

At Home Lesson Armor Up with God! (Ephesians 6:10-18)

Gather your family together. Start off in prayer. Pray for each other, the church, the leaders around the world, and people who you know are in need. Ask God to teach your family something during this time together. Tell the Bible story and discuss. Stay open and make sure kids are invited to participate however, they are comfortable.

BIBLE STORY

Today's lesson comes from Ephesians 6:10-18. You can read the verses from the bible you have at home, watch the video on <https://jcbc.org/jcbc-kids-online/>, and/or retell the story like this:

"The book of Ephesians is a letter that Paul wrote to the church at Ephesus. Paul was encouraging the Christians there to follow God and taught them what they needed to stay strong in their faith. In this passage Paul tells the church to "take a stand" against evil. There is a lot of evil and darkness in our world, but if we trust God and stay firm in our faith, we can defeat that evil.

Paul writes for us to "put on the armor of God." The armor of God is the: Belt of Truth, Breastplate of Righteousness (or some people say Justice), Shoes of Peace, Shield of Faith, Helmet of Salvation, and Sword of the Spirit, which is God's Word." When we are covered in Truth, Righteousness, Peace, Faith, Salvation, and God's Word we are able to stand strong in the face of challenges, evil, and scary things in the world."

CONNECT AND DISCUSS

Ask these questions and explain these things to your children. Break it down on their level and adapt to their age group. The older your kids are, the more they can explain and think outside the box. Instead of defining words, ask them what it means. For younger kids, make sure to explain in the simplest terms. No matter the age let them answer before you do. Accept their answers and make sure they know you are proud of how hard they are thinking, even if they don't get the "right" answer.

Bible Background Questions

- Who was Paul?
- What church was he writing to in this passage?
- Why is it important for the people of the church to stand strong in their faith?

Armor of God Questions

- What does it mean to be true? (answers may vary from: tell the truth, believe the one true God, etc.)
- What does it mean to be righteous or just? (doing the right thing, following what God wants, doing what's right in God's eyes.)
- Why do we need to walk in peace? (to help others get along, to help people who are suffering, etc.)
- When we have a "shield of faith," our faith in God can protect us from the evil and bad things in the world. What do you think you need protection from? How can you help protect others?
- What is Salvation? (being saved from sin.)
 - When our head and heart are covered in salvation, we can forgive ourselves and others. We can help lead other people to the salvation God has given them.
- This passage says that the Word of God is the Sword of the Spirit. What is the word of God?
 - Why is it important to study the Bible?
 - Why is it important to memorize Bible verses?
 - We can use the Bible and our knowledge of God's word to fight off evil. When we are tempted to do the wrong thing or are scared, we can remember scripture to help us remember that God is with us and is bigger than everything we are afraid of.

CLOSE IN PRAYER

Pray and thank God for giving us the Armor of God! Everything God gives us is a blessing and can help us move forward and stand strong in the Lord. Ask God to help your family stay strong during hard times, and fight for what is right.

WORSHIP, CREATE, & PLAY TOGETHER

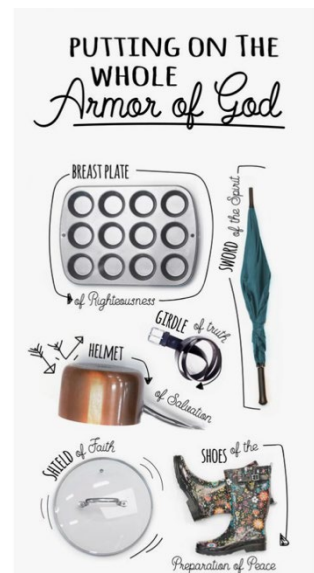
Sing and dance along to some of our VBS 2020 songs!

[Knights of North Castle](#)

[Jesus Loves Me](#)

[Our God](#)

Act out the story! Find items around your house that could be used as pieces of armor. The picture here shows mostly kitchen items, but you can also use paper plates, towels, broom sticks. Get creative! Let your kids dress up in the armor and pretend to be Knights fighting for truth and justice!



Create by doing one of the crafts below! Find more Armor of God ideas on our Pinterest board: [Armor Up with God!](#)

Sword of the Spirit Craft



What you need:

- Two popsicle sticks
- Markers pencils
- Aluminum foil
- Glue
- Optional: stickers, jewel craft stickers

What you do:

- Break/cut one pop cycle stick in half
- Glue to create a sword shape (see picture)
- Wrap top in foil to create the blade look.
- Color handle with markers and/or place jewel stickers on handle

Shield of Faith Craft




What you need:

- Scissors
- Crayons/Colored pencils
- Stick glue or tape
- Construction paper
- Printed Shield Template (see below)

What you do:

- Color the shield template, create designs as desired
 - Cut out the shield
- Glue shield to construction paper & cut construction paper bigger than template to create the look of a larger shield
 - Create a strip of paper and glue to back to create a handle.



*“ABOVE ALL
THINGS,
TAKING
THE SHIELD OF
FAITH....”*

*ephesians
6:16*

Armor Of God Word Search

Find the hidden words.



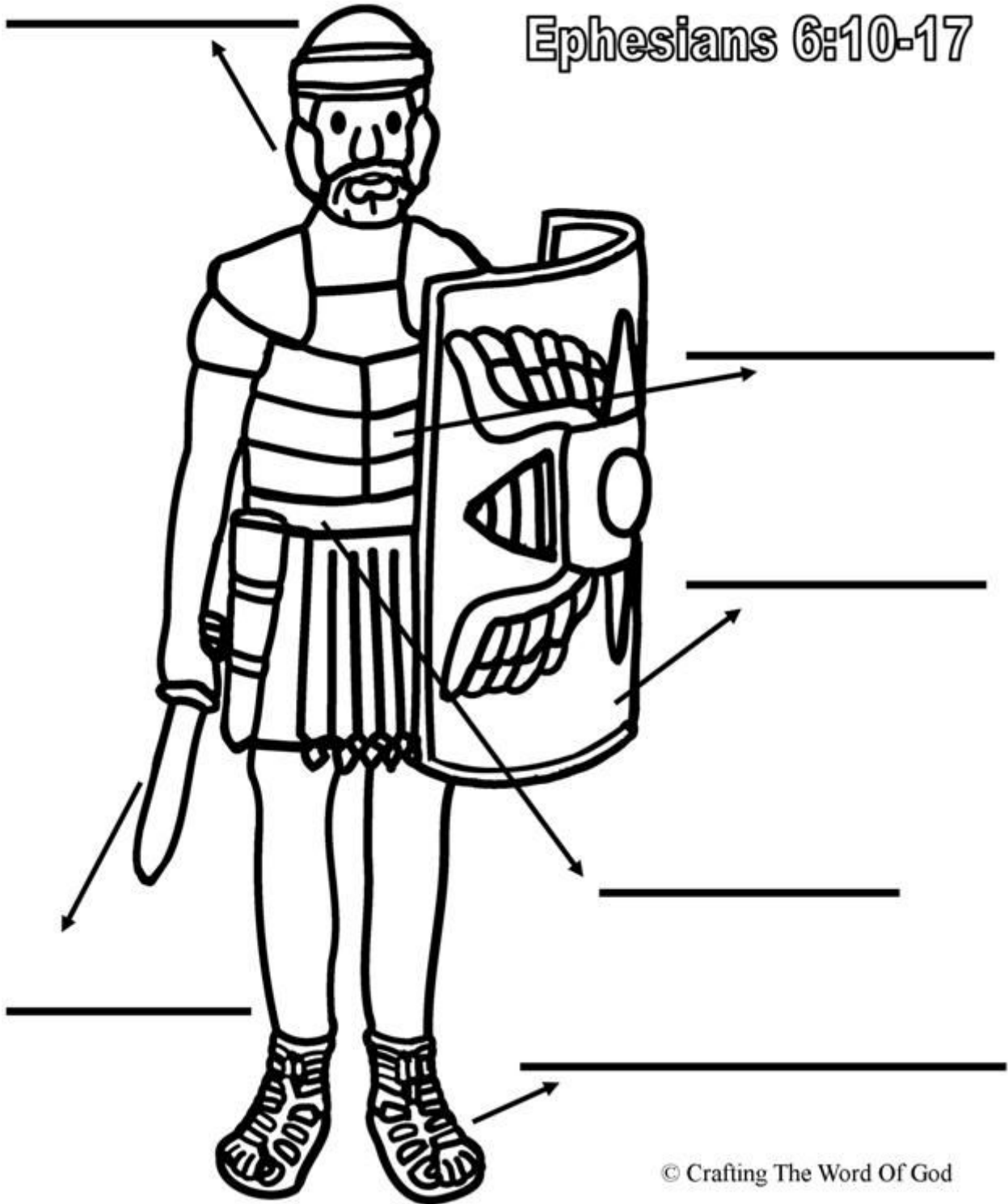
L S V S T S T F B L E S Y
 E S T L W E H S E T Y S W
 P H E A M O T I A E P E O
 S B T L N R R L E I T N R
 O W E I E D P R R L J S D
 G H O N A T F I A R D U O
 G J G R S F T I H Q K O F
 G T Z A D H T U R T W E G
 H R E S I S T S Z M W T O
 C R S A L V A T I O N H D
 B G N I M A L F U A V G T
 U D R O M R A Y L V W I W
 P E A C E V I L L U F R H

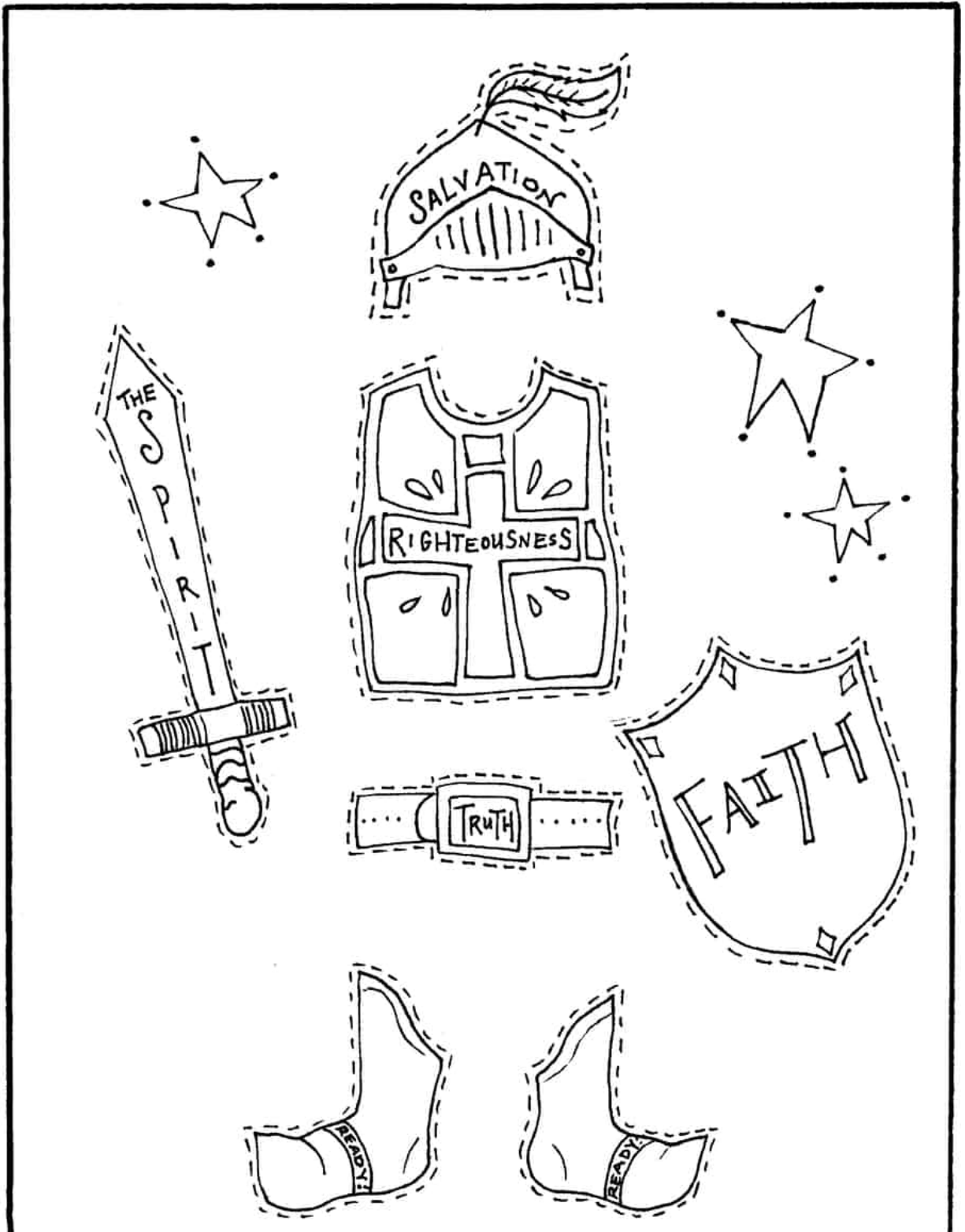


ARMOR	FEET	PEACE	STAND FIRM
ARROWS	FLAMING	RESIST	STRENGTH
BELT	FULL	RIGHTEOUSNESS	SWORD
BREASTPLATE	GOD	SALVATION	TRUTH
EVIL	GOSPEL	SHIELD	WAIST
FAITH	HELMET	SPIRIT	WORD OF GOD

Armor Of God

Ephesians 6:10-17





Mandy Groce '10

ministry-to-children.com