

**The Whole Armor of God**  
**How to Win against Sin**  
**Ephesians 6:10-18**

**Notes:** This is more similar to the format we will be switching to. However, it is not complete as we are working on some cool additions :)

If it's in a box - it's more of an explanation / routine. If it's next to a star ★ - this is something that will probably change between lessons and/or is something you should say to the kids. I just wanted to make sure we had a way to give tips and the lesson in one doc, but also make it a bit more reader friendly and not just repeating huge chunks of text in each lesson.

**Introduction:**

**Context:** Give the kids some connection between the last few lessons and today's lesson.

- ★ We have been talking about God's apostle Paul. He was a man that God saved. Paul used to persecute those who believed in Jesus, but then He met Jesus and started sharing Jesus with everyone. He wrote to different people and different churches. When he wrote the church of Galatia, he told them to have the Fruit of the Spirit. When he wrote the church of Ephesus, Paul told them to don the armor of God.

**Story:** Read the story ahead of time. Practice it. For the younger grades, feel free to summarize/highlight specific sections, if needed. It's okay to reference the story as you are telling it, but the goal is to know the story well enough that you don't have to read it word for word :) And, we encourage you to have your Bible open during the telling of the story, so the kids know where this story came from.

- ★ When a soldier goes into battle or an athlete goes into a game, he or she needs to be wearing the right equipment to be ready for anything. Can you imagine a soldier going to the battlefield or an athlete entering a game without the right equipment? A football player needs a helmet to protect his

head. I'm pretty sure he would not be wearing flip-flops. What about a soldier wearing shorts and a tank top and carrying a squirt gun? Of course not.

As we go through the Christian life, we need to be properly equipped as well. The Devil is our enemy, and he tries very hard to do things that will get us to doubt ourselves and the things that God has promised us. He tries to say hurtful things about us. We need to be prepared.

Full Armor:

1. Belt of truth

You need a belt to hold everything together. It is what keeps our "uniform" in place and doesn't allow anything to slip. The truth is what God tells us in His Word. It isn't something made up. It is the real truth. The truth holds everything together. If God's Word were not the truth, nothing else would matter.

2. Breastplate of righteousness

A breastplate is another word for armor. In a battle it protects the soldier's heart. When we are in a battle with Satan, we need to protect our hearts with God's righteousness. This is not the things we do right. This is the right things that God does every day - and always has. This is God's perfectness. It protects our hearts.

3. Shoes of readiness

If we were in an actual battle, we would want to be wearing good shoes so we could move about wherever we needed to go. Flip-flops or crocs just wouldn't work well. When God gives us a direction He wants us to go, we need to be ready to go wherever he tells us to.

4. Shield of faith

In battle, a shield protects us from arrows or swords. When we battle with Satan, a sure knowledge of our faith protects us from anything he

can attack us with. Satan's fiery arrows are stopped immediately by our shield.

#### 5. Helmet of salvation

The helmet of salvation protects our head just like a football player's helmet protects his head. Being sure God has saved you from your sins is the best way to protect your mind from lies that the enemy tries to tell us.

#### 6. Sword of the Spirit

The Sword is God's Word. All other pieces of the armor are to protect you, but this one is to arm you. Knowing God's Word points you in the right direction and helps you attack the enemy. The Word of God is a powerful weapon.

A soldier needs armor, a shield and a sword. A football player needs a helmet and the right shoes.

We need the whole armor of God to be ready to face our battles in life with the Devil. Our real battle is with sin and with Jesus we can win.

★ **Christ Connection:** Jesus defeated sin. He came and lived as a man and did not sin once. He died and rose again, proving that He is better than death. So, if we live like Him, we can defeat sin too. However, as sinners, we often do not win the battle against sin, but we keep donning the armor of God and keep fighting. A life with less sin is better than a life full of sin. We just can't do it on our own.

**Follow Up:** As a church, we are encouraging disciple makers to practice the REAP method as it is one useful tool in learning to read the Bible on your own. Retell, Examine, Application, Prayer. Now this may not be everyone's preference, but it is an easy and consistent way to teach children to pull the meaning out of a passage and not just read it or rely on others to teach them what it means. Trees & Mountains - this is a station.

★ **Retell:** Have kids share what they recall from the story. Fill in any major holes they missed.

★ **Examine:**

- Ask, “What do we learn about God from this story? What does He do?”
- Ask, “What do we learn about humans from this story? What are humans doing?”
  - Is one piece of the Armor of God more important than another piece? (We need the WHOLE armor of God to be ready for whatever Satan wants to attack us with.)

★ **Application:** Ask, “What is Jesus asking us to do through this story? Why did God include this in the Bible?”

- Why do you think that the Bible teaches us to be ready to face “battle?”
- If God’s Word is the truth and it is our best weapon against Satan, what should we be doing? (Reading the Bible and memorizing scripture to “hide it in our hearts.”)

★ **Prayer**

**Memory Verse:** Have the kids use the Bible. They should either share or each have one. If kids have their own Bibles, we can encourage them to use it, but sometimes you may just need to use the class set. Trees & Mountains - this is one station.

★ **Verse:** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things. -- Galatians 5:22-23

**Memory Verse Practice:**

**Song:** Every age group: Play the Books of the Bible song. Encourage kids to sing along. When in the Old Testament, play that song; when in the New Testament, play that song.

**Verse Look Up:** Explain the address of the verse (Book Chapter:Verse). Explain whether it’s in the Old Testament or the New Testament. Read and explain the verse.

- Rainbow Tip: Put Post-It notes on the book of the Bible for the memory verse. Have them open just to the book of the Bible.

- Fireweed Tip: Do the Rainbow tip above and then have them find the chapter and verse.

### Practice the Verse:

- Rainbow: Not necessary :)
- Fireweed: Have the kids read it with you several times. Since they are learning to read, group practice is the focus.
- Trees & Mountains: Kids should be learning the verse and saying it on their own. We will provide activities - pick one to have the kids practice. We will provide: fill-in-the-blank verses, phrases for the kids to put in order, lines for the kids to write the verse out, and a worksheet for the kids to say the verse based on just the first letter of each word in the verse.

### Books of the Bible:

- If there is time or if kids have mastered the verse, have the kids practice the Books of the Bible. When we are doing Old Testament stories, have them practice the Old Testament; when in the New, practice the New Testament. We will have some activities for them to practice with.
  - Trees/Mountains currently have pencil cases with sets of cards/bookmarks in them.

**Sticky Activities:** No need to do all of these! Pick which ones work best for your teaching style and time frame! For the Trees and Mountains - there is enough time for two of the stations to do activities. Please see the following pages for activity ideas. You do not even need to use these, but I wanted to provide some ideas :)

### ★ God's Story: Armor of God

[https://www.youtube.com/watch?v=o7eC-W\\_XNyw](https://www.youtube.com/watch?v=o7eC-W_XNyw)

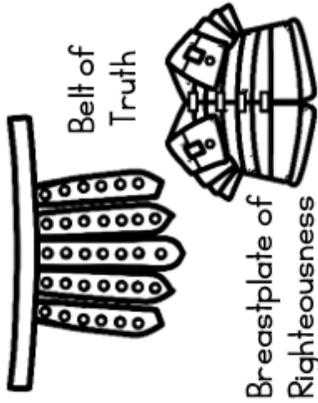


- This QR code is to that YouTube link.
- Due to the copyright statement of the church that made the above video, it will need to be streamed directly from YouTube.
  - Chapel - We can pull it up onto the main screen
  - Rainbow/Fireweed - Please pull it up on your phone and share it to the TV.

- ★ Pin the Armor - Like Pin the Tail on the Donkey - Hang up the printable of the boy. Cut out the pieces of armor. Have the kids hang the pieces of armor on the boy. We don't have blindfolds, but you can make them spin two times first.
- ★ See the rest of the pages for the rest of the activities.

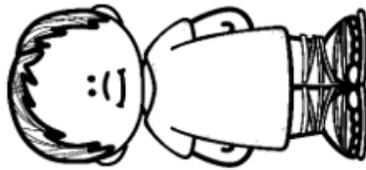
**Send Home Page:** Labeled Lesson Recap. I am open to ideas on this. I made it smaller as I think many times they get trashed or left behind.

Put on the whole  
Armor of God.  
Ephesians 6:11

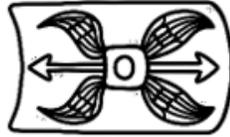


Belt of Truth

Breastplate of Righteousness



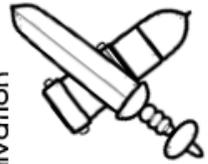
Shoes of the Gospel of Peace



Shield of Faith

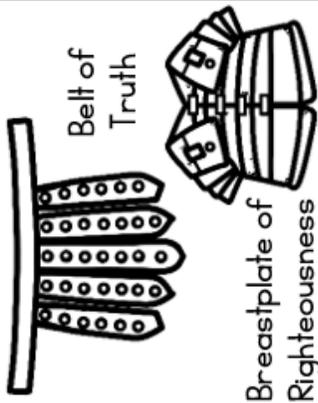


Helmet of Salvation



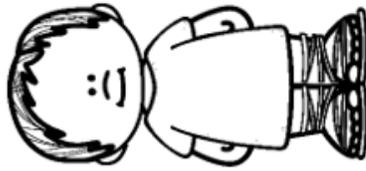
Sword of the Spirit

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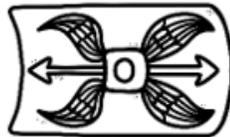


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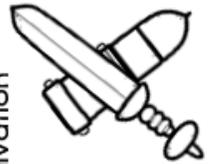
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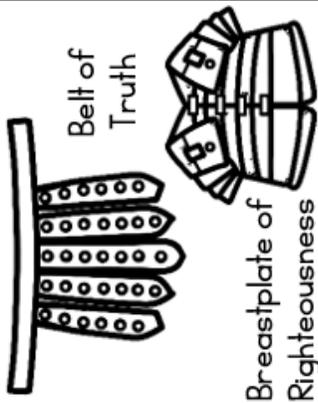


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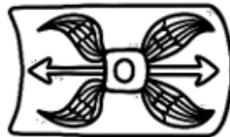


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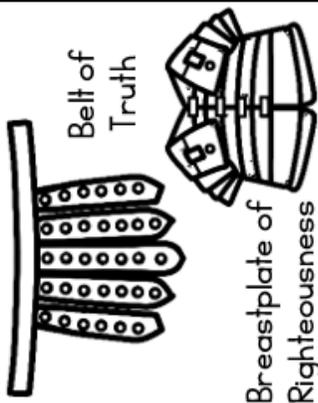


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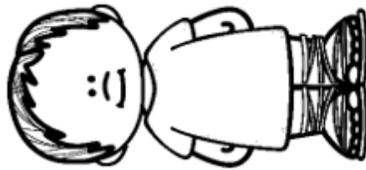
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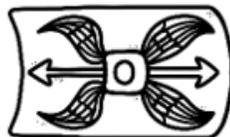


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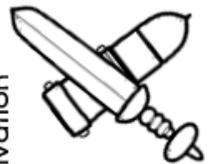
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Shield of Faith



Helmet of Salvation



Sword of the Spirit



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***Armor of God***  
***Ephesians 6:10-18***

**Verse:** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things.  
-- Galatians 5:22-23

**\*Kids that bring this paper back and recite the memory verse to the teacher earn a prize ☺**

**May 25<sup>th</sup> - June 22<sup>nd</sup> – Clipboard Sundays (programming only for birth-kinder; 1<sup>st</sup> - 5<sup>th</sup> sit with family in the auditorium)**



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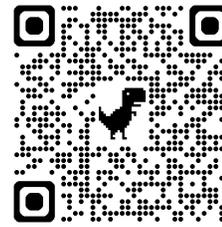
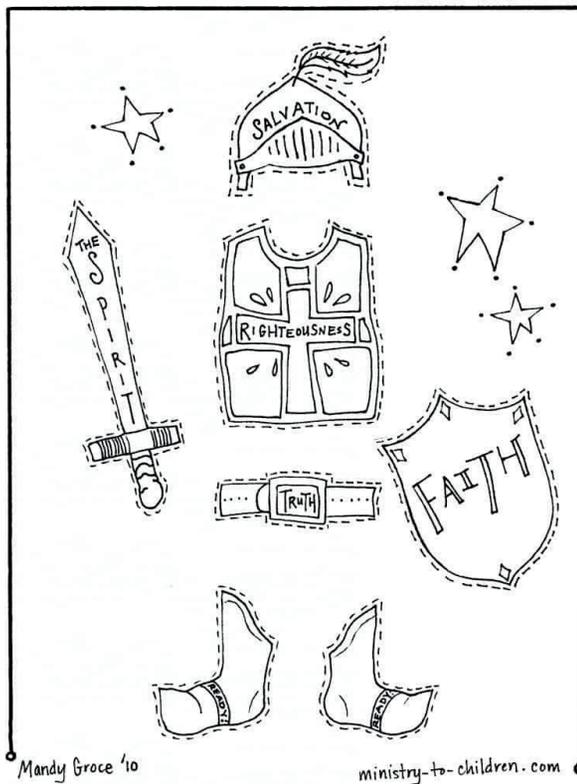
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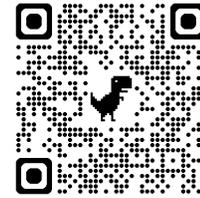
**Link to an  
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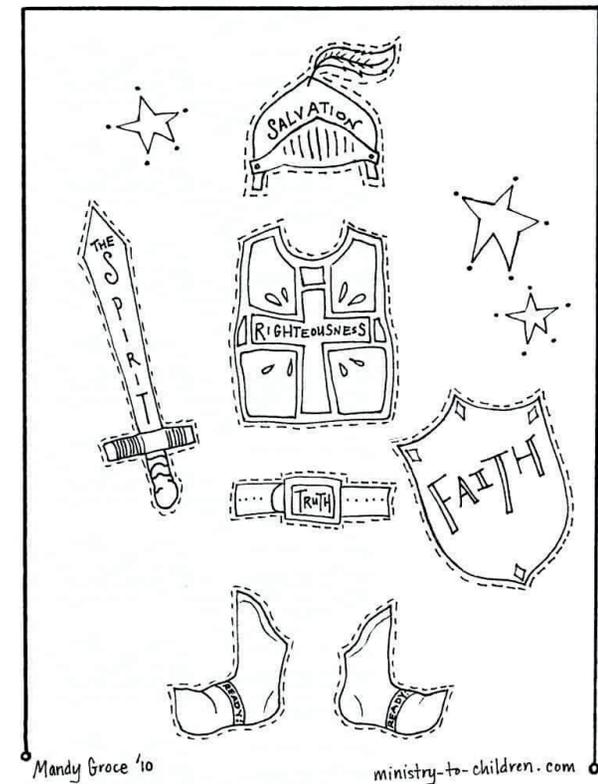
**Link to New Testament  
Books Song**



**Link to an  
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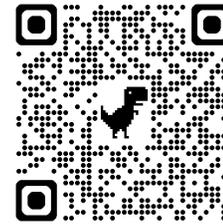
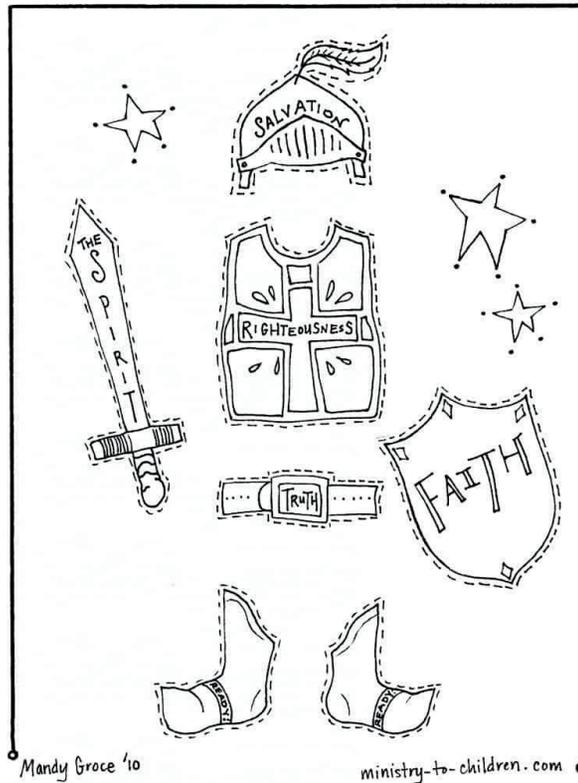
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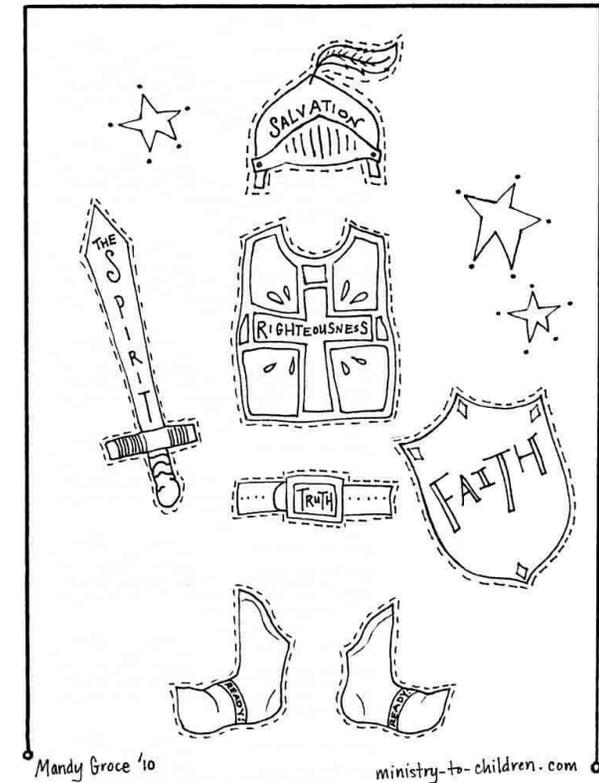
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# THE ARMOR OF GOD PACK

Norma Cruz



<https://normacruz.com/>

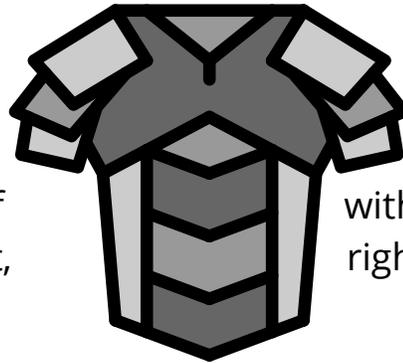


# THE ARMOR OF GOD

be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.



Stand firm then, with the belt of truth buckled around your waist,

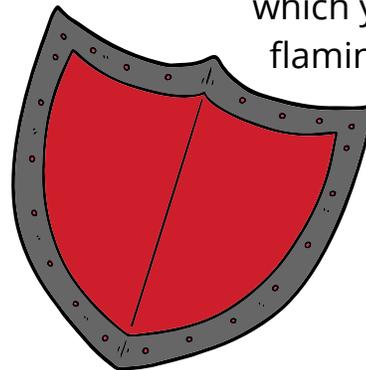


with the breastplate of righteousness in place

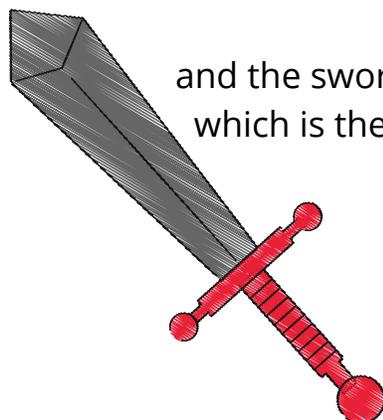


and with your feet fitted with the readiness that comes from the gospel of peace.

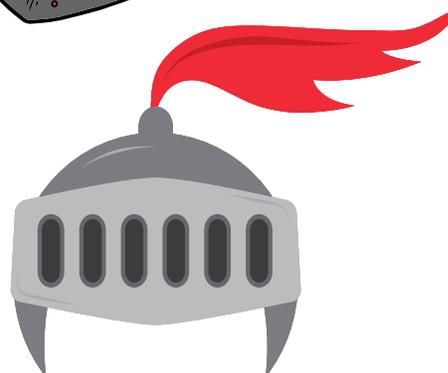
take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one



Take the helmet of salvation



and the sword of the Spirit, which is the word of God



# THE ARMOR OF GOD

Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

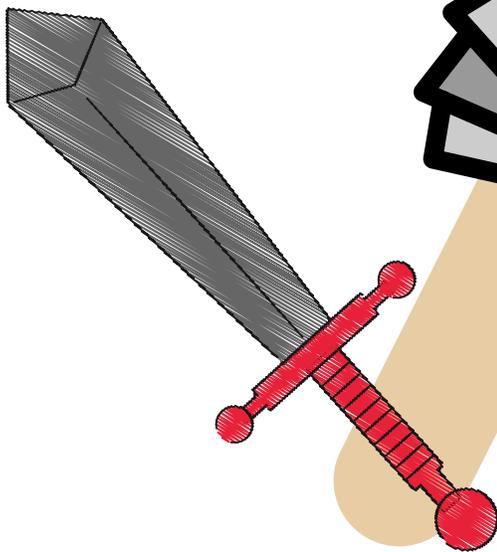
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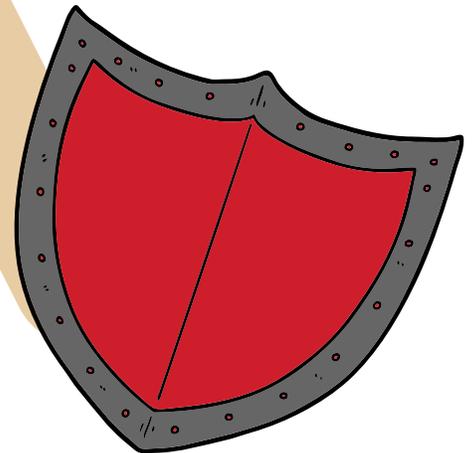
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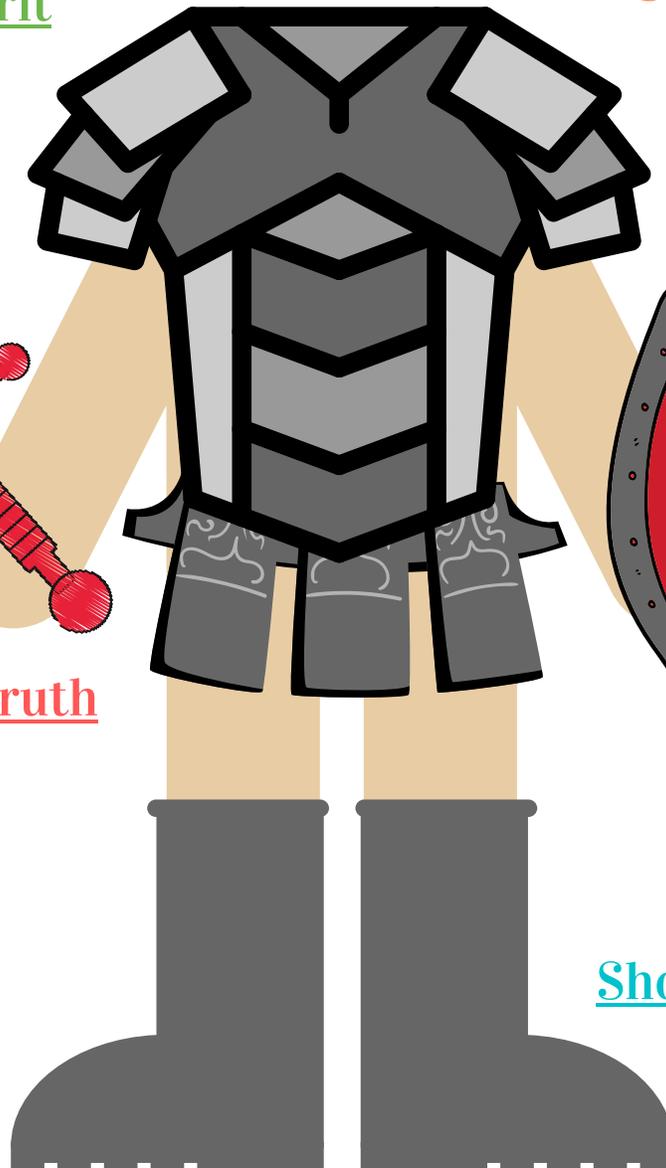
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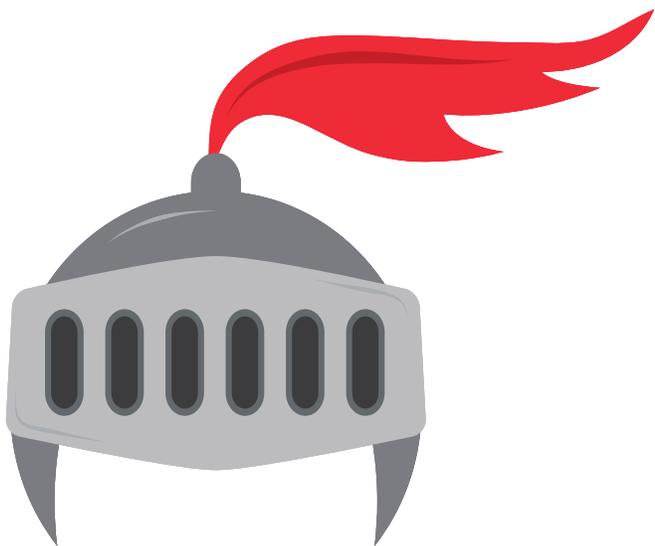
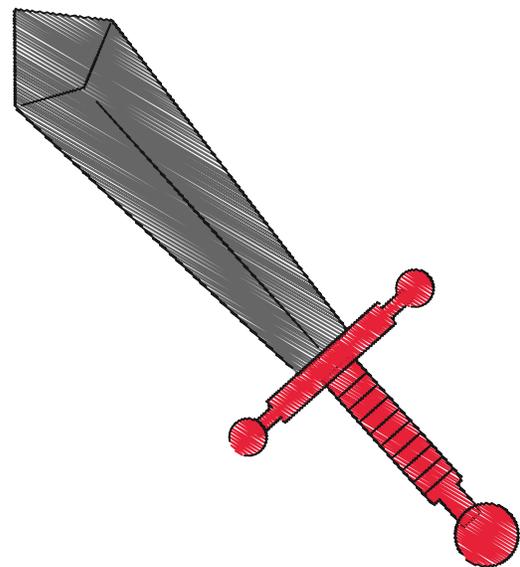
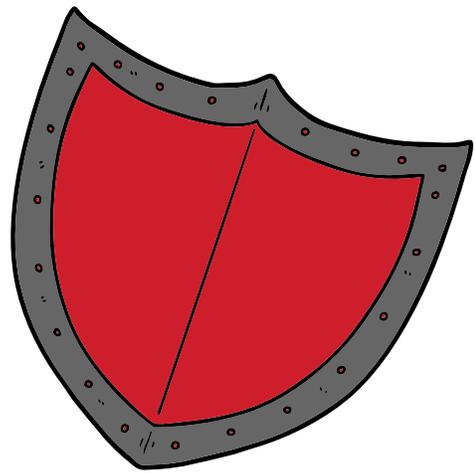
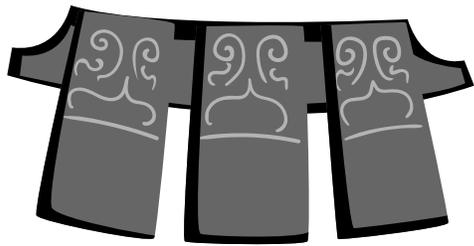
Shield of Faith



Belt of Truth



Shoes of Peace



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Ephesians 6:11



Sword of the Spirit

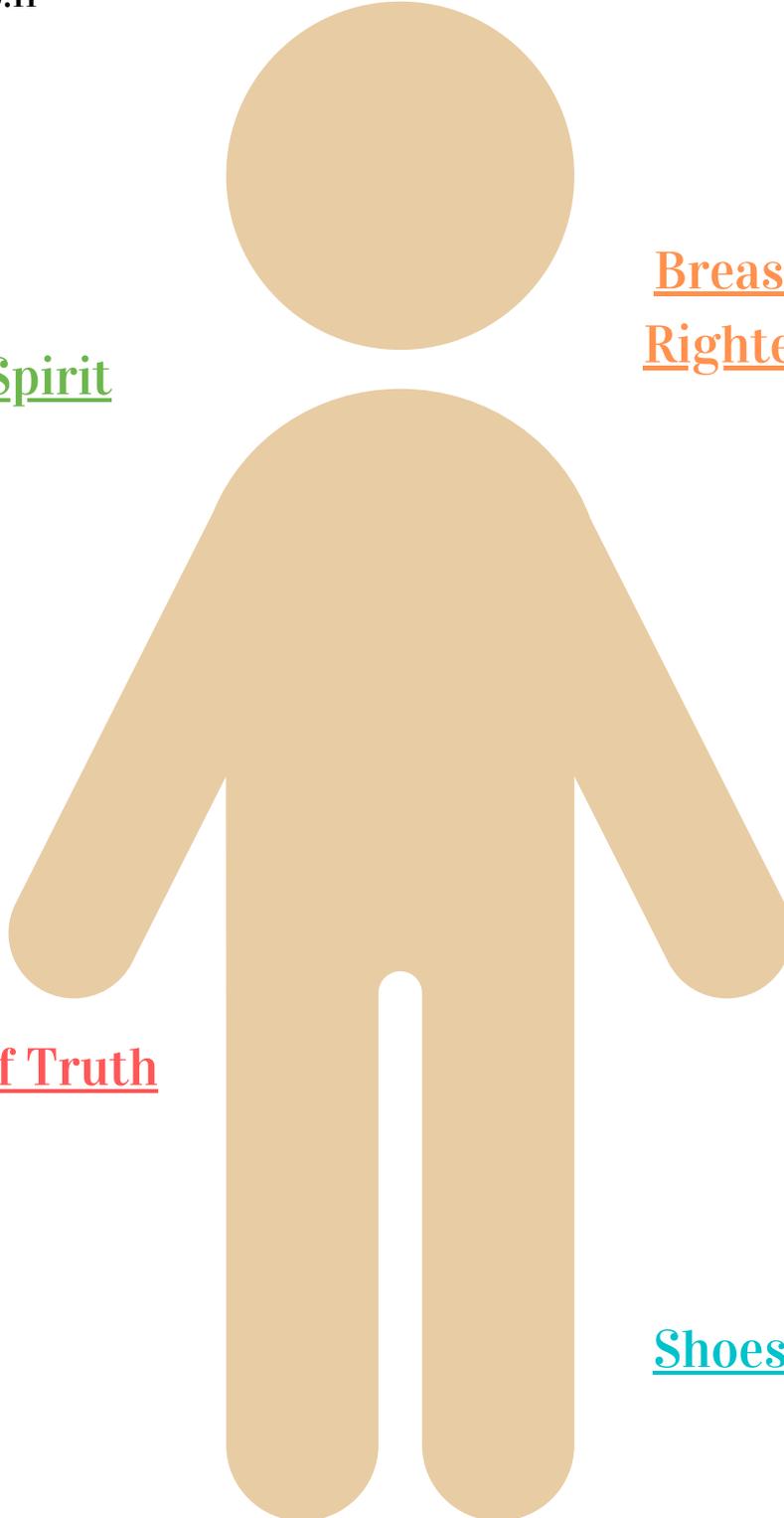
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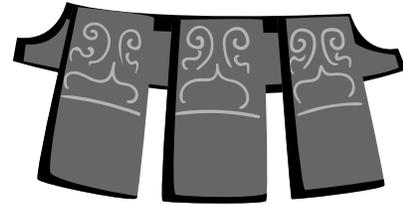
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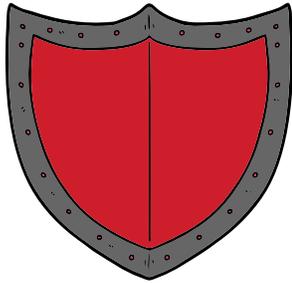
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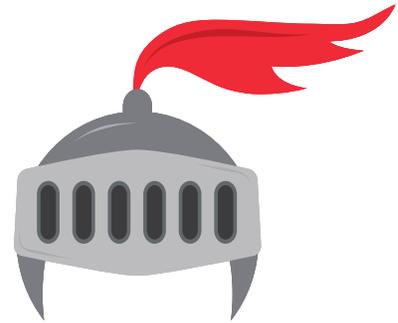
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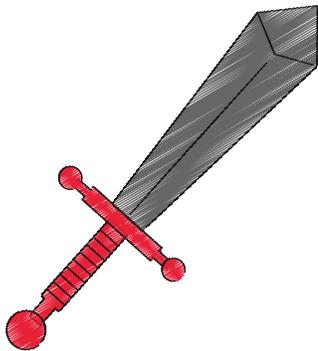
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## THE ARMOR OF GOD

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Ephesians 6:14-18

