



## LOW-ENERGY GAME

### Put on the Armor

[10 min]

#### Supplies

- yarn (one 2-foot piece per team)\*
- paper-bag body armor (1 per team)\*
- small paper lunch bags (2 per team)\*
- Shield of Faith Printable (1 per kid)
- disposable bowls (1 per team)\*
- Bibles (1 per team)\*
- upbeat music (optional)
- music player (optional)

#### 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.**



## TALK-ABOUT VIDEO Gracie's Story

[10 min]

### Supplies

- "Gracie's Story" teaching video

### Discuss and Watch "Gracie's Story"

Say: **We're learning that God is strong, and we're strong in him. Let's find out how God gave a girl named Gracie strength.**

Watch "Gracie's Story."

Ask: • **Why did Gracie need strength from God?**

• **Gracie felt insecure about her arm. Why do we need God's strength when we feel sad or insecure?**

• **How did you see God's strength in Gracie?**

• **Gracie said, "I don't have to be strong all the time; he will be strong for me." What do you think of that?**

Say: **Gracie was different than other kids, and she has some limitations. She was a little insecure and embarrassed about being different for a while. But God gave her strength, and she helps pass on God's strength by teaching children. Gracie knows she can't always be strong on her own, but that God is strong, and we're strong in him.**



## DEEPER BIBLE My Armor

[15 min]

### Supplies

- Bible
- “Armor Pieces” handout (1 copy)

### 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 preschoolers 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?** Pause. **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—the belt of truth or the shield of faith?**

Let the kids choose whether they're going to hurry to the belt of truth or the shield of faith to get help with believing God takes care of our families. Help preschoolers make a choice if needed.

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 preschool or a new babysitter, and your mom and dad won't be there. Would the shoes of peace or the body armor of righteousness help you remember that you don't have to be afraid because God's always with us?**

Let kids choose whether they'll go to the shoes of peace or the body armor of righteousness. Help kids make a choice if needed.

After all the kids are next to one of the pictures, 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. Would the body armor of righteousness or the shield of faith help you do the right thing and not hit your friend?**

Let kids choose whether they'll go to the body armor of righteousness or the shield of faith. Help kids make a choice if needed.

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, even when we do something wrong, like hit a friend—the shoes of peace or the helmet of salvation?**

Let kids choose whether they'll go to the shoes of peace or the helmet of salvation. Help kids make a choice if needed.

After all the kids are next to one of the pictures, 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 can we read to remember that God still loves us? Would we go to the sword of the Spirit or the body armor of righteousness?**

Let kids choose whether they'll go to the sword of the Spirit or the body armor of righteousness. Help kids choose if needed.

After all the kids are next to one of the pictures, 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!**



## LIFE APPLICATION WRAP-UP

### Prayer Protection

[5 min]

#### 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 printable from Game
- 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!** Lead kids to make muscles. **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!**



## ACTIVITY PAGES WITH A POINT

### Strong Armor

[10 min]

---

#### Supplies

- “God's Armor Gives Us Strength” Coloring Page (1 per non-reader)
- pencils
- crayons
- aluminum foil
- glue sticks

#### Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **God is strong, and we're strong when we wear his armor. Let's put his armor on this soldier!**

Allow time for kids to color and to glue torn pieces of foil onto their coloring pages.

**Younger Kids: Color a Coloring Page**

Distribute the coloring pages and crayons. Say: **God is strong, and we're strong when we wear his armor. Let's put his armor on this soldier!**

Allow time for kids to color and to glue torn pieces of foil onto their coloring pages.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.