🛡️ KIDZONE SUNDAY REPLAY

ARMOR UP! — Week 1: The Belt of Truth

Hi Parents!

It's time to **ARMOR UP!** 🛡️ This week, we kicked off our brand-new KidZone series all about the Armor of God! Throughout this series, our kids will learn how God equips us to stand strong against temptation, recognize lies, and follow Him every day.

This week, we focused on the **Belt of Truth** and learned about a time when Jesus was tempted by the devil in the wilderness. After fasting for 40 days and 40 nights, Jesus was incredibly hungry, but the devil tried to trick Him into disobeying God. Jesus stood strong because He knew God's Word and trusted His truth!

Our kids learned that we face temptations, too. Sometimes we might be tempted to lie, cheat, blame someone else, or follow the crowd just because everyone else is doing it. But when we know what God says is true, we can recognize lies and make choices that honor Him.

As you go through this week's Sunday Replay, encourage your kids to remember that **we can stand strong by knowing God's truth and choosing to follow it!**

🧠 MEMORIZE ME

Ephesians 6:10–11

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes.”

Practice this verse with your kids throughout the week! Remind them that we don't have to face temptation on our own. God gives us His strength and His Word to help us stand firm when we face difficult choices.

🎯 NEED TO KNOW

I Can Stand Strong by Knowing God's Truth and Choosing to Follow It!

The Belt of Truth reminds us to know God's truth, believe what He says, and live according to His Word. When we know the truth, we can recognize lies and make choices that honor God!

📖 FANTASTIC 5

Jesus Is Tempted in the Wilderness — Matthew 4:1–11

1. Jesus Went into the Wilderness

After Jesus was baptized, the Holy Spirit led Him into the wilderness, where He fasted for 40 days and 40 nights. He was incredibly hungry when the devil came to tempt Him. The devil wanted Jesus to disobey God, but Jesus was ready to stand firm!

2. Jesus Chose God's Truth Over His Hunger

The devil told Jesus to turn stones into bread. Jesus could have done it, but He knew that obeying His Father was more important than giving in to temptation.

Jesus answered with God's Word, saying that we don't live on bread alone, but on every word that comes from God (Matthew 4:4).

3. Jesus Knew God's Word Couldn't Be Twisted

Next, the devil tried to convince Jesus to jump from the highest point of the temple, even using Scripture to make his temptation sound right. But Jesus knew the truth and refused to test God.

This reminds us that we need to understand what the Bible really teaches instead of believing everything people say about God.

4. Jesus Put God Above Everything Else

The devil offered Jesus all the kingdoms of the world if He would worship him. Jesus refused! He declared that we must worship the Lord our God and serve Him only (Matthew 4:10).

Jesus showed us that nothing should take God's place in our hearts. Even when something looks exciting or tempting, following God is always the right choice.

5. Jesus Stood Firm with the Truth

The devil tried to trick Jesus three different times, but Jesus never gave in. He knew God's truth and stood firm in it!

Just like a belt helps hold armor together, the Belt of Truth reminds us to hold tightly to God's Word. When we're tempted to lie, cheat, or make the wrong choice, we can remember what God says is true and choose to obey Him.

Remember: The Belt of Truth helps us recognize lies, trust God's Word, and stand strong when we're tempted to do what is wrong!

💬 ASK ME THIS

Here are some questions to help your family continue the conversation at home!

1. How long did Jesus go without food in the wilderness, and what did the devil try to get Him to do?
Read Matthew 4:1–4.

2. How did Jesus respond when the devil tempted Him?
Read Matthew 4:4, 7, 10.

3. Why is it important to know what the Bible really says instead of believing everything we hear?
Read Psalm 119:160.

4. What are some lies we might be tempted to believe? How does God's Word help us recognize the truth?
Read John 8:31–32.

5. Can you think of a time when you might be tempted to lie, cheat, or follow the crowd? What could you do to make the right choice?
Read Ephesians 6:13–14.

🚀 TAKE OFF

Put the Belt of Truth into Action!

1. Truth or Lie?

Take turns saying different statements and have your kids decide whether each one is true or false. Include everyday examples like, “It's okay to lie if nobody finds out,” or “God wants us to be honest.”

After each statement, talk about what God's Word teaches us. Help your kids understand that the Bible is our guide for knowing what is true!

2. Armor Up Reminder

Create a simple paper belt together and write **“GOD'S TRUTH”** on it. Hang it somewhere your family will see it throughout the week.

Whenever your kids see it, remind them to ask themselves: “Am I believing what God says is true? Am I choosing to do what is right?”

3. Truth in Action

Challenge everyone in the family to look for one opportunity each day to choose truth. Maybe it's telling the truth after making a mistake, refusing to join in when someone is being unkind, or choosing to do the right thing even when it's difficult.

At the end of the day, talk about those moments and thank God for helping you stand firm!

🙏 PRAYER GUIDE

Pray together as a family:

“Dear God, thank You for giving us Your Word so we can know what is true. Help us recognize lies and make choices that honor You. When we're tempted to do something wrong, remind us of what Your Word says and give us the courage to obey You, even when it's hard. Thank You that we don't have to face temptation alone. Help us put on the Belt of Truth every day and stand strong in You. In Jesus' name, amen!”

👨‍👩‍👧‍👦 PARENT CHALLENGE

This week, challenge your family to **make God's truth the foundation of your choices!**

When your kids face a difficult decision, help them stop and ask two questions:

- Am I believing what God says is true?
- Am I choosing to do what is right?

Use everyday moments to point them back to Scripture. When they make a mistake, remind them that God's love isn't something they have to earn by being perfect. God calls us to be honest, turn to Him, and keep learning to follow His ways.

Most importantly, model what it looks like to live by the truth. Let your kids see you choosing honesty, admitting mistakes, and turning to God's Word for wisdom.

Our goal isn't just for our kids to know about the Belt of Truth. We want them to learn how to live it out every day!

❤️ WE'RE BETTER TOGETHER!

We're so excited to begin our new series, **ARMOR UP!** 🛡️ As we learn about each piece of God's armor, our kids will discover how He equips us to stand strong and follow Him.

This week, we learned that the Belt of Truth helps us recognize lies and hold tightly to what God says. Just as Jesus stood firm against temptation by knowing God's Word, we can learn to do the same!

Keep practicing Ephesians 6:10–11, look for opportunities to talk about truth at home, and remind your kids that they can always turn to God for help when facing a tough choice.

Thank you for partnering with us as we help the next generation know Jesus, trust His Word, and grow in their faith!

Let's keep suiting up in God's armor together. We're better together! See you next week in KidZone!