Armor of Godliness
 - How does doing what God says is right protect us?
 - Gospel Shoes of Peace
 - How does telling others about Jesus bring about peace and defeat our enemy?
 - Shield of Faith
 - What are some ways our faith or trust in God can be attacked?
 - How do we protect our faith?
 - Helmet of Salvation
 - Why is it important to protect our mind and thoughts?
 - What helps you keep your mind focused on God?
 - Sword of the Spirit
 - In what way is God's Word like a sword that can be used to attack our invisible enemies?
- Encourage kids by reminding them that the armor of God is the protection God has given us to fight the invisible battles that go on in our heart and mind as we live for Jesus.
 - Satan is trying to mess with what God loves most—people.
 - But we know that God is more powerful than the evil schemes of His enemy and has provided us all that we need to win as we follow Jesus.

(2. BIBLE STORY EXTENSION, CONTINUED)

- Wrap up:
 - Followers of Jesus fight an invisible battle. What are some of the unseen enemies that we need God's help to conquer? (Steer kids away from focusing too heavily on satanic areas. Turn them toward things like our enemies of pride, selfishness, bad attitudes, laziness, disrespect, fear, doubt, unkindness, etc.)
 - How do we "gear up" or put on the armor of God?
 - When do you think it might be hard for you to stand strong this week? What part of the armor would be most helpful?
- Keep the potatoes intact and "dressed up" for use again in the "Verses to Take with You" activity.

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MADE TO REFLECT

an activity that creates space
for personal processing
and application



3. MAKE IT PERSONAL WITH PRAYER [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

- Lead kids through a prayer that focuses on each aspect of the armor of God.

- Pause after each section and invite kids to interject a sentence prayer of their own or to pray silently.

"Dear God, thank You for giving us what we need to confidently live for You. Thank you that we never fight alone—You are always with us.

Help us put on the *BELT OF TRUTH* and follow what You say is right and good.

Help us put on the *CHEST ARMOR OF GODLINESS* to protect our hearts from loving ourselves more than You and others.

Help us put the *GOSPEL OF PEACE* on our feet, so we're ready to take the message of Your love wherever we go this week.

Help us take up the *SHIELD OF FAITH* and choose to trust in You no matter what.

Help us put on the *HELMET OF SALVATION* and remind us that Jesus came to rescue and save us. Guard our minds and our thoughts from doubts, fear, and pride.

Help us take up the *SWORD OF THE SPIRIT* by trusting Your promises and obeying your commands.

Remind us every day as we get dressed to put on the invisible armor You've given us so that we have all we need to stand strong. In the powerful name of Jesus, Amen."

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I can trust God no matter what.

Confidence means learning to see yourself the way God sees you.



DAY 1

Read Ephesians 6:13-14

Paul wrote these words while under house arrest in Rome. At the time, he was likely guarded by a Roman soldier in full armor so it makes sense that he would write about putting on “God’s armor” to stand strong! As followers of Jesus, we don’t face an actual enemy army. Our battle is against Satan, the one who wants to turn us away from God. Paul is reminding us of the “armor” we have available so we can face the enemy.

When it comes to confidence, we can stand strong with the belt of truth and breastplate of righteousness! The belt of truth is what we know to be true about God! He loves us and will help us make wise choices.

The breastplate of righteousness is like covering yourself with godliness. We protect ourselves the most when we choose words and actions that honor God. **Loving God and loving others is our best defense against the enemy!**

Create your own set of “armor” this week. Grab a belt and tie it around the back of a chair. Find your favorite hoodie or jacket and zip it up around the back of your chair as the breastplate. Pray today and thank God for giving you what you need to face the enemy.

DAY 2

Read Ephesians 6:15

Paul is reminding us today to cover our feet so we’re ready to share the good news about Jesus. He wants us to be ready to talk about Jesus and what He’s done for us, everywhere we go, with everyone we meet. The enemy doesn’t stand a chance when we choose to stand strong and tell others about Jesus!

Grab a pair of shoes you don’t wear every day and set them on the floor underneath your chair with the hoodie and belt from yesterday. **Thank God for the good news about Jesus and ask Him to give you the courage to share that good news everywhere you go!**

DAY 3

Read Ephesians 6:16

What do you need in a battle when a bunch of flaming arrows start coming your way? A strong shield.

Think about those flaming arrows like untrue thoughts. Have you ever had untrue thought sneak in? Thoughts like: God won't love me if I mess up. I'll never be able to do the right thing. I'm not good enough.

Strong faith is like a shield that protects us when these wrong thoughts creep in. When you remember **God's promises—that He loves you no matter what and that He is with you, always—you can stand strong against the enemy.**

Grab something to use as a shield. It could be a piece of cardboard or a cookie sheet from the kitchen. Prop it up on the seat of the chair in front of your hoodie or jacket.

Review the pieces of armor from the version on the chair. Spend some time thanking God for each piece of armor available to you.

Use what God has given
you to stand strong.

DAY 4

Read Ephesians 6:17

Today, we read about the last two pieces of armor as described by Paul.

We start with the helmet of salvation. They protect our head and our brain. Paul wants us to remember that we can trust in and follow Jesus every single day. When the enemy tries to sneak in lies or negative thoughts, we can block them when we remember what Jesus has done for us!

And finally, we need to grab the sword of the Spirit. Soldiers needed a sword to strike down the enemy, to fight back! Our sword is God's word. **As we read and memorize God's word, we'll be able to defeat the enemy.**

Grab your bike helmet or favorite hat and hang it from the back of the chair. Grab your sword (your Bible) and read the entire passage, Ephesians 6:13-17. Touch each piece of "armor" as you read about them. Then, thank God for the reminder that He with you and that He will help you use what you have to stand strong against the enemy this week.