

LESSON 11: GOD'S ARMOR GIVES US STRENGTH

Leader Guide for Grades 1 & 2

Classroom: Adventure

 Ephesians 6:10-18

11/01/2020

Teachers Dig In

Dig In to the Bible

- Read: Ephesians 6:10-18
- In This Passage: In a letter to Christians who live in Ephesus, Paul instructs them on how to be strong. He tells them to put on God's armor, which includes a helmet of salvation, body armor of righteousness, a shield of faith, and a sword of the Spirit, which is the Word of God. God gives us everything we need to stand strong!
- Bible Point: God is strong...
- Application: ...and we're strong in him.
- Summary Verse: "A final word: Be strong in the Lord and in his mighty power" (Ephesians 6:10).

Dig Deeper

- You'll Be Teaching: *God is strong.* Kids love to demonstrate their physical strength. Whether it's a preteen boy jumping to hit a door frame or a preschooler carrying a heavy bag, kids value strength. Help them see that it's important to be strong spiritually, too. In fact, standing strong in faith is *more* important than having big muscles.
- Think About: Think of a time you felt like God gave you strength. What happened?

Dig In to Prayer

- Ask God to help your kids put on their armor every day so they can stand strong in their faith.

Quick Tip

- This lesson is a great chance to teach kids the *why* behind Scripture memory. It's not about earning candy or other prizes; it's about being ready for battle! If we know God's Word, we can quote Scripture when lies and temptations threaten us. When it's about candy and prizes, kids often commit verses to their short-term memory, forgetting them once their reward is in hand. Help them store Scripture in their hearts so they can stand strong.

This Lesson at a Glance



OPENING

Kids share about a topic related to the lesson.

Supplies

- Bible



CORE BIBLE DISCOVERY

Kids put on each piece of God's armor and learn a rhyme.

Supplies

- Bibles (1 per child)
- yarn (one 2-foot piece per child)
- large paper grocery bags (1 per child)
- 1 trash bag
- small paper lunch bags (2 per child)
- "Shield of Faith" handout (1 per child) ([download here](#))
- child-safe scissors
- crayons
- disposable bowls (1 per child)

Easy Prep

- Cut the large paper grocery bags like vests by cutting up the center of one side and adding a head hole in the bottom of the bag. Cut the corners off the bottom of the bag, next to the head hole, to make armholes. Make a similar piece of armor for yourself out of a trash bag.



LIFE APPLICATION WRAP-UP

Kids put on armor and pray.

Supplies

- Bibles (1 per child)*
- yarn (one 2-foot piece per child)*
- paper-bag body armor (1 per child)*
- small paper lunch bags (2 per child)*
- Shields of Faith made in Core Bible Discovery
- disposable bowls (1 per child)*



OBJECT LESSON

Kids try to tear strong paper.

Supplies

- 8½x11 sheets of paper (1 per child)



HIGH-ENERGY GAME

Kids move water together.

Supplies

- gallon jugs (1 for every 4 kids)
- large towel (1 for every 4 kids)
- upbeat music (optional)
- music player (optional)

Easy Prep

- Fill gallon jugs with water and close the lids tightly. (The water doesn't need to be drinkable.)



LOW-ENERGY GAME

Kids race to dress their friends in God's armor.

Supplies

- yarn (one 2-foot piece per team)*
- paper-bag body armor (1 per team)*
- small paper lunch bags (2 per team)*
- Shields of Faith made in Core Bible Discovery
- disposable bowls (1 per team)*
- Bibles (1 per team)*
- upbeat music (optional)
- music player (optional)



CRAFT

Kids make an armor of God game.

Supplies

- 3-ounce white paper cups (7 per child)
- washable markers
- “Armor of God Labels” handout (1 set of 7 pieces of armor per child) (download [here](#))
- Avery 1-inch Round Labels #6450 (1 page for every 9 kids)
- “Picture of Me” handout (1 per child) (download [here](#))

Easy Prep

- Make a sample craft to show kids.
- Print the “Armor of God Labels” handout on the Avery labels sheet. Then from that printed sticker sheet, cut 1 row of the 7 pieces of armor per child.



DEEPER BIBLE

Kids practice using the armor of God.

Supplies

- Bible
- “Armor Pieces” handout (1 copy) (download [here](#))

Easy Prep

- Hang each picture from the “Armor Pieces” handout in a different area of the room.

**Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



OPENING

Welcome

[5 min]

Supplies

- Bible

Welcome

- Thank kids for coming.
- Just for fun, have kids give a side hug to two friends.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having kids hop on one foot while they sing "Happy Birthday."
- Collect the offering.

Introduce the Lesson

Say: **Today we'll learn that God is strong, and we're strong in him. Let's start today by talking about people we know who are strong.**

Share

- Share about the strongest person *you* know and how you can tell the person is strong.
- In small groups, have kids share about the strongest people *they* know. Encourage them to share why they think those people are so strong.
- After small groups have discussed, have a few kids share with the whole group what they talked about in their small groups.

Summarize

Open a Bible, and say: **You all know some strong people! Did you know that God is the strongest of all? We'll learn from the Bible today that God gives us armor, or you might say tools, to make us strong, too. And being friends with God makes us stronger because he puts his strength in us!**

Pray, thanking God for being strong and making you strong.



Supplies

- Bibles (1 per child)
- yarn (one 2-foot piece per child)
- large paper grocery bags (1 per child)
- 1 trash bag
- small paper lunch bags (2 per child)
- "Shield of Faith" handout (1 per child) (download [here](#))
- child-safe scissors
- crayons
- disposable bowls (1 per child)

Easy Prep

- Cut the large paper grocery bags like vests by cutting up the center of one side and adding a head hole in the bottom of the bag. Cut the corners off the bottom of the bag, next to the head hole, to make armholes. Make a similar piece of armor for yourself out of a trash bag.

Put on Armor

Say: **Today we'll find out that God is strong, and we're strong in him. The Bible tells us to put on God's armor so we can stand strong against God's enemy. Armor is what a warrior or soldier wears. He wears a helmet and uses a shield. The armor protects the warrior from someone who wants to hurt him. Like that, God's armor protects us from God's enemy.**

So let's put on our armor—the Bible tells us what it is. Read Ephesians 6:14. Have adult and teen helpers hand out yarn and have kids tie it around their waists like belts. Put a piece around your waist, too.

Say: **First the Bible says to put on your belt of truth. That means we make a choice to be honest kids. We don't lie.**

Ask: • **Why do you think God wants you to tell the truth?**

Say: **When we tell the truth, it protects us from God's enemy. It helps us stay close to God.**

Let's keep putting on our armor. The Bible says to put on your belt of truth. Touch your belt and say "Check!" and encourage kids to do the same. **And it says to put on the body armor of God's righteousness.** Have adult and teen helpers hand out the large paper grocery bags and help kids put these on by gently pushing their arms through the armholes. Put on your own armor.

Say: **You have the belt of truth...** Touch your belt and say "Check!" and encourage kids to do the same. **And you have the body armor of God's righteousness.** Touch your body armor and say "Check!" and encourage kids to do the same.

Say: **Putting on the body armor of God's righteousness means we want to do the right thing. We make a choice not to do the wrong thing.**

Look in the Bible. Say: **What's next?** Read Ephesians 6:15. Have adult and teen helpers hand out two paper lunch bags to each child and have kids put the paper bags on their feet like shoes. Slip paper bags on your feet, too.

Say: **We have our belt of truth that reminds us to be honest** (touch your belt and lead kids to)—**check! We have our body armor of righteousness that reminds us to make good choices** (touch your body armor and lead kids to)—**check! And we have our shoes of peace** (touch your shoes and lead kids to)—**check! When we remember that God is the strongest, we don't have to worry. He'll take care of us.**

Say: **And next...** Read Ephesians 6:16. Have adult or teen helpers give each child a "Shield of Faith" handout. Allow time for kids to cut out their shields and quickly color them. Cut out and color your own.

Hold up your shield. Say: **We have our belt of truth that reminds us to be honest** (touch your belt and lead kids to)—**check! We have our body armor of righteousness that reminds us to make good choices** (touch your body armor and lead kids to)—**check! We have our shoes of peace that remind us not**

to worry because God is the strongest (touch your shoes and lead kids to)—**check! And we have our shield of faith—check! When we hold up our shields of faith, we believe in God no matter what.**

Now I think there's another piece of armor. Read Ephesians 6:17. Have adult and teen helpers give each child a bowl, and have kids place the bowls upside down on their heads like helmets. Put a bowl on your head as well.

Say: **We have our belt of truth** (touch your belt and lead kids to)—**check! We have our body armor of righteousness** (touch your body armor and lead kids to)—**check! We have our shoes of peace** (touch your shoes and lead kids to)—**check! We have our shield of faith** (hold up your shield)—**check!** Ask kids to help you remember what each piece of body armor reminds them to do. Help them with each if needed.

Say: **And we have our helmet of salvation** (touch the bowl on your head)—**check! Jesus helps us be friends with God, and that can never be taken away. That's what salvation is, and God's enemy can never take it away—ever!**

There's one more piece of armor for us to put on. We read it earlier—the Bible said, "Take the sword of the Spirit, which is the word of God." Have adult and teen helpers give each child a Bible to hold. Pick up your own Bible.

Say: **I think we have on all our armor. We have our belt of truth** (touch your belt and lead kids to)—**check! We have our body armor of righteousness** (touch your body armor and lead kids to)—**check! We have our shoes of peace** (touch your shoes and lead kids to)—**check! We have our shield of faith** (hold up your shield)—**check! We have our helmet of salvation** (touch the bowl on your head and lead kids to)—**check! And we have our sword of the Spirit—check!** Hold your Bible above your head. **The Bible is like a sword. God's enemy wants us to believe lies, but the Bible reminds us that God is strong and he loves us so much! And the Bible says we can talk to God anytime and he'll help us be strong in him.**

Sing a Song

Say: **Let's learn a song to help us remember each piece of armor and how we're strong with God's help.** Lead kids in the following song to the tune of "Head, Shoulders, Knees, and Toes." Have kids touch or hold out the piece of armor as they sing each one.

Shield, helmet, belt, and shoes, belt and shoes.

Shield, helmet, belt, and shoes, belt and shoes.

Body armor and the sword of truth.

Shield, helmet, belt, and shoes, belt and shoes.

Repeat several times until kids catch on. After kids have the hang of the song, tell them you're going to stop in the middle of the song on one of the pieces of armor, and when you do, they'll all freeze in place and not move. You'll quickly ask kids to remember the purpose of the piece of armor, as listed below, and then you'll continue with the song. Sing the song several times, stopping randomly on the different pieces of armor and reminding kids to freeze in place while you invite kids to share the purpose.

- The belt of truth reminds us to tell the truth.
- The body armor of righteousness reminds us to do the right thing.
- The shoes of peace help us not to worry, knowing God is strong and he takes care of us always.
- The shield of faith reminds us to believe in God's love.
- The helmet of salvation reminds us that we're forever friends with God.
- The sword of the Spirit is the Bible, and the Bible helps us remember who God is.

Say: **With all our armor on, we remember that God is strong and we're strong in him. Nothing and no one can take us away from a wonderful friendship with God!** Collect and set aside the armor for use in the Low Energy Game and the Life Application Wrap-Up, if you are doing either of these blocks.



Supplies

- Bibles (1 per child)*
- yarn (one 2-foot piece per child)*
- paper-bag body armor (1 per child)*
- small paper lunch bags (2 per child)*
- Shields of Faith made in Core Bible Discovery
- disposable bowls (1 per child)*

Put on Armor

Say: **Today we learned that God is strong, and we're strong in him. Let's put on our armor one more time and ask God to make us strong.**

Lead kids in putting on each piece of armor one by one and praying:

- Belt of truth (yarn)—pray: **God, give us the strength to be honest.**
- Body armor of righteousness (paper bag)—pray: **God, give us the strength to do the right thing and make good choices.**
- Shoes of peace (small paper bags)—pray: **God, give us the strength to get along with others and to rest in your love.**
- Shield of faith (handout)—pray: **God, help us trust you and know you're always with us and you'll always take care of us.**
- Helmet of salvation (bowl)—pray: **God, thank you for sending Jesus, who helped us be best friends with you.**
- Sword of the Spirit (Bible)—pray: **God, thank you for giving us our Bible so we can learn the truth about you.**

Pray for Strength

Say: **We have on all our armor. God makes us strong when we have all our armor on—he gives us his great big strength! Let's thank God for giving us his strength!** Lead kids in a brief prayer.

Say: **I'm so glad you came today to learn that God is strong, and we're strong in him. This week, remember to put on your armor and stand strong!**



OBJECT LESSON

Strong Paper

[10 min]

Supplies

- 8½x11 sheets of paper (1 per child)

Tear Paper

Say: **You don't have to be super strong to tear a piece of paper. See?** Hold up a sheet of paper, and tear it about halfway down the middle. **Now you try!**

- Give each child a sheet of paper.
- Have kids tear their paper halfway down the middle so it's torn but still in one piece. You may want to have extra paper ready in case kids *really* enjoy tearing and need a new piece for the second part of the experiment.

Fold Paper

Say: **Tearing the paper is easy! But there's a way for us to make the paper *super* strong. I'll show you!**

- Tell kids that you're all going to fold your sheets of paper together four times. Encourage kids to count with you as you fold.
- First fold the paper in half, near the tear. **One!**
- Then fold the paper in half again. **Two!**
- Fold the paper in half again. **Three!** Then have kids try to tear the paper. It'll be too strong to tear.
- If possible, have kids fold the paper in half one more time and try again to tear it. **Four!**

Review the Armor of God

Say: **Folding the paper makes it strong. We can't tear it anymore! And God's armor makes us strong. Let's review the armor and fold our papers again.** Have kids unfold their paper and refold it as you review the armor of God.

- Fold the paper in half. **The belt of truth and armor of righteousness make us strong.**
- Fold the paper in half again. **The shoes of peace and the shield of faith make us strong.**
- Fold the paper in half again. **The helmet of salvation makes us strong.**
- If possible, fold the paper one more time. **And the sword of the Spirit makes us strong.** Have kids try to tear the paper.

Talk About It

Say: **God is strong. When we feel weak, God is strong and his armor will help us!**



Supplies

- gallon jugs (1 for every 4 kids)
- large towel (1 for every 4 kids)
- upbeat music (optional)
- music player (optional)

Easy Prep

- Fill gallon jugs with water and close the lids tightly. (The water doesn't need to be drinkable.)

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Try It Alone

Put kids in groups of four, placing two kids from each group on one wall and the other two opposite them against the other wall. Place a gallon of water on a towel in front of one pair in each group.

Say: **We learned today that God is strong. Someone who's strong can do a lot of hard things. Today we have some hard work to do. In your group, see how many times you can carry the water across the room.** Have each child take a turn trying to lift the jug on his or her own, being careful that kids don't hurt themselves.

Move the Water

Say: **Since we have friends here with us, let's work together to move the water.**

- On your cue, encourage each pair that has a jug on their end of the room to work together to drag the water on the towel to the pair in their group at the opposite wall as quickly as possible.
- Have the kids on the opposite end drag the water on the towel back to the side of their room as quickly as possible.
- Have the first pair bring the water back to the opposite side.
- Challenge groups to see how many times they can get the water across the room until you say stop.
- If you'd like, play upbeat music while kids play.

Talk About It

Say: **It was hard to carry all the water on your own. There are lots of things that we aren't strong enough to do alone.**

Share an example of something *you* weren't strong enough to do on *your* own, such as move a piece of furniture or carry something heavy. Be sure to share about someone who helped you or who you could've asked to help you.

Ask: • **What things are you not strong enough to do?** Kids may say carry something heavy, open a heavy door, or get out a heavy toy. As they share, encourage kids to think of someone who could help them, such as a parent, other adult, or older sibling.

Say: **When we aren't strong enough to do something on our own, we can always ask for help. Sometimes we're not strong enough to do all the things God asks us to do in the Bible, even though we want to. But God is always there to help us. He even gives us his armor to help us so we can be strong because he is strong.**



LOW-ENERGY GAME

[10 min]

Put on the Armor

Supplies

- yarn (one 2-foot piece per team)*
- paper-bag body armor (1 per team)*
- small paper lunch bags (2 per team)*
- Shields of Faith made in Core Bible Discovery
- disposable bowls (1 per team)*
- Bibles (1 per team)*
- upbeat music (optional)
- music player (optional)

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Help Friends Put on the Armor

Say: **We put on our clothes every morning to get ready for our day. Today we discovered something God tells us to put on to help us be strong in him. Let's play a game to practice putting on the armor of God.**

- Form teams of no more than seven kids.
- Have teams sit on one side of the room, and place a set of armor supplies for each team on the opposite side of the room.
- Ask each team to make a circle, and invite a willing teammate to go to the center of the circle.
- When you say "go," one child from each team will go to the pile, grab a piece of the armor, come back to the group, and put the piece of armor on the teammate in the center of the circle. Encourage the helpers to help the kids name the piece of armor as they put it on.
- Then the next child will grab a piece of armor and put it on the teammate in the center. This continues until the teammate in the center is wearing the full armor. Then everyone on the team except the child in the armor sits down.
- When all the teams have finished, lead the kids to cheer for each other. Then have the kids wearing the armor return it to the original pile.
- Choose a new center person for each group, and repeat the game as time allows.
- If you'd like, play upbeat music while kids play.

Talk About It

Share what *you* think is the most important thing you put on in the morning—maybe that's a coat in the winter or your shoes to keep your feet clean and safe.

Ask: • **What do *you* think is the most important thing you put on every morning?**

Say: **The Bible tells us it's important that we put on the armor of God so we can be strong in him. We can put on God's armor by remembering the ways God is strong and how he helps us be strong. Today we practiced putting on the armor of God. We even helped our friends put the armor on. Sometimes we can help our friends be strong and put on the armor of God by reminding them about how much God loves them and that he is strong.**



CRAFT

A Stack of Armor

[20 min]

Supplies

- 3-ounce white paper cups (7 per child)
- washable markers
- “Armor of God Labels” handout (1 set of 7 pieces of armor per child) (download [here](#))
- Avery 1-inch Round Labels #6450 (1 page for every 9 kids)
- “Picture of Me” handout (1 per child) (download [here](#))

Easy Prep

- Make a sample craft to show kids.
- Print the “Armor of God Labels” handout on the Avery labels sheet. Then from that printed sticker sheet, cut 1 row of the 7 pieces of armor per child.



Make the Armor

Say: **Today we talked about how God is strong and gives us his armor so we can be strong in him. Let's make a craft to remind us that God's armor helps us be strong.** Show kids the sample craft.

Give each child a copy of the “Picture of Me” handout, and set out some markers. Say: **Color this picture to look like you. Later we'll put some armor on you!**

After kids color the handout, give each of them seven paper cups and a strip of the seven armor stickers. Point out each sticker, and remind kids what it is in the order below. After you remind kids of each piece of armor, have them color it, and help them stick it to the bottom of a cup.

• Helmet—say: **This is the helmet of salvation. It reminds us that God saved us from all the things we have done wrong, and we can be forever friends with God.** (Kids color and stick the helmet to the bottom of a cup.)

• Body armor—say: **This is the body armor of righteousness that helps us choose to do the right thing.** (Kids color and stick the armor to the bottom of a cup.)

• Belt—say: **This is the belt of truth that helps us be honest and tell the truth.** (Kids color and stick the belt to the bottom of a cup.)

• Two shoes—say: **These shoes of peace remind us that God is strong, so we can have peace and not worry.** (Kids color and stick the two shoes to the bottom of two separate cups.)

• Shield—say: **This shield of faith helps us always keep believing that God's with us and he'll take care of us.** (Kids color and stick the shield to the bottom of a cup.)

- Sword—say: **This sword of the Spirit helps us always remember what the Bible says.** (Kids color and stick the sword to the bottom of a cup.)

Put It On

After the kids have placed the stickers on the bottoms of the cups, say: **Now let's put our armor on the pictures of us. When I name a part of your body, put the piece of armor we wear on that part of the body in the picture.**

Name the parts of the body where the armor belongs one at a time, allowing kids to put their cups on their pictures.

Say: **Let's play a game with our cups.** Have kids stack all their cups. **When I say "go," put the armor on your picture as fast as you can. Ready...go!** Encourage kids to unstack and place their cups on their pictures.

Repeat this game several times, encouraging kids to mix the cups into a different order each time they stack them.

Say: **It's so amazing that God gives us all these wonderful things to help us be strong in him. We can be strong because God is strong.** Thank God for giving us the armor to keep us strong!



Supplies

- Bible
- “Armor Pieces” handout (1 copy) (download [here](#))

Easy Prep

- Hang each picture from the “Armor Pieces” handout in a different area of the room.

Remember the Armor

Say: **We had fun trying on the different parts of the armor of God today, and we learned that God is strong, so we’re strong in him**. Have kids gather in the center of the room. Point to the “Armor Pieces” pictures one by one, and challenge kids to remember what each one represents. Help them with any they don’t remember.

Choose the Armor

Say: **Let’s play a game to help us think of how God’s armor can help us be strong**. I’ll tell about something that might happen, and you’ll run to the piece of armor that you think might help you. Let’s do the first one together.

Imagine you broke Mom’s favorite dish. If she asked what happened, you know God wants you to tell the truth. Which piece of armor would help you more—the belt of truth or the sword of the Spirit? Invite kids to guess. **I think the belt of truth would help because it reminds us to be honest kids.** Lead kids in hurrying to the picture of the belt of truth.

Say: **God helps us be strong and tell the truth when we put on the belt of truth, even if we might get in trouble.**

Let’s try another. Lead kids back to the center of the room.

Say: **Imagine someone in your family is sick and asks you to pray for him. When you pray, you remember to believe that God will take care of your family. Which armor would help you with that?**

Let the kids hurry to the piece of armor they choose, and then invite one or two kids to share how they chose.

After all the kids are next to one of the pictures, say: **God wants us to believe he’s strong and is taking care of us so we don’t have to worry. The shield of faith makes us strong when we remember and believe that God takes care of us.**

Congratulate kids at the shield of faith, and have everyone return to the center of the room.

Say: **Imagine you have to go to a new place, like school or a new babysitter, and your mom and dad won’t be there. Which armor would help you?**

Let kids hurry to the piece of armor they choose, and then invite one or two kids to share how they chose.

Say: **Remembering that God’s always with us can help us rest and have peace. That’s why the shoes of peace would help us when we’re afraid of going somewhere new without our parents. God’s with us!**

Congratulate kids standing at the shoes of peace, and have kids return to the center of the room.

Say: **Imagine your friend broke your favorite toy and you were so mad that you wanted to hit him. We need God’s help to choose to do the right thing. Which armor would you choose?**

Let kids hurry to the piece of armor they choose, and then invite one or two kids to share how they chose.

After all the kids are next to one of the pictures, say: **Choosing to do the right thing is what the Bible calls *righteousness*. I think the body armor of righteousness would help us do the right thing.**

Congratulate kids standing at the body armor of righteousness, and then have everyone return to the center of the room.

Say: **Imagine you did get mad and hit your friend. That was wrong, but because Jesus died on the cross to take away the wrong things we’ve done, God forgives us, and we can be his friends**

forever. Which armor helps us be forever friends with God?

Let kids hurry to the piece of armor they choose, and then invite one or two kids to share how they chose.

Say: **God is so strong that he can save us from all the wrong things we've done. That's called *salvation*, so the helmet of salvation reminds us that we're forever friends with God and he forgives us when we do make a wrong choice.**

Congratulate the kids standing at the helmet of salvation, and then have all the kids return to the center of the room.

Say: **Sometimes bad things happen to us and we may wonder if God still loves us. What armor can help us remember that God still loves us?**

Let kids hurry to the piece of armor they choose, and then invite one or two kids to share how they chose.

Say: **The Bible is the sword of the Spirit, and we read the Bible to remember the truth about how amazing God is. The Bible tells us how much God loves us!**

Congratulate all the kids for all their tries at using the armor of God, and then read aloud Ephesians 6:10-11. Say: **It's great to put on every piece of God's armor because God is strong, and he makes us strong when we have on his armor!**