

LESSON 11: GOD'S ARMOR GIVES US STRENGTH

Leader Guide for Grades 5 & 6

Classroom: Deeply Rooted

 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 make and use armor to fight the enemy.

Supplies

- Bible
- duct tape
- paper
- pens
- orange paper
- poster board (1 sheet for every 2 kids)
- string
- scissors
- hole punches
- plastic bags that will fit over kids' feet (produce bags work well) (2 per child)
- sticky notes
- aluminum foil
- dowels (1 for every 6 kids)
- bulletin board paper
- markers

Easy Prep

- For each group of 6, make a piece of body armor by punching holes on the short ends of 2 sheets of poster board, then stringing them together like a sandwich board, as shown below.



OBJECT LESSON

Kids make books stick together.

Supplies

- books, phone books, or catalogs (the thicker, the better!) (2 per child)



DEEPER BIBLE

Kids make a battle plan.

Supplies

- Bibles
- paper
- pencils
- "Sword of the Spirit" handout (1 per child) (download [here](#))



HIGH-ENERGY GAME

Kids use tape armor to carry a lot of balloons.

Supplies

- inflated balloons (12 for every 3 kids)
- duct tape* (1 roll for every 3 kids)

- upbeat music (optional)
- music player (optional)



LOW-ENERGY GAME

Kids use balloons to move cups.

Supplies

- uninflated balloons (1 per child)
- 12-ounce cups (3 per child)
- upbeat music (optional)
- music player (optional)
- timer (optional)



CRAFT

Kids make adjustable sword Bible covers.

Supplies

- “Sword Template” handout (1 per child) ([download here](#))
- scissors
- pencils
- cardboard
- aluminum foil
- glue sticks
- black permanent markers
- large rubber bands (we used 7-inch rubber bands, style #117-B) (1 per child)
- transparent tape
- classroom Bibles (optional)

Easy Prep

- Make a sample craft to show kids.



LIFE APPLICATION WRAP-UP

Kids pose like warriors as they pray.

Supplies

- Bible

**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're going to learn that God is strong, and we're strong in him.**

Share

- Tell kids the way *you'd* finish this sentence: *I wish I were strong enough to...*
- Have kids form pairs. Ask kids to share the way *they'd* finish this sentence: *I wish I were strong enough to...*
- After partners have discussed, ask two or three kids to share with the whole group.

Summarize

Open a Bible to Ephesians 6, and say: **It'd be cool to have big enough muscles to do some of those things! But today isn't about building up our biceps. It's about growing in *spiritual* strength! We'll see how God is strong, and he's given us all the tools we need to be strong in him. One of those tools is the Bible. The Bible is one way God helps us stand strong. God is strong, and he's here right now, ready to talk to you. Let's talk with him now.**

Pray, praising God for giving us strength.



Supplies

- Bible
- duct tape
- paper
- pens
- orange paper
- poster board (1 sheet for every 2 kids)
- string
- scissors
- hole punches
- plastic bags that will fit over kids' feet (produce bags work well) (2 per child)
- sticky notes
- aluminum foil
- dowels (1 for every 6 kids)
- bulletin board paper
- markers

Easy Prep

- For each group of 6, make a piece of body armor by punching holes on the short ends of 2 sheets of poster board, then stringing them together like a sandwich board, as shown below.



Tip

- The supply list for this experience may look long, but the supplies should be easy to gather and will create a powerful experience for your kids to know how to stand strong in the Lord.

Strategize

Say: **Today's lesson is about a battle. And not just a battle that was fought a long time ago in the Bible—a battle that we're in every day!**

Ask: • **If you were fighting a battle, what might you do to trick or trap your enemy? For example, maybe you'd plan a sneak attack when they're sleeping or try to get the commander of the enemy army alone.**

Say: **The enemy we're fighting tries to trick and trap us, too. But God is strong, and we're strong in him. The Bible tells us this.** Read Ephesians 6:10.

Say: **With God's strength, fighting this enemy is no problem. Let's explore what strategies our enemy uses and how we can fight them by putting on God's armor.**

First, let me tell you about this enemy.

Read Ephesians 6:11-12.

Say: **Yikes! An evil, unseen enemy! Sounds scary. But God is stronger! God has power over evil. Let's see how he helps us fight the devil's tricks. Listen to this.**

Read Ephesians 6:13.

Defend Righteousness

Say: **The first strategy the devil uses is *temptation*. He tries to trick us into doing bad things! Let's think of bad things he might tempt us to do.**

Have kids write various temptations, each on a separate piece of paper, and then crumple them into paper wads. Let kids know no one will see what they write. Allow one minute.

Read Ephesians 6:14.

Say: **The Bible tells us that to defend our hearts from the enemy's temptation, we can wear the belt of truth and the body armor of God's righteousness.**

***Righteousness* is knowing the truth and making the right choices. God is completely righteous; he's perfect and true, so with God's help, we can make right choices! Let's see how that works.**

Have kids form groups of six. Give each group a piece of body armor. Kids will take turns wearing the body armor by putting the strings over their shoulders, while the others in the group throw the temptation paper wads at their hearts. After everyone has had a turn to wear the armor, lead kids in this discussion.

Ask: • **How did your body armor protect your heart?**

Say: **A belt might not seem like an important piece of armor, but it helps hold all your other armor together. A belt surrounds you, like you can surround yourself with truth. Let's make belts.**

Have kids each put on a belt by wrapping duct tape around their waists, sticky-side out.

Say: **The enemy will go straight for our hearts, but God is strong, and we're strong in him when we wear his righteousness as body armor and his truth as a belt. That means when temptations come, we turn to God to find out the truth and what's best for us in God's eyes—the right thing to do—so we can say no to the temptation.**

Walk on Worry

Say: **Another strategy the enemy uses is to fill our lives with worry. God wants us to have peace no matter what's going on. But the enemy wants to steal our peace and give us worry instead.**

Have kids spend one minute writing worries on separate sticky notes, and then place them with the sticky side up on the floor in several paths. Have kids take off their shoes, and take off your own, too.

Say: **When we go into battle barefoot, the enemy's worries stick right to us! Step on a few sticky notes, and show how they are stuck to your foot.**

Say: **That's why we need another piece of armor.** Read Ephesians 6:15.

Say: **But God is strong, and we're strong in him when we wear the shoes of peace that comes from the good news of Jesus. That means our peace doesn't come from what's happening in our lives; it comes from knowing Jesus loves us and forgives us.**

Ask: • **What does peace look like when you feel worried?**

Say: **Let's see how peace helps us with our worries.**

Have kids each put on two plastic bags as shoes and walk on the worries. Then have them remove the "shoes" and see how their feet are free of worries.

Ask: • **What difference did the shoes of peace make when we walked on worries?**

Say: **Worrying may seem like a normal part of life. But God wants to give us peace that comes from him instead of from our circumstances. Don't let the enemy steal your peace!**

Throw Fiery Arrows

Say: **Let's see what other armor God gives us.**

Read Ephesians 6:16.

Say: **The enemy uses doubts as a strategy—and those doubts can feel like fiery arrows. The enemy wants us to doubt God instead of having faith in God.**

Give each child a piece of orange paper, and have kids write doubts such as “God isn’t real” or “God doesn’t love me.” Again, no one will see what they write. Then they can fold their papers into airplanes.

Say: **The Bible describes these doubts as fiery arrows. But the Bible says we can be strong in God by holding up the shield of faith. Let's see how faith can protect us from doubts.**

In their groups of six, have kids take turns holding up a sheet of poster board and using it to block the “fiery arrows” the others in their groups throw toward them.

Ask: • **How can faith be like a shield in our lives?**

Say: **Having faith doesn't mean we'll never have questions about God. Questions are good! But when questions and doubts keep us away from God, that's the enemy trying to trick us. Don't let him win! Hold up your shield of faith and commit to believing in God, even when you don't understand him. God is strong, and we're strong in him when we hold up our shields of faith.**

Wear Helmets

Say: **Here's another strategy of the enemy: Satan makes us believe we're bad people. But God is strong, and we're strong in him. When we ask Jesus to forgive us, he forgives everything we've ever done wrong! Salvation means accepting that Jesus forgives us and knowing that we're forgiven—God has taken away what we've done wrong.**

Read the first part of Ephesians 6:17.

Have kids use aluminum foil to make helmets that completely cover the tops of their heads.

As kids work, ask: • **What are some reasons people wear helmets today?**

Guide kids to think of bicyclists, football players, construction workers, firefighters, soldiers, and factory workers.

Say: **The enemy loves to point out our weaknesses and all the things we've done wrong, and make them the most important thing about us.**

Distribute more sticky notes, and have kids write examples of sin (things we do wrong).

Say: **The Bible tells us to put on the helmet of salvation to protect our minds from believing that Jesus couldn't forgive these things. Let's try it.**

Have kids stick the sticky notes to each other's helmets.

Say: **Helmets protect our heads from getting hurt. Salvation is like a helmet because it protects our minds from the idea that God could never forgive us. God *has* forgiven us and loves us! Salvation also protects us from the idea that we can be good enough on our own and don't need God to forgive us. The fact is, we've all done bad things, but God forgives them! Take off your helmets, and notice how that takes away the sin from your hair and head.**

God is strong, and we're strong in him when we put on the helmet of salvation.

Defeat Lies

Say: **The last strategy we'll look at is lying. The enemy lies to us all the time! He lies about God, he lies about the Bible, and he lies about us.**

Ask kids to share lies people might believe about God, the Bible, or themselves. As kids share, write their ideas on bulletin board paper.

Say: **God is strong, and we're strong in him, even in the face of lies like these. We've already put on the belt of truth, but God gives us an awesome weapon to fight lies: The Bible itself is our sword!**

Read the rest of Ephesians 6:17.

Give each group of six a dowel, and have them write the reference “Ephesians 6:10” on it.

Then, with the help of an adult or teen helper, hold up the bulletin board paper of lies and let kids take turns stabbing through the paper with their dowels.

Ask: • **How is the Word of God (the Bible) like a sword?**

• **How does it feel to have power over lies? How can that help you in life?**

Say: **The Bible is our only offensive weapon against the enemy. This is the reason we need to know Bible verses. Bible verses are our sword! If we don't know the Bible, we won't have a weapon to fight lies. The more Bible verses you have in your heart, the more you'll be able to hold on to the truth**

and stab the enemy's lies. God is strong, and we're strong in him when we know his Word. Let's pray and thank God for all this great armor.

Pray: God, thank you that you are strong, and we're strong in you. Thank you for giving us great armor to wear and an awesome battle plan that's sure to defeat the enemy. In Jesus' name, amen.



OBJECT LESSON

Strong & Stuck

[10 min]

Supplies

- books, phone books, or catalogs (the thicker, the better!) (2 per child)

Tip

- No books were harmed in the testing of this activity! We found that thicker books work best, so we used some Bibles that we had on hand. If you have a large class, consider doing this activity in pairs, requiring just 1 book per child.

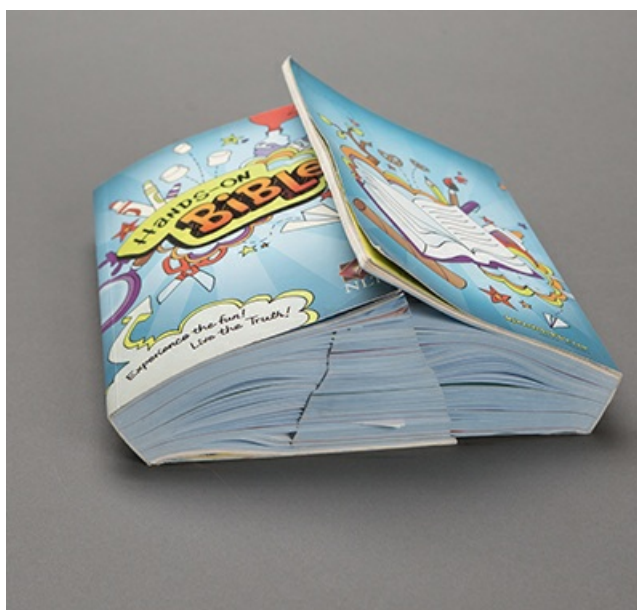
Shuffle Pages

Hold up and flip through one of the books.

Ask: • **Would you say the paper in this book is strong? Why or why not?**

Say: **Sometimes we find strength in surprising places. I'll show you what I mean.**

- Give each child two books.
- Show kids how to shuffle the pages of the books like cards so the pages overlap each other a little over halfway. Demonstrate to begin so kids can see what to do. You don't have to overlap every other page exactly—shuffling several pages at a time works, too.



Pull Books Apart

Say: **Now let's try to pull the books apart. Can you do it?**

- Have kids try to separate the books by pulling them apart, holding the spines. Be sure to have the kids hold the books flat (horizontal with the ground) as they pull.
- If working in pairs, have partners each hold one book and try to pull them apart.

Talk About It

Say: **The books don't come apart easily, do they? We needed some strength to separate them. That's because of a scientific principle called *friction*. Friction is a force that holds things together when they touch. When we overlap the books' pages, the weight of both books combines and creates a lot of friction. The books were practically stuck together when they got close to each other.**

Ask: • **How does being close to God give us strength?**

Say: **These books aren't strong when they're apart, but when their pages are close together, they are. God is strong, and we find our strength when we're close to him. Jesus made a way for us to be close to God when he died on the cross and came back to life again. We grow closer to God the**

more time we spend with him.

After wrapping up the conversation, have kids each lift one of their books vertically and carefully pull the pages apart.



How Can I Fight an Enemy I Can't See?

Supplies

- Bibles
- paper
- pencils
- "Sword of the Spirit" handout (1 per child) (download [here](#))

Set It Up

Say: **Let me reread a verse from our Bible story.**

Read Ephesians 6:12.

Ask: • **How would you fight an enemy you *could* see in a face-to-face battle?**

Say: **Maybe you've seen war movies or played battle-themed video games and you can picture how to fight an enemy. But this verse says we're fighting against enemies of the unseen world—enemies we can't even see! How can we fight an enemy we can't see? Let's dig in to that.**

Prepare for Battle

Say: **First, let's consider your battlefield. Draw a map that shows places you go on a regular basis. That might include your home, a friend's house, school, the park, church, and a sports field.**

Distribute paper and pencils, and allow time for kids to draw.

Say: **Now let's see what else the Bible has to say about fighting an enemy we can't see. First of all, let's find out more about our military commander.**

Have a child read Ephesians 1:21-22.

Say: **On your map, draw something that shows how God has authority over any unseen enemy that tries to hurt you in each place.** Allow time. If kids aren't sure what to draw, suggest marking a #1 in a heart over each place.

Ask: • **How does it help you to know that God is stronger than your enemy?**

Say: **Our Bible story said that God's Word is our sword. That means when we learn verses from the Bible, we don't just do it to earn rewards. We need to do it so when our unseen enemy lies to us, we can declare the truth from the Bible!**

Distribute a "Sword of the Spirit" handout to each child.

Say: **Pick one verse to learn this week. Write that verse along the streets of your map.** Allow time for kids to select a verse and write it.

Say: **Right after the Bible talks about wearing the armor of God, it tells us this.** Have a child read Ephesians 6:18.

Say: **Part of our battle plan is to pray and stay alert! Prayer is just talking to God like we would talk to a friend. Write a one-sentence prayer about each place on your map, right in front of the place.** Allow time.

Say: **Another important part of our battle plan is to resist temptation. That's easier said than done, right? But good news! God is strong, and we're strong in him. He even gives us a way to get out of temptation!**

Have a child read 1 Corinthians 10:12-13. Have kids add a symbol to each place on the map that demonstrates resisting temptation. For example, kids could draw a circle with a line through it, then write the reference "1 Corinthians 10:12-13" underneath it.

Say: **There's one more important part of our battle plan: Don't go it alone. You're in an army!**

Have a child read 1 Peter 5:7-9.

Say: **Other Christians are going through the same battles you are, so talk to each other! Pray for each other! Let's try that right now. Find a partner and talk about some of the battles you face at the places on your map. It might be temptations, self-doubts, or other struggles. Then pray for your partner.**

Allow time.

Wrap Up

Say: **All this talk about fighting an enemy you can't see might sound scary, but here's good news: Even though we're fighting, we already know how the battle ends. God wins! God is strong, and we're strong in him. In fact, let me read how the Bible describes you.**

Read Romans 8:37.

Say: **Jesus beat Satan when Jesus died on the cross and came back to life. That's great news! And because of that, we have overwhelming victory. All the things we talked about in our battle plan are about staying close to God. When we remember he's already won, when we turn to him for strength when we're tempted, when we pray and read his Word, and when we rely on the support of other Christians, we're staying close to God. Let's remember that the victory is ours!**

Have kids fold their battle plans and write on the outside: "Jesus won." Kids can take their battle plans home and look at them when they need a reminder of the victory they have in Jesus.



HIGH-ENERGY GAME

Strong With God

[10 min]

Supplies

- inflated balloons (12 for every 3 kids)
- duct tape* (1 roll for every 3 kids)
- upbeat music (optional)
- music player (optional)

Tips

- This game requires inflating a lot of balloons! Have early arrivers help you instead of trying to do it all on your own. Most kids will just need help tying the balloons.
- 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 to Carry and Move a Dozen Balloons

Say: **Today we're talking about strength, and I have a fun way to test yours. You might think you're strong enough to carry a dozen balloons, but we'll see if you can do it!**

- Form teams of three, and have teams line up single file standing about 10 feet away from a wall.
- Give each team 12 balloons.
- Have teammates take turns trying to carry all 12 of their team's balloons at once while running to the wall and back to their team without dropping any balloons.
- After teams have finished the first round, give each team a roll of tape to wear as armor, and allow them to try again. This time they can brainstorm how to attach the tape to their bodies, with the sticky side facing out, to give them more strength or ability to carry all the balloons without dropping them.
- If teams are still having some trouble with dropping balloons, encourage them to adjust their tape until they can carry all the balloons.
- If you'd like, play upbeat music while kids play.

Talk About It

Ask: • **What made carrying the balloons difficult in the first round?**

• **How did wearing tape armor make a difference?**

• **How can wearing God's armor make a difference in your life?**

Say: **Strength isn't all about strong muscles or physical abilities; it's about being strong against lies and temptation. But God is strong, and we're strong in him. When we put on God's armor, our faith is so much stronger than when we try things on our own!**



LOW-ENERGY GAME

Filled With God's Strength

[10 min]

Supplies

- uninflated balloons (1 per child)
- 12-ounce cups (3 per child)
- upbeat music (optional)
- music player (optional)
- timer (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](#).

Use Balloons to Move Cups

Say: **We're discovering that God is strong, and we're strong in him. That means God's strength can fill us and make us so much stronger than we are with just our own strength. I have a game that'll give us a picture of that.**

- Form pairs. Give each pair six cups and each person an uninflated balloon.
- Pairs will set up their cups in a line, and the goal will be to move the first five cups so they're stacked inside the last cup.
- Kids can't touch the cups with their hands. The only thing they can use to move the cups is the balloon.
- Allow pairs to line up their cups on the floor and try to figure out how to lift the cups using only the balloons.
- Kids may figure out that they can slightly inflate the balloon while it's dangling inside the cup so they can then use the balloon to lift the cup, move it over the final cup, and then let the air out of the balloon so the cup lands inside the final cup.
- If after a few minutes kids haven't figured out the solution, you can show them what to do and then allow teammates to take turns using their balloons to move their cups into a nesting stack.
- If you have a timer, challenge kids to beat their own times in a second round.
- If you'd like, play upbeat music while kids play.

Talk About It

Ask: • **Why couldn't the uninflated balloons move the cups?**

• **How did you give the balloons the power to move the cups?**

Say: **You filled the balloons with air from your lungs, and then the balloons could do something they couldn't do on their own. That gives us a fun picture of what happens when God fills us with his power—we can do things we couldn't do on our own! God is strong, and we're strong in him.**

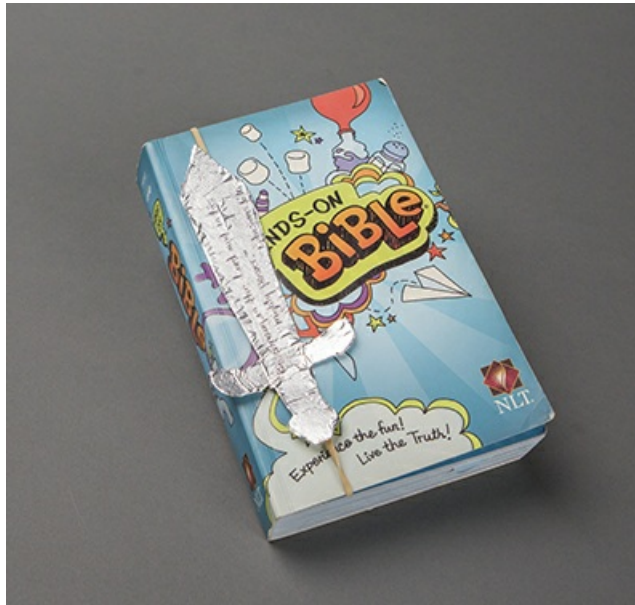


Supplies

- “Sword Template” handout (1 per child) (download [here](#))
- scissors
- pencils
- cardboard
- aluminum foil
- glue sticks
- black permanent markers
- large rubber bands (we used 7-inch rubber bands, style #117-B) (1 per child)
- transparent tape
- classroom Bibles (optional)

Easy Prep

- Make a sample craft to show kids.



Tip

- As kids make this craft, you may discover that some of them don't have their own Bibles. Be sure to get kids their own age-appropriate Bibles, such as the *Hands-On Bible*. Check it out [here](#)!

Make Sword Bible Covers

Show kids the sample craft you made. Give each child a “Sword Template” handout and a large rubber band. Set out the remaining supplies to share, and have kids follow these directions to make sword Bible covers.

- Cut out the sword on your handout.
- Trace the template onto cardboard.
- Cut out the cardboard.
- Use a glue stick to cover the cardboard with glue and then attach aluminum foil over it. You can decide if you want it smooth or crinkled.
- Trim any extra aluminum foil around the edges of your sword.
- Use a permanent marker to decorate your sword. Include the Bible verse found on your handout: “Be strong in the Lord and in his mighty power” (Ephesians 6:10).
- Tape a large rubber band to the back of your sword. You can stretch the rubber band over the front cover of a Bible.

- If you brought your Bible or if there are classroom Bibles available, try it out! (Tip: If you have paper-covered Bibles, it's best to put the sword near the spine of the book to avoid tearing the cover.)

Talk About It

Ask: • **In what ways are the words in the Bible like a sword?**

Say: **God is strong, and we're strong in him. One of the tools he gives us to stand strong is the Bible! The Bible is full of words we can use to fight the enemy. When we know God's Word, we're ready for battle! Take your sword Bible cover home and put it on the front of your Bible. It can be a reminder to stand strong in the Lord and in the power of his Word!**

Have kids take their sword Bible covers home and put them on their Bibles as a reminder to turn to God's Word for strength.



Stand Firm

Supplies

- Bible

Stand and Pray

Read Ephesians 6:13.

Say: **God is strong, and we're strong in him.** He gives us the strength to stand firm in battle. Let's practice standing firm as we pray.

- Have kids stand, planting their feet firmly and posing like a warrior (whatever that means to them).
- Allow time for willing kids to pray aloud for strength.

Wrap Up

Pray: **God, thank you that we're strong in you!** Help us put on your armor and stand firm. In Jesus' name, amen.

Thank kids for coming, and encourage them to come back next week.