



***PUT ON
THE FULL***

***ARMOUR
OF GOD***

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STAND FIRM

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Letter to the leaders

In this series we will be looking at the Armour of God in detail. Please read through Ephesians 6:10–20 before you start.

In preparation for this series God gave us an image of a clown walking through a carnival and suddenly the carnival turned into a battlefield and the clown was unprepared for the situation he was now in. Can you imagine trying to fight a battle in a clown suit?

Our children are in battlefields of their own, most of which we are not aware of. God thankfully doesn't send them into these battles alone and definitely doesn't give them a clown suit as armour. Instead, He gives us everything we need to **Stand Firm**, no matter what the devil's schemes are.

For a child it may be scary to think that the devil has plans against us so instead our focus will be on who is the one standing with us and who is the one that gives us this armour.

The aim is for our children to leave feeling confident, brave, loved and equipped by Jesus to **Stand Firm**.

Ephesians 6:10 says, "Be strong in the Lord and in His mighty power". Each piece of the armour is a gift from God given to us for our defence so that we can **STAND FIRM!**

Start collecting old cereal boxes, toilet rolls, foil inners or scrap cardboard as soon as possible as these will be needed for some of the crafts and may be a fun way to keep building your armour each week.

Lesson 1: The Battle belongs to God

Main focus for the lesson:

- We all face various different battles in our lives, but God wants us to give our battles over to Him.
- We don't have to be worried and anxious when we face battles.
- God will lead us on how the battles need to be fought.
- Through God we have the victory.

1) Memory Verse

- 2 Chronicles 20:15

"This is what the Lord says: Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours but God's".

Idea to teach the memory verse.

Option 1: Actions

2 Chronicle 20: 15	2 - Show 2 fingers Chronicles – Put your hands together like a book 20:15 – Show a 2 on one hand and 5 on the other
This is what the Lord	Point up to the sky
Says	Put your hand by your mouth like you're shouting
Do not be afraid	Shake your head and shake your finger
Don't be discouraged	Slouch your shoulders
By this mighty army	Flex your muscles
For the battle	Punch the air
Is not	Shake your head
yours	Point to the people around you
But God's	Point up

Option 2: Song

Phil Wickham from Bethel Church wrote the song "The Battle Belongs to You". The song was written because of this scripture and the story of King Jehoshaphat. It can encourage us when we face battles.

Sing the song with them and follow the actions <http://youtu.be/-eSLmbws5PE>

Lyrics:

When all I see is the battle, You
see my victory
When all I see is the mountain,
You see a mountain moved
And as I walk through the shadow,
Your love surrounds me
There's nothing to fear now for I
am safe with You
So when I fight, I'll fight on my
knees
With my hands lifted high
Oh God, the battle belongs to You
And every fear I lay at Your feet
I'll sing through the night
Oh God, the battle belongs to You



And if You are for me, who can be
against me? Yeah
For Jesus, there's nothing
impossible for You
When all I see are the ashes, You
see the beauty
Thank You God
When all I see is a cross, God, You
see the empty tomb
Almighty fortress, You go before us
Nothing can stand against the
power of our God
You shine in the shadow, You win
every battle
Nothing can stand against the
power of our God

2) Hands on

Choose your warrior. Give the children a variety of scenarios. Let them then choose who they would choose to help them. For added fun get volunteers to act out each of these people.

Who would you choose to help if someone was sick and needed an operation?

- a) An artist
- b) A dancer
- c) A doctor

Who would you choose if a building was on fire?

- a) A teacher
- b) A fireman
- c) A dog walker

Who would you choose if you wanted a birthday cake?

- a) A baker
- b) A bus driver
- c) An Instagram influencer

Seems pretty obvious that we need to pick the right person for the task, it can't be just anyone.

Who would you choose if you had to go to battle?


- a) A toddler
- b) A clown
- c) The strongest, most powerful person ever.




Of course, we would choose someone that could help us win the battle! All of us face tough times and so who do you think we should ask and rely on to help us fight life's battles? *Remind them of today's verse.*

God tells us that these battles are not ours to face on our own. He is always there to help. He sure is the strongest, most powerful person ever and with God we will be able to overcome any battle we face.

3) Bible Story + Lesson

Let's look at people in the Bible who also had to fight battles and how they were led by God. *At the end of explaining each battle ask the children "Can they overcome this battle?". The children then reply "Yes! Because the battle is God's".*

The Battle:	God's Victory:
<p>If you were a mom and someone wanted to hurt your baby, what do you think you would do? <i>(Allow the children to respond)</i></p>  <p>Jochebed's battle was that Pharaoh wanted to kill all the baby boys. So, she put her son in a basket and put him in the river. Imagine how terrifying that was for her!</p> <p>"Can they overcome this battle?" "Yes! Because the battle is God's"</p>	<p>So many things could have happened to that little baby in the basket. But Pharaoh's daughter found him, and baby Moses grew up in Pharaoh's palace. Moses eventually led God's people out of Egypt.</p> <p>God helped Jochebed and His plans for her son, Moses, were much greater than she could ever have imagined.</p>

<p>How do you face big problems or giants in your life? <i>(Allow the children to respond)</i></p> <p>David, the shepherd boy, was sent to drop off some food for his brothers on the battlefield. When he got there the army was too afraid to face the huge giant named, Goliath.</p> <p><i>“Can David overcome this battle?”</i> <i>“Yes! Because the battle is God’s”</i></p>	 <p>David, even though he was small, was the only who would fight the giant. He even refused to wear the king’s armour and chose a few stones and sling as his weapon.</p> <p>Why, when everyone else was afraid, did David choose to fight the giant with a sling?</p> <p>Because David knew it was God’s battle. And God did help David beat Goliath.</p>
<p>If you came to a huge wall, how would you knock it down? <i>(Allow the children to respond)</i></p>  <p>God wanted Joshua to take the city of Jericho, but it was surrounded by a huge wall! I am sure Joshua thought of some of the ideas you came up with to bring it down.</p> <p><i>“Can Joshua overcome this battle?”</i> <i>“Yes! Because the battle is God’s”</i></p>	<p>God told Joshua exactly how to do it, but it wasn’t what we would have used. He told them to march around the city and they did just that for 6 days! Then on the 7th day God told them to shout and blow their trumpets and those strong and sturdy walls came tumbling down!</p> <p>Isn’t it amazing how God’s plan seemed so impossible, but it worked because it was God’s plan!</p>
<p>Do you sometimes bend God’s rules to get you out of a tricky situation? <i>(Allow the children to respond)</i></p>  <p>Daniel lived in the city of Babylon. He loved God but he was told by King Darius that he was not allowed to worship God, and that if he did, he would be thrown into the lions’ den.</p> <p><i>“Can Daniel overcome this battle?”</i> <i>“Yes! Because the battle is God’s”</i></p>	<p>I know that lions eat meat, and that if you met a lion in the game reserve, he would probably want you for dinner.</p> <p>Do you know what happened to Daniel? <i>(Allow the children to respond)</i></p> <p>Yes, Daniel was obedient to God, he wouldn’t bend God’s rules. And so, he didn’t worship the King. When he was thrown into the lions’ den, God closed the lions’ mouths, and they did not eat him.</p> <p>God is so good! When we are obedient to Him, He not only protects us but shows others around us just how powerful and great He is.</p>
<p>Let’s look at one more person that faced a tough situation. You can watch the story of Jehoshaphat on YouTube: https://youtu.be/R-mOjdmBR8A</p> <p>King Jehoshaphat was leading over Judah, and he was a good king. He loved God and did what God asked him to do. He knew that every battle belonged to God.</p> <p>One day he heard that there were 3 nations that wanted to wage war against them. So, what do you think he did? Remember he knew that the battle belonged to God.</p> <p>Did he...</p> <p>A) Run away.</p> <p>B) Gather all the armies and their weapons.</p>	



C) Called all the people to Jerusalem to seek God's help (Correct)

They then...

- A) Grabbed their swords and went looking for the enemy.
- B) They prayed to God and fasted, telling God there was no one like Him and they looked to God for help. (Correct)
- C) They had a feast and a big party.

The spirit of God came on one of the men and he said,

- A) Be very afraid, take your wives and children and run away.
- B) Go into your houses and hammer the doors closed.
- C) Do not be afraid, the battle is not yours but God's. (Correct)

He then told them that they must...

- A) Go into battle with their swords held high.
- B) Go into battle with clown costumes on.
- C) Go into battle, but they would not need to fight. God would fight for them. (Correct)

The next day they went into battle, Jehoshaphat said to them...

- A) Run away.
- B) Go and have lunch under the tree.
- C) Believe in the Lord your God, and you will be able to STAND FIRM. (Correct)

Who did Jehoshaphat decide to put at the front?

- A) The soldiers
- B) The singers (Correct)
- C) The horses

They all marched forward praising and worshipping God, and God caused the enemies...

- A) To have a braai together
- B) To get out their swords and fight each other (Correct)
- C) To watch the clouds.

The enemy was defeated and it took 3 days to collect all the loot. They praised God and the kingdom of Judea was at peace.

In all these scenarios people were faced with a battle. They didn't run away. They trusted God that He would show them how to win the battle. God is so good, that He always helped them win. If we follow Him and are obedient to Him, He will do the same for us.

"Can you overcome your battles?"

"Yes! Because the battle is God's"

4) Review Questions:

- a) When you are faced with a difficult situation what can you do? (*Pray and ask God for His guidance and wisdom*)
- b) Can you only talk to God about your problems? (*No, God wants us to share the good moments and the sad/difficult moments with Him*)
- c) If I believe in Jesus does that mean bad things will never happen to me? (*No, the Bible tells us that we will face difficult situations, but God promises us that He will be with us and help us through every situation*)

5) Craft

Option 1: Poster

Make a poster for your room, that reminds you that the battle belongs to GOD!

For the Battle
is **NOT** yours but
GOD'S

2 Chronicles 20:15



Option 2: Prayer Journal

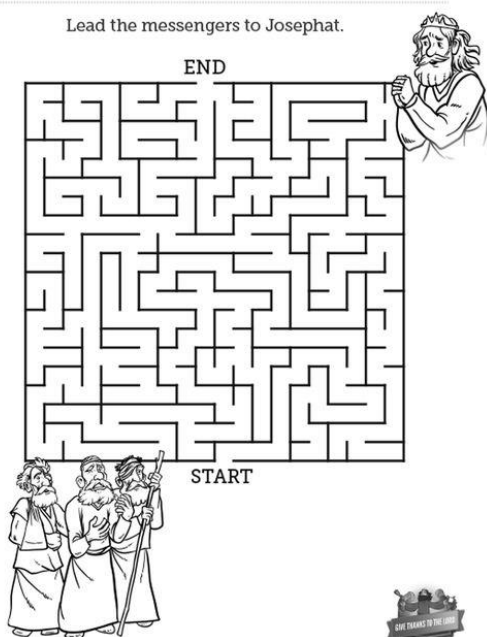
Decorate/ make a booklet. When you face battles, you can pray about them and write them down. You will be amazed when you look back and see how God fights for you. Remember to write down prayers of thanks when God answers prayers.



Option 3: Activity Page

GIVE THANKS TO THE LORD

Lead the messengers to Josephat.



Lesson 2: Standing Firm with the Shield of Faith

Main focus for the lesson:

- The better we know God, the more our faith grows and the less we doubt.
- Knowing who God is and what He's already done helps us get rid of any doubts we have.



1) Memory Verse

- Ephesians 6:16 (NLT)

“Hold up the shield of faith to stop the fiery arrows of the devil.”

Idea to teach the memory verse.

See the hands on game and let the children each have a turn with the shield.

Leader asks, “when the doubts come what will you do?”

Children respond by saying the memory verse.

2) Hands on

For this game you will need:

- A bunch of small plastic balls/ paper balls labelled with doubts.
- An umbrella labelled faith.
- A basket.

Let's pretend that this basket is our mind and these balls are all the doubts and fears that we may have. When we go out into the world, we may hear things that make us doubt how much God loves us and His plans for our lives. *Show them some of the examples written on the balls e.g. I am not good enough, God doesn't love me, I am alone, the situation is too bad to get better.*

Have a leader stand in the front holding the basket in front of them. The children are behind a line that they may not cross. They then throw these doubts and fears at the leader and of course some of these balls will get stuck in the basket (our minds).

As much as we try to push those thoughts out of our minds, sometimes the fears and doubts get stuck in our heads and cause us to do things in our own strength. Did you see it was impossible to avoid all of the fears and doubts that were thrown at them?

But now I'm going to give him/her an umbrella! Let's pretend this umbrella is our “Shield of Faith.” Let's see what happens when they open the umbrella and use it as a shield.

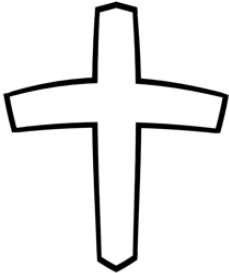
Give the kids the balls again but this time the leader places the umbrella completely over the basket so that nothing can get in.

Did any of the balls go in this time? Did any of the doubts get stuck in our heads? NO! And why not? Because of the Shield of Faith! When we know who God is and that knowledge is firmly planted in our hearts and minds like this umbrella, there is no fear or doubt that can enter in. Could you see that the person didn't have to do anything himself to stop the fears and doubts from landing in the basket? All he had to do was hold the umbrella over the basket.

It is the same for us. We don't have to force ourselves to have faith in God. If we know who He is and what He has already done for us, we automatically have faith and no fears and doubts can change the plans that God has for us.

3) Bible Story + Lesson

Build the shield as you teach the lesson, adding each piece as you cover each topic.



We know that God had a plan for us from the beginning of time to save us from our sin. God knew that we could never keep to all the rules and so He sent His son, Jesus, to die in our place and take all of our sin onto Himself so that we could be with God in Heaven for ever and ever. And so the first thing I'm going to put up on the board is this cross.

This cross reminds us of the amazing thing that God did for us and how difficult it was for Jesus to go through what He went through but He did it because He loves each and every one of us! We can have faith that all we have to do is believe in Jesus and we can receive this gift of salvation.

When tough times come (*name some applicable examples like fighting with some friends or our parents are struggling at work*) we might start to think that God doesn't have time for our problems or that He's not hearing our prayers but remember what God says in Deuteronomy 31:8 Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you."

In the Bible there are some names that the people gave God to remind them of something that God did or the way He loves us. Today we are going to look at four of those names and how when we remember who God is, our faith grows stronger and our doubts and fears disappear.

1) JEHOVAH SHAMMA means "The Lord is here".

In the Old Testament (Ezekiel 48:35b), Ezekiel is given instructions by God to build the beautiful city that was promised to God's people. This city would be named Jehovah Shamma, which means the Lord is here. I would love to live in a place that's very name reminded me that God was there with me. But the truth is no matter where we go God is with us!



Knowing this can bring us comfort when we are going through a difficult time. We can have faith that the promise God made to the Israelite people long ago is also for us today. He will never leave us. He is with us!

2) JEHOVAH RAAH means "the Lord our Shepherd".

David was a man of strong faith. From the time he was a little shepherd boy taking care of his family's sheep, he wrote and sang songs to God. One of the most well-known Psalms that we hear today is Psalm 23. In it David tells God that God is his shepherd.



Now David himself was a shepherd so he knew all about what it meant to be a shepherd to a flock of sheep! He knew that it is the shepherd's job to take care of the sheep, find them the best grass to

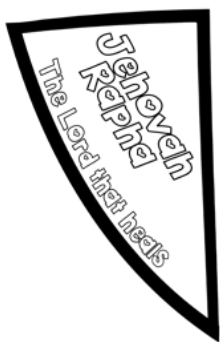
eat and the cleanest water to drink. He knew what it meant to have to go looking for the sheep that had gotten lost. And he knew what it meant to keep the sheep safe from predators like wolves, lions and bears!

So, when David tells God that God is his shepherd, David is recognising that God is all these things to us too! He protects us and guides us away from danger and towards things that will make our lives better! He keeps us close to Him.

You can read Psalm 23 any time you feel sad or scared and you can have faith that the Lord will guide you and protect you just like a good shepherd does.

3) JEHOVAH RAPHA means “the Lord that Heals”.

While Jesus was here on earth, He healed many people. He helped the blind see and the lame to walk and He healed people from diseases like leprosy. When people witnessed these healing miracles, their faith in God was strengthened and they believed in Jesus too.



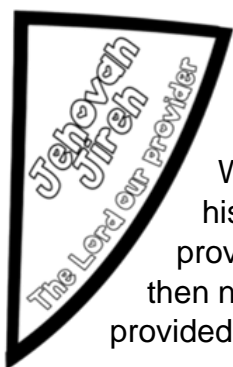
Jesus doesn't only heal our bodies, but He also heals our hearts when they are sad or worried. If God's very name means healer, do you think you can have faith that He can heal us?

Telling others how God has healed someone can help their faith grow stronger!

(For children that ask why didn't God heal...? It can be very hard for us to accept that it wasn't God's will to heal someone, but we need to help children look at the bigger picture. God is bigger and a lot more complicated than we can ever understand, He loves more than we could ever love someone and His plans are perfect. Even though we might not understand we can have faith that all who believe in Jesus will be with God in Heaven where there is no sickness!)

4) JEHOVAH JIREH means “the Lord our Provider”.

God provided for the people in the Bible with everything they needed. He provided the Israelites with an escape route from the Egyptians and even food which fell from the sky. He provided many men and women in the Bible with ways to conquer their enemies.



When God was testing Abraham's faith and obedience, He sent him to sacrifice his beloved son. When God saw that Abraham was faithful and obedient, He provided him with a ram to sacrifice instead of his son. (Genesis 22:14) Abraham then named that place Jehovah Jireh because he knew it was God who had provided.

The Bible is filled with times where God provided the things that different people needed. Did you know that God promises to provide for all your needs too? (Matthew 6:25-34) Even more than that God has given us a helper to be with you always! (John 14:16) This “helper” is the Holy Spirit! God has chosen each one of us to do a special job for Him: to tell everyone about Jesus. But He doesn't expect us to do it alone. He has provided us with the Holy Spirit to help us so that we always have what we need, and we are never alone.

5) FAITH



Now we can see that we have built a shield with all these names.

When we know that Jesus died for us; that He is with us; that He will protect us; He heals us and provides everything for us, our faith grows! And when we have faith in who God is and what He has done for us, our faith becomes a shield against our fears and doubts!

4) Review Questions:

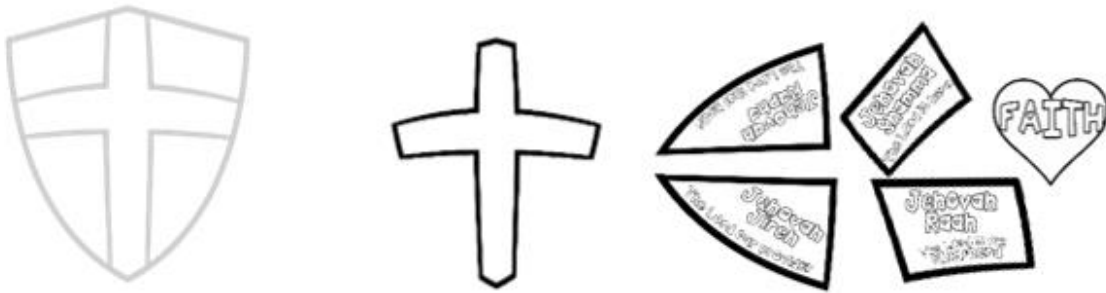
- a) Do you sometimes struggle with doubt and fear?
- b) Does God turn away from us when we doubt? *(No, God always loves and wants us. He wants us to pray and ask Him to help us overcome our fears and doubt)*
- c) Do you have a testimony of when God healed you, protected or provided for you?

Use this time as an opportunity to get to know the children more, encourage them, pray with them and point them to Jesus.

5) Craft

Option 1: Build your own shield of faith.

The greyed out shield can be used as a base for younger children.



Option 2: Colour in the shield

Encourage the children to write their testimonies on the back of their shields.



Lesson 3: Standing Firm with the Belt of Truth

Main focus for the lesson:

- The armour of God is not something we can see with our eyes.
- The importance of choosing to live in God's Truth.
- How do we put on the Belt of Truth?



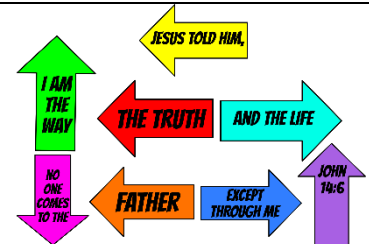
1) Memory Verse

- John 14:6

“Jesus told him, “I am the way, the truth and the life. No one comes to the Father except through me.”

Idea to teach the memory verse.

Stick the arrows on the floor/ poles and create a pathway. As the children get to each arrow, they read out what it says. When they get to the end, have them repeat the full verse. If they get stuck let them go through the path again until they can confidently say the full verse.



2) Hands on

What you will need:

- 3 - 4 Long ropes/ strings
- 3 – 4 Blindfolds
- Playing area with obstacles (E.g. Chairs, Other Leaders, Cones, Tables, etc)

Blindfold the children and have them go across the playing area while a long rope is tied to each of their waists. They have to try and move around all the obstacles without getting their rope tangled. If you have leaders as obstacles they can grab and hold onto the ropes if they bump into them.

Do you see how difficult it was to make it across the playing field? Because you couldn't see the playing field you all got tangled up. Let's try this again, but this time you don't have to wear your blindfold.

Have the children try and go across the playing field again.

Look how much easier it was when you could see all the obstacles and you could avoid them. The Bible tells us in John 8:32 that, “You will know the truth and the truth will set you free.” When you couldn't see, it was easy for you to get tangled up but when your eyes were open, you didn't get tangled up. Sometimes in our own lives, when we don't know the truth, we make many mistakes and we get tangled up in sin. But when we know the truth of who Jesus is and the incredible sacrifice He made to forgive us, it's like our eyes are opened. We can see the obstacles and sin in our lives, and we can avoid them and be free.

3) Bible Story + Lesson

Remember we learnt about the battle and how the Battle belongs to God. Even though God was in control, and He gave the victory to all the people, they still needed to go out and fight in the battle. In Ephesians 6:10-20 Paul tells us that we are also in a battle, and we need to be ready and prepared.

Look at these 2 pictures of Thabo. In which picture do you think Thabo is prepared for the battle that God is going to help him fight?



I'm sure you're all thinking the second picture is better because you can see the armour, but actually the armour we are going to learn about this term can't be seen with your eyes. It's called the armour of God. The armour of God is the truth we know about God, who He is and what He has done. The armour of God helps us to stand firm when we face battles like sadness, fear, loneliness or temptation. When we trust God and we choose to follow Him we put on His armour.

The next piece of armour we are going to learn about is called the Belt of Truth.

Why do people wear belts? *(Allow the children to respond)* Some people wear belts because it helps to hold their pants up so that they are not embarrassed. Some people, like construction workers, have special belts called "tool belts" that they can store some of their tools in and have their hands free when climbing ladders or doing other tasks. In Karate different coloured belts can represent the skill/level that someone has achieved. As you can see belts are used in many different ways for all kinds of reasons, but they are all important.

What you will need:

- A long string.
- A poster with "GOD'S TRUTH" written on it.

Stick this poster on the wall at the back of the room. Have the string tied to something at the front of the room.

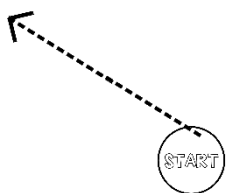
Let's imagine that this string is me and you. God loves us so much and He wants us to be close to Him and do the right things.

The Belt of Truth the Bible is talking about, is the truth we find in the Bible on how we should live our lives and the choices God wants us to make. Many people live their lives doing things that the Bible says is not right, and these bad choices keep them from living the way God wants them to and living in God's Truth.

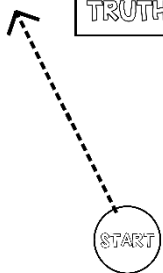


For example, the Bible says that we should not lie (*stand directly facing the poster "God's truth"*) but if someone doesn't know the truth they will lie. (*Turn away from the poster and then walk with the string towards it. When you get to the poster the string will be far away from the poster*) Is this person living in God's Truth? No, because they have not chosen to put on the Belt of Truth.

(Walk back to the start facing the poster directly on)



God's
TRUTH



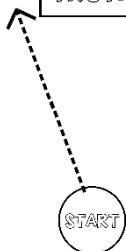
Sometimes we do things that don't seem so bad because we're not hurting anyone. For example, taking another cookie when you have been asked not to. It's not that bad, right? No one got hurt. But we have chosen to make a bad choice and not live with the Belt of Truth and that means we are not living in God's Truth.

(Now turn slightly away from the poster before walking with the string towards the poster. The end of the string is now a bit closer to the poster)

So close but no we're not living in God's truth. We need to choose to put on the Belt of Truth. *(Walk back to the start)*

Sometimes we do things that are wrong, but we tell ourselves that it's all okay. For example,

God's
TRUTH



- On Sundays I'm very well behaved, but at school I use bad language and bully others, but it's okay because I go to church every week.

- I'm mean to my friend, but it's okay because he was mean to me first.

- I tell a small lie, but it's okay because it helped me stay out of trouble.

(Now turn a tiny bit away and walk with the string towards the poster. The end of the string ends up right next to the poster)

But that's not okay. Do you see even the smallest of things can keep us from living in God's Truth? We need to choose to put on the Belt of Truth.

(Walk back to the start)

God's
TRUTH



God loves us very much and He doesn't want us to get hurt and tangled up in the sins of the world. He wants us to be free and live in His Truth. But how do we live in God's Truth and put on this Belt of Truth? Do you remember our memory verse today? John 14:6 – Jesus said to him, "I am the way, the **TRUTH** and the life. No one comes to the Father except through me."

By believing in Jesus, we are forgiven of all our sins and Jesus will help us to live lives that are true and honest. We will still be in situations where we have to choose right or wrong, but when we have Jesus in our lives He will help us to make the right choices and to put on the Belt of Truth.

(Keep facing the poster directly and walk with the string towards it but the end of the string is directly on the poster)

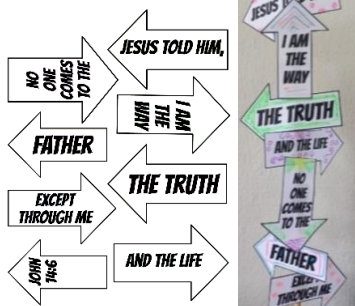
4) Review Questions:

- a) How do I live in God's Truth? *(By believing in Jesus and choosing to follow the Truth in the Bible)*
- b) Is it okay to sometimes do something that isn't right, if I do it for a good enough reason? *(No, even the smallest of wrong choices causes us to not live in God's Truth. Thankfully God forgives us when we do mess up, but we should always try our very best to live following His example of truth)*

5) Craft

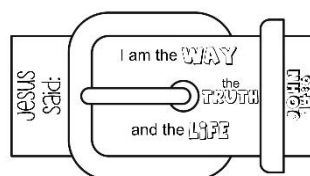
Option 1: Memory verse signpost

Decorate the arrows and staple/stick them to a long kebab stick



Option 2: Belts of Truth

Decorate the buckle and staple/glue it to a paper chain/paper strip



Lesson 4: Standing Firm with the Helmet of Salvation

Main focus for the lesson:

- To understand the gift of Salvation
- To understand what the Helmet of Salvation does
- To know our identity is in Christ and the promises He has given



1) Memory Verse

- Philippians 4:8

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable. If anything is excellent or praiseworthy, think about such things.”

Idea to teach the memory verse.

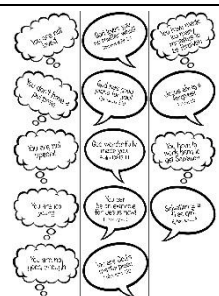
Option1:

Jump Start worship song – <https://youtu.be/nwn4EMhtST0> along with these actions.

Verse	Actions
Whatever is true	Make a cross with your arms
Whatever is noble	Puff your chest out and put your hands on your hips
Whatever is right	Thumbs up
Whatever is pure	Hold your hands over your heart
Whatever is lovely	Smile and put your hands under your chin
Whatever is admirable	Salute like an admiral
If anything is excellent	Throw your hands up in the air like you are cheering
Or praiseworthy	Spin around
Think about such things	Point to your head

2) Hands on

Have the truth and lies cards hidden in the venue. Children then search for the cards and have to pin all the lies onto one board and all the truths onto another. Below is a table for your easy reference on what the Bible verses say.



Lie	Truth
You are not loved	Romans 8:38-39 And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.
You don't have a purpose	Ephesians 2:10

	¹⁰ For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.
You are not special	Psalm 139:13-14 You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank You for making me so wonderfully complex! Your workmanship is marvellous—how well I know it.
You are too young	1 Timothy 4:12 Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.
I am not good enough	Ephesians 2:10 ¹⁰ For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.
I've made too many mistakes to be forgiven	1 John 1:9 But if we confess our sins to `Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness.
I have to work hard to get salvation	Ephesians 2:8 God saved you by His grace when you believed. And you can't take credit for this; it is a gift from God.

Once all the cards have been separated begin the following explanation.

Our memory verse today taught us about the things we should be thinking about. Can you remember what some of those things are? (*Things that are true, right, pure, lovely, admirable, excellent, praiseworthy*)

So, which of these two boards do you think we should be thinking about ourselves? The lies that people and the devil try to tell us about ourselves or the truth that God says about us? Yes, we need to think about the truth!

Here is a helmet. (*Use any real helmet you can find or make a paper one*)



This helmet like all other helmets is used to protect our head. To remind us to keep these truths close to our minds I am going to stick them inside of the helmet. *Read out each truth and stick that card to the inside of the helmet and then put the helmet on.*

Putting on our helmet not only keeps the truths close but, it also means it protects us from the lies. (*Demonstrate this by crumpling the lie cards into a ball and have someone throw them at the helmet. Explain that none of the lies can get in when we have our helmet on*)

When we believe in Jesus, His truth protects our minds from the lies of the world. By reading the Bible and talking to God we will know His promises more and with His Helmet of Salvation

we will be able to Stand Firm when the world wants to make us doubt the truth of what God has said.

3) Bible Story + Lesson

In the Bible we are told that we need to put on the full armour of God so that we can live our lives the way God wants/ planned for us to.

Ephesians 6:10-11,17

¹⁰ A final word: Be strong in the Lord and in His mighty power. ¹¹ Put on all of God's armour so that you will be able to stand firm against all strategies of the devil.

¹⁷ **Put on salvation as your helmet**, and take the sword of the Spirit, which is the word of God.

But before we can put on the Helmet of Salvation, we need to understand what salvation is.

Let's use these colours to help us understand better. *For younger children, use the colours only. For older children, let them look up the scriptures in the Bible.*

As you explain each colour, build your "salvation helmet" (Craft Option 1)



GREEN - God created the universe, the world and everything in it. God created me and you!

Psalms 139:13-14

"You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvellous—how well I know it."

BLACK - But man sinned! When Adam sinned, he created a separation between us and God.

Romans 3:23 "For all have sinned and have fallen short of the glory of God."

Because of our bad choices our sins separate us from God, but even before you were born God planned a way for us to be reunited with Him. God sent His only Son Jesus to be born as a man and to die on the cross for us. Salvation is a word we often hear. It is the act of us being saved from the punishment we should have gotten because we have sinned. There is only one person that can save us from this punishment and that is Jesus.

RED – The death of Jesus on the cross and His blood, paid the price for our sin. Now we can be reunited with God and go to Heaven.

Hebrews 10:19 "And so, dear brothers and sisters, we can boldly enter Heaven's Most Holy Place because of the blood of Jesus."

WHITE - When we have accepted Jesus into our hearts and ask Him to take all our sin away, we are washed clean, and God does not remember any of the wrong things we have done. The wonderful part about our sins being forgiven is that we don't have to do anything to earn it, it's a free gift!

1 John 1:9 "But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all sin."

BLUE - When we believe in Jesus, we ask the Holy Spirit to come and live in our hearts. The Holy Spirit is God's Spirit, and He gives us guidance, wisdom, comfort and joy in all circumstances. The Holy Spirit helps us to tell others about Jesus too!

Acts 1:8 "You will receive power when the Holy Spirit comes on you."

YELLOW – In Heaven there is no pain, no sickness nor evil and it is where we can be with all the believers who ever lived! It gives us joy and comfort to know that after we die, we get to spend eternity with Jesus.

Revelation 21:21 "The twelve gates were made of pearls—each gate from a single pearl! And the main street was pure gold, as clear as glass."

Believing in Jesus and putting on the Helmet of Salvation is not a decision that anyone can make for you. This is something that everyone has to choose to believe for themselves.

God loves it when we share our personal testimonies. Once the salvation helmet is made why not put it on and share your testimony of when you accepted Jesus as your Lord and Saviour. Allow opportunities for the children to share their testimonies too.

4) Review Questions:

Use this time to pray for children wanting to accept Jesus as their Lord and Saviour. Help them find answers to their questions in the Bible, even if this means you need to get back to them next week.

- Have you put on the Helmet of Salvation? Have you asked Jesus into your heart?
- What are some of your personal doubts, discouragements, despair, bad thoughts, and temptation for which you need protection? Which one is biggest in your mind right now?
- Will you believe the truth that God says about you or the lies that others or the devil says?

5) Crafts

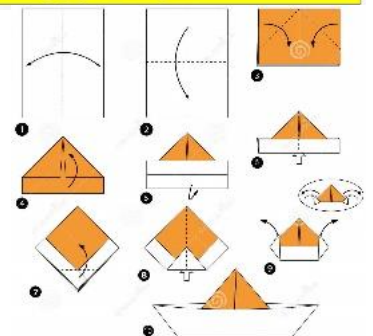
Option 1: Salvation helmet

Cut/Colour strips of cardboard or paper in the 6 Salvation story colours. Staple these strips to another paper strip to create a helmet.



Option 2: Paper Helmet

Fold a paper hat, decorate it and write scriptures on it to remind you of the Truth that protects your mind.



Lesson 5: Standing Firm with the Breastplate of Righteousness

Main focus for the lesson:

- To help children understand what righteousness means.
- To learn that the breastplate of righteousness is a gift.
- To know we need to protect our hearts.

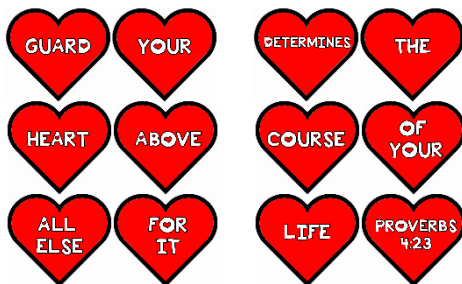


1) Memory Verse

- Proverbs 4:23

“Guard your heart above all else, for it determines the course of your life.”

Idea to teach the memory verse.



Use chalk to draw the hearts on the floor in the shape of hopscotch. Inside each shape place the small heart with the words to the verse on them. As the children jump on each heart they say the words.

Just as we had to follow the hearts that were set in a specific course, when our thoughts and hearts are filled with the things of the world we will be led away from God. But when we focus our hearts and thoughts on Jesus, we

will follow the path that He has planned for us.

Let the children do the course a couple of times to remember the verse – you can make them do it fast or slow to change things a bit or make a relay.

2) Hands on

What you will need:

- Wrapped sweets/chocolates.

Hold up one of the sweets with the wrapper on it.

What is the purpose of the sweet? (*Allow the children to respond*) To be eaten, to be enjoyed etc.

What purpose does the wrapper on the sweet have? (*Allow the children to respond*).

The wrapper protects the sweet; makes sure that someone can eat and enjoy it. The wrapper protects it so it can fulfil its purpose.

Take the wrapper off one of the sweets and roll it on the floor or in dirt, etc. Try and make sure that the sweet looks REALLY dirty, you can even stand on it.

Does anyone want to enjoy the sweet now? (*Hopefully they say no*)

Take another sweet with the wrapper still on and do the same, stand on it etc.

Would you eat this sweet? (*They should say yes!*)

Why would you eat this sweet and not the other one? What's the difference? (*Allow the children to respond*)

The wrapper protected the sweet from getting dirty & gross.



In the same way that the wrapper protects the sweets from picking up dirt and germs, wearing the breastplate of righteousness can protect our hearts from sin. And that is the next piece of the armour of God we are going to learn about so that we can STAND FIRM.

3) Bible Story + Lesson

What you will need:

- A plastic breastplate or a picture of one with the words "Breastplate of Righteousness" on it.
- A gift box (The breastplate should be wrapped up inside the gift box.)



Start by recapping what the children were taught in the previous lesson about Salvation.

You can go through the colours and how they remind us of what the Bible says.



Last week, we were learnt about the Helmet of Salvation and how it is a reminder that God protects our minds.



Today we are going to learn about the **Breastplate of Righteousness**.

Righteousness means we love and obey God perfectly and so we are free from sin. But we know that we all make mistakes and sin. When Jesus died, He forgave our sin and when we accept Him, we become righteous and acceptable to God.

What you will need:

- An envelope labelled "JESUS" with a clean piece of paper hidden inside.
- 2 pieces of paper the same size as your envelope.

Righteousness is a really big word so let's explain what it means using a piece of paper. Let's pretend this piece of paper is you. *(Hold up a clean sheet of paper. Each time you name the things that we do wrong scrunch or tear the paper a little more.)*

Because we love God we try our very best to always do what is right **but** have you ever told a lie? Have you ever taken something that doesn't belong to you? Said mean things about someone behind their back? Gotten angry with someone and said a bad word?

Every one of us have done things that are wrong. Even when we try our very best we still all mess up or make mistakes. How does the paper look now? Do we look perfect and acceptable to God? *(No!)*

Can I make this page look like it did before? *(Try flattening out or use sticky tape to fix torn edges)*

How does the paper look now? Are we perfect and acceptable to God yet?

No matter what we do and no matter how hard we try we **cannot be righteous. But there is good news. Jesus can make us righteous!**

Let's look up a verse and see what the Bible says:

2 Corinthians 5:21 (NIV)

'God made Him (Jesus) who had no sin to be sin for us, so that in Him we might become the righteousness of God.'

This verse means that when Jesus died on the cross and took on all the sins of the world, we were made right with God. When Jesus died He forgave our sins and He freed us from our sins. That means that when we accept Jesus, we receive the gift of Jesus' righteousness. Jesus was the perfect man, He never sinned and was the perfect sacrifice. With Jesus look how we change. (*Place the crumpled page in the envelope and carefully pull out the new clean page that is already hidden inside.*) **ONLY JESUS** can forgive us and make us perfect and acceptable to God. **ONLY JESUS** can make us righteous.

But we have already said that there is no way that any of us can be perfect and acceptable to God all the time so what now? God has given us a gift to help us.

(*Have the wrapped gift available*)



So, let's open up the gift and see what is inside?
(*Open the gift and see the Breastplate of Righteousness inside*)



Roman soldiers would wear a breastplate as part of their armour when they were going to war.

What part of the body does the breastplate protect? (*Allow the children to respond*) *The chest, heart, lungs.*

Why is it important to protect this area of your body? (*Allow the children to respond*) *Those are vital organs, if they get hurt, it will be very serious.*

The breastplate was worn by soldiers to protect their heart. We are given a breastplate of righteousness.

The Breastplate of Righteousness is a wonderful gift from God because it means that we don't have to try and be right with God on our own. He helps us and the Breastplate is a reminder that there is nothing that we can do to earn the gift, God has given it to us.

We do, however, need to make sure that we are always wearing it; if we receive it and just leave it in the cupboard, it won't be much good protecting our hearts. Just imagine if the soldier forgot to put on his breastplate, his heart would be open to any arrows the enemy might shoot at him. It is the same with us, we need to remember to wear the breastplate to guard our hearts against the attacks of the enemy.

Remember our memory verse?

Proverbs 4:23 'Guard your heart above all else, for it determines the course of your life.'



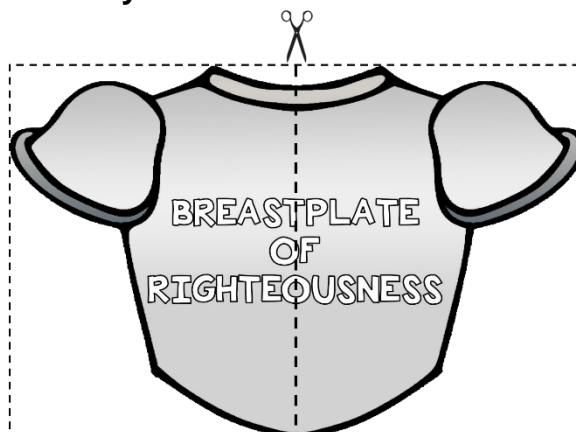
Here is something you can do the next time you need to make a difficult choice or are tempted to do the wrong thing. Put your hand over your heart as a physical reminder that God has given you the Breastplate of Righteousness to protect your heart and ask Him to help guide you.

4) Review Questions:

- Why do we need the Breastplate of Righteousness? (*To guard our hearts*)
- What do we need to do to get the Breastplate of Righteousness? (*Accept Jesus as our saviour and receive it as a gift from God*)

5) Craft

Option 1: Breastplate and Memory Verse:

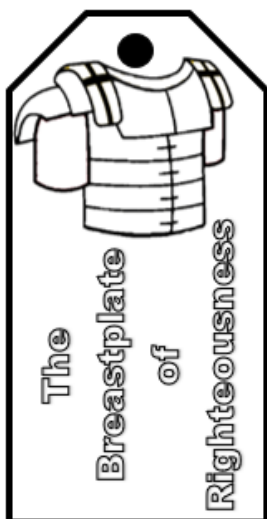


INSTRUCTIONS:
Cut out the breastplate on the dotted lines.
Put glue down the strips as indicated and stick each half of the breastplate down.
You can then open the breastplate to reveal the heart and the verse. Colour in the heart.



Option 2: Tags for a sucker/sweet

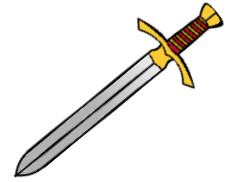
Colour in the tag with the memory verse or Breastplate and attach it to a sucker/sweet so the children can tell others about guarding their hearts and the Breastplate of Righteousness.



Lesson 6: Standing Firm with the Sword of the Spirit

Main focus for the lesson:

- God's WORD (the Bible) is powerful.
- We can STAND FIRM and not be shaken when we know God's Word.
- The Bible is God's Word, and we need to know what the Bible says in order to know the TRUTH.



1) Memory Verse

- Hebrews 4:12

“¹² For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.”

Idea to teach the memory verse.

<https://youtu.be/rlcu-YLBfh4>

Play the song and when the music stops the children pose holding up their sword and say a shortened version of the verse: “For the word of God is alive and powerful”

2) Hands on

This game is an adaptation of Duster Hockey

For this game you will need:

- “Sword” (Rolled up newspapers/ Empty wrapping paper rolls).
- “Sword Handle” (Empty toilet roll).
- Paper/ cardboard hearts.

Instructions:

1. Divide the children into 2 teams.
2. Give each child a paper/cardboard heart that they have to stick onto their arm and protect.
3. Each child is assigned a partner that belongs to the other team (each pair of partners should consist of 2 children of about the same size/age group). Give each pair a number. When you call out their number, they have to try and knock the other child's heart off their arm.
4. Put one “sword” and one “sword handle” in the middle of the room.
5. When a number gets called the 2 children have to race to try and grab the best weapon and then have a duel.

Which weapon do you think was better? Do you think not having a proper “sword” meant that you had a disadvantage? *(Allow the children to respond)*

The next piece of armour we are going to learn about is the Sword of the Spirit. In this game we could easily see that we cannot effectively fight a good fight if we don't have a sword to fight with! The Bible is our Sword that we can use to STAND FIRM.

3) Bible Story + Lesson

Listen carefully as I read this verse and see if you can work out what the Sword of the Spirit is?
Ephesians 6:17 NLT: ¹⁷ Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

Yes, our sword is the word of God or the Bible. The sword of the Spirit is not a piece of armour we put on and wear like decorations. It is one that we must keep sharp and use every day! We need to become “expert swordsmen” by knowing what the Bible says and doing what it says.

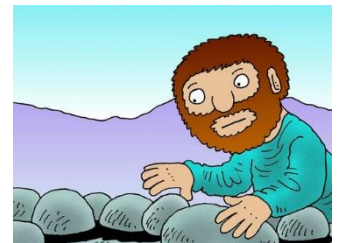
Today we are going to look at Jesus as our example and how He used the Bible to resist the devil. *(Hold up the sword with the verse on that Jesus quoted each time the devil tempted Him)*

Let's read the story straight from the Bible. **Matthew 4:1-11**
The Temptation of Jesus

¹ Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil.

² For forty days and forty nights He fasted and became very hungry.

³ During that time the devil came and said to Him, “If you are the Son of God, tell these stones to become loaves of bread.”

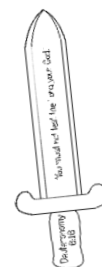


⁴ But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’”

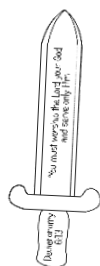
⁵ Then the devil took Him to the holy city, Jerusalem, to the highest point of the Temple, ⁶ and said, “If You are the Son of God, jump off!”

For the Scriptures say, ‘He will order His angels to protect you. And they will hold you up with their hands so, you won’t even hurt your foot on a stone.’”

⁷ Jesus responded, “The Scriptures also say, ‘You must not test the Lord your God.’”



⁸ Next the devil took Him to the peak of a very high mountain and showed Him all the kingdoms of the world and their glory.



⁹ “I will give it all to You,” he said, “if You will kneel down and worship me.”

¹⁰ “Get out of here, Satan,” Jesus told him. “For the Scriptures say, ‘You must worship the Lord your God and serve only Him.’”

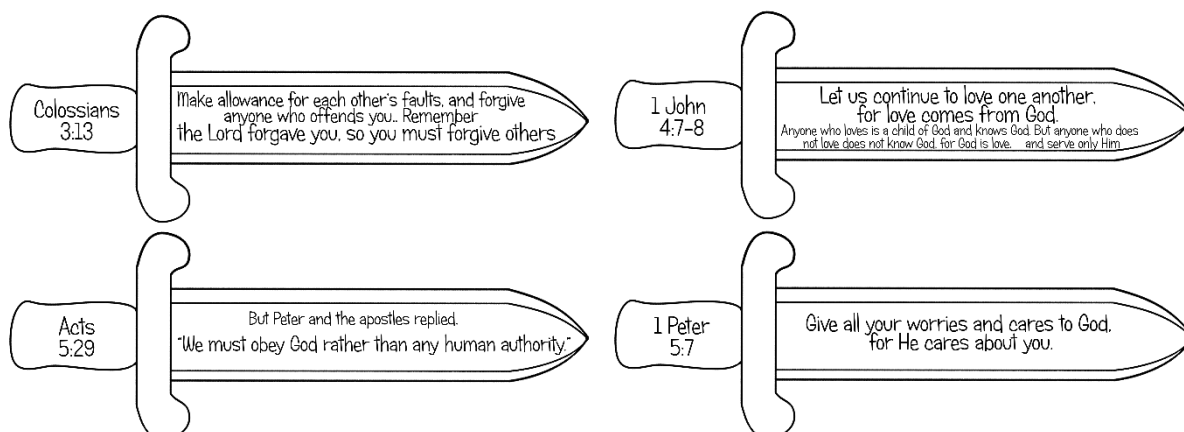
¹¹ Then the devil went away, and angels came and took care of Jesus.

Ephesians 6:11 says: ¹¹ Put on all of God's armour so that you will be able to stand firm against all strategies of the devil.

Jesus knew exactly what God's Word said and so when the devil tried to tempt Him by twisting what the scriptures said, he failed! Jesus could stand firm! We too need to know God's Word. Not like what we think it says but exactly what is written in the Bible. Only then will we be able to stand firm.

The Bible is filled with verses that can help us stand firm.

Play a game with the children where you read out a scenario and they have to choose which Bible verse (sword) would help them stand firm. You can place the swords around the room where they should go to or give each child a set and they have to hold up the one they would choose. Remind them that if just these 4 verses can help us stand firm in so many situations how much more will we be able to stand firm if we read and learn all the other verses that God has placed in the Bible. There are some blank swords in the media pack for you to create other verses that you feel could benefit your children.

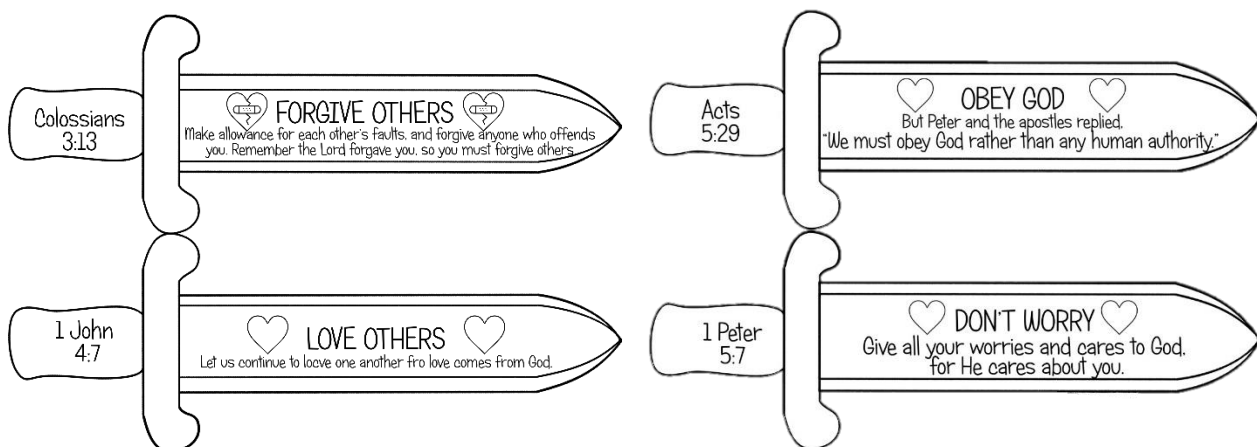


Here are some scenarios that you could choose from but remember to add ones that are applicable to your children.

Scenario (There could be more than one verse)	Sword (Bible verse)
A dirty beggar comes to your window.	1 John 4:7-8
Your friend is mean to you and so you don't want to invite her to your party anymore.	Col 3:13 1 John 4:7-8
The teacher has left the biscuits out on the table and your friend tells you to take one.	Acts 5:29
You are worried that you won't pass the exam you have been studying for.	1 Peter 5:7
Your brother broke your favourite toy and now asks to play with another one.	Col 3:13 1 John 4:7-8
You have a full lunchbox and someone without lunch asks you to share.	1 John 4:7-8
Everyone tells you to watch a show you know you should not.	Acts 5:29
You're trying to decide if you should watch tv or offer to help your sister/brother finish their chores	1 John 4:7-8
You are told you must not pray.	Acts 5:29
You want to love everyone in your class, but the one child is very naughty.	1 John 4:7-8
You are told to not talk about Jesus.	Acts 5:29
You going to a new school and you are worried no one will like you.	1 Peter 5:7
Your friends are laughing at you because you go to church.	Acts 5:29
Someone offended you.	Col 3:13
Others are being mean to the new person and they want you to join them.	Acts 5:29 1 John 4:7-8

Your parent has lost their job and you are feeling worried.	1 Peter 5:7
You don't want to donate any of your clothes to charity, even if they don't fit!	1 John 4:7-8
Something comes up on the screen you know you should not look at.	Acts 5:29
The teacher shouts at you for something you didn't do.	Col 3:13
You worry your clothes aren't fashionable enough.	1 Peter 5:7
You want to love everyone at school, but some do not believe in Jesus.	1 John 4:7-8
You weren't picked for the sports team and now you are angry at the coach.	Col 3:3
You are tired and now need to decide if you help your teacher or sneak out the class.	1 John 4:7-8
A friend forgave you and now asks for forgiveness.	Col 3:13
You are worried because someone you love is very sick.	1 Peter 5:7
You're tempted to hide the mug you broke so you don't get in trouble.	Acts 5:29
You hear a loud noise at night and you worry that you are not safe.	1 Peter 5:7
Everyone is gossiping about someone else and want you to join in.	Acts 5:29

You could start by having the children make their craft (Option 2) and use their swords to play the game. Add scenarios or simplify these scenarios to scenarios that your children would be able to relate to. The children hold up the sword that applies to the scenario.



4) Review Questions:

- Where can we find truth about God? (*In the Bible*)
- Does knowing the Bible help us stand firm when temptation or difficult situations come? (Yes)
- What is your favourite verse that you like to remember to help you stand firm?

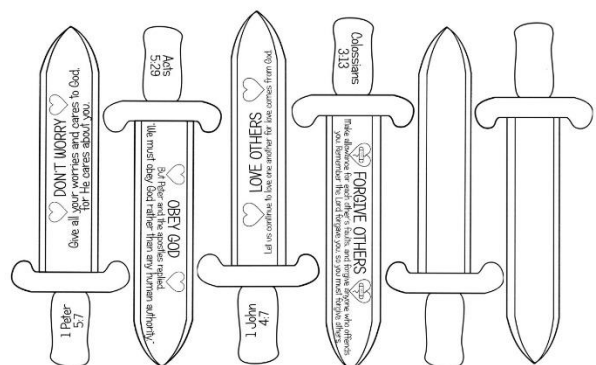
5) Craft

Option 1: Colour page Sword

Children decorate their swords. These can be used as bookmarks or hang them in their room to remind them how they can stand firm.

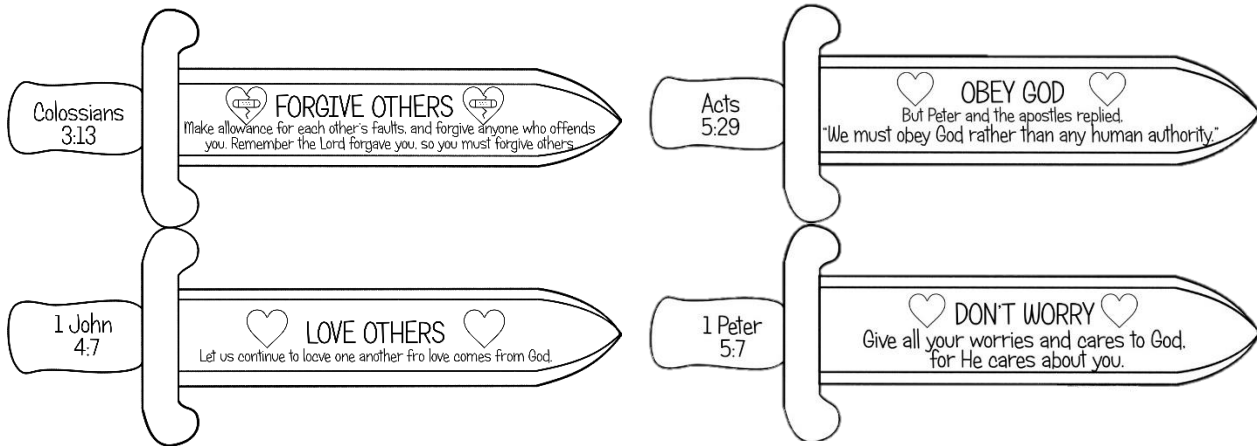
Older children may prefer blank ones where they can find their own Bible verses that help them stand firm.

(To make the swords firm attach them to toilet rolls, foil inners or scarp pieces of cardboard)



Option 2: Back to Back swords

Children decorate these swords and stick them back to back.



Option 3: Ice-cream stick sword

Stick 2 ice-cream sticks together (using wood glue) to make a sword. Decorate the sword with markers, stickers, gems, beads, buttons, etc.



Lesson 7: Standing Firm with Good News Shoes

Main focus for the lesson:

- Learning what the “good news” is.
- Learning to be ready to tell the good news every day, wherever we can.



1) Memory Verse

- Psalm 96:2

“Sing to the Lord; praise His name. Each day proclaim the good news that He saves.”

Idea to teach the memory verse.

Have a whole lot of different shoes set out.

This verse is telling us that we need to tell other people the good news about Jesus saving us from our sins ...**every single day!**

If I were to go and tell people about Jesus, what shoes do you think I should wear? Hmm, maybe church is a good place to tell someone so maybe these smart shoes are the ones I should wear. *(Hold up the appropriate shoes as you refer to each one)*

But wait! Can I tell people about Jesus at school? Yes!

At ballet? At soccer? At swimming? At the shops? At night? On the beach? Yes!

Next, set the different pairs of shoes around the room.

Today's piece of armour teaches us that we need to be **ready** to share the good news! So, I am going to play some music and when it stops I will shout out a place e.g. “at school” and you have to run to the shoes you would wear there and repeat the memory verse. Are you ready?

<https://youtu.be/eWFBpS-pT6M> - Good News - Vineyard Kids

2) Hands on

Leader	Today we are going to learn how important it is to be prepared. When we are prepared that means we are ready to do something. <i>(A damsel in distress calls for help from across the room)</i>
Knight	<i>(A knight then comes in wearing armour - except they have NO shoes on.)</i> Hello everyone. I am here ready for my quest!
Leader	Hi Sir Laughsalot. I am so glad you are here to help. There is a damsel in distress who is calling for help!
Knight	I am ready!
Leader	But wait Sir Laughsalot! Children does he look like he is ready? <i>(He doesn't have any shoes on!)</i> You don't have shoes on.
Knight	Oh, that doesn't matter. All the other parts of the armour are much more important than silly old shoes! I will be fine. <i>(Lay some obstacles on the floor between the knight and the damsel. The knight then stubs his toe, stands on a Lego block and gets a thorn in his foot and just can't carry on so he crawls back to the leader)</i>
Leader	Are you okay Sir Laughsalot?
Knight	Oh, the pain! The pain. I just can't go on.
Leader	Maybe you do need shoes after all.
Knight	You are right!

	<i>(Knight runs and puts on a pair of high heels and tries again but this time slips and falls all over the place and again comes crawling back shouting out "damsel save yourself" and leaves)</i>
Damsel	It's so hard to find good help these days. <i>(Gets up and leaves)</i>
Leader	Children was that knight prepared? <i>(No)</i> And it is the same with us. We are only prepared when we wear every single piece of the armour each and every day. And today Ephesians 6:15 says ¹⁵ For shoes, put on the peace that comes from the Good News so that you will be fully prepared. We are only fully prepared to stand firm when we put on our Good News shoes!

3) Bible Story + Lesson

Today I am going to show you a picture of something that the Bible calls BEAUTIFUL. Are you ready to see this beautiful thing? What do you think it is going to be? *(Let the children guess before showing them pictures of feet of people from your church that have told others about Jesus)*

Yes! Can you believe it God thinks these feet are beautiful!

Let's read Isaiah 52:7 and find out why.

How beautiful on the mountains are the feet of the messenger who brings good news, the good news of peace and salvation, the news that the God of Israel reigns!

What makes these feet so beautiful is that they belong to people who love Jesus and who have told others all about Him. *(Name the people and say who they have told to make it more real for the children.)* Have you ever told anyone about Jesus? If so, then turn to the person next to you and say, "God thinks my feet are beautiful".

The piece of armour we are learning about today are the Good News Shoes. Let's read Ephesians 6:15 to find out about them.

¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. (ESV)

¹⁵For shoes, put on the peace that comes from the Good News so that you will be fully prepared. (NLT)










The word "Gospel" means "good news". That's why in the armour of God the shoes are often called the GOOD NEWS shoes. This verse is saying when we are wearing these GOOD NEWS SHOES we will have **peace** with God and peace that we can share with others. It is also saying that when we are wearing these shoes we are **ready and prepared**!

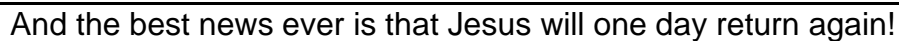
So, what is this GOOD NEWS?

Before we can talk about the good news we have to know what the BAD news is. The Bible reminds us that everyone has sinned. Yes, you and me and everyone here have all sinned. (Romans 3:23) That means we have all done things that are against God. Because we have sinned the Bible explains that we are now separated from God. That really is BAD news!

But now I am going to tell you some other things that the Bible says. If you think it is good news, then shout out "that's good news" and wiggle your beautiful feet to remind them to get ready to go and tell others this good news.

(Stick up the picture and afterwards get the children to shout out “That’s good news!” as they wiggle their feet)

<p>GOOD NEWS</p>  <p>God promised to send a savior so we don't have to be separated from God. Genesis 2:15</p>	<p>Right after the very first sin God immediately promised to send a saviour, so we don't have to be separated from God. (Genesis 2:15)</p>
<p>GOOD NEWS</p>  <p>God ALWAYS keeps His promise Numbers 23:19</p>	<p>And do you know that God always keeps His promise. (Numbers 23:19) Is that good news?</p>
<p>GOOD NEWS</p>  <p>God sent His son to save us. Acts 16:37</p>	<p>And God didn't just send anyone to save us, He sent is only son Jesus!</p>
<p>GOOD NEWS</p>  <p>Jesus died for our sins so we can be with God again. 1 John 2:2</p>	<p>But then Jesus died on the cross. That doesn't sound like very good news – but it meant that we didn't get the punishment that we deserve for our sin.</p>
<p>GOOD NEWS</p>  <p>Jesus is alive Revelation 1:18</p>	<p>And of course, we know that 3 days later Jesus came alive again and is still alive right now! (Revelation 1:18)</p>
<p>GOOD NEWS</p>  <p>The Holy Spirit lives in us and gives us power to tell the good news Acts 1:8</p>	<p>And when Jesus went back to Heaven, He sent the Holy Spirit to come and live inside of us and to give us power to tell this good news to other people. (Acts 1:8)</p>
<p>GOOD NEWS</p>  <p>Believing in Jesus is the only way to God in Heaven John 14:6</p>	<p>By believing in Jesus, He has made a way for us to be with God again for ever and ever! (John 14:6)</p>
<p>GOOD NEWS</p>  <p>We don't earn forgiveness, it is a gift from God. Ephesians 2:8</p>	<p>Because of what Jesus did we can be forgiven. The Bible reminds us that we don't need to earn forgiveness, it is a gift from God. (Ephesians 2:8)</p>
<p>GOOD NEWS</p>  <p>God NEVER STOPS loving us. 1 Chronicles 16:34</p>	<p>God of course wants us to try our very best to not sin again but if we do, He will still love us. In fact, the Bible says He will NEVER stop loving us!</p>



"Sing to the Lord; praise His name. Each day proclaim the good news that He saves.
Psalm 96:2"

We should share the good news of the gospel **each and every day**.

4) Review Questions:

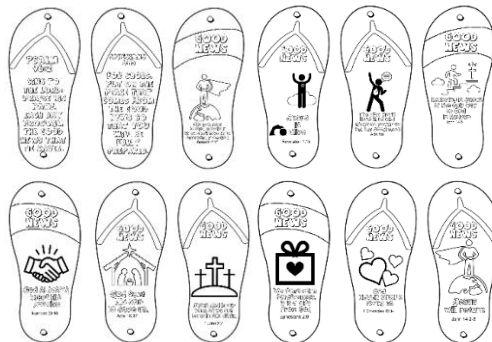
- What good news do you remember from today's lesson? What does that mean to you?
- Who are you going to tell this good news to? Are you prepared?
- How often should you tell the good news? (Every day)

5) Craft

*For fun remind the children that the Good News Shoes mean they need to be **ready** to share the good news at any time **every day**. Have a signal, either a sound or a song, where the children have to stop what they are doing and run and tell a different person one of the good news examples we learnt about today. Have the posters used during the story displayed to help them.*

Option 1: Did you hear the Good News?

Lay the “Good News” shoes across the room. Children take turns to jump from shoe to shoe and name what the good news is. Give them their own set to decorate and share with someone else. Each of the shoes can be strung in order and hung in the car or at home by the door to remind them to go tell someone the Good News.



Option 2: Good News Shoes

Children colour and decorate their shoes. The verses are then cut and stapled over to form a sandal.

Encourage the children to share the Good News every day.



Lesson 8: Prayer

Main focus for the lesson:

- God wants us to talk to Him all the time and about everything.
- Prayer is a way we can draw closer to God, and He will draw closer to us.
- Prayer is not complicated it's just C.H.A.T.ing to God.

1) Memory Verse

- 1 Thessalonians 5:17

“Never stop praying.”

Idea to teach the memory verse.

Play broken telephone. Have the children sit in a circle. Have one leader whisper the verse into a child's ear. The child whispers the verse into the ear of the child sitting next to them. Next, this child has to whisper what he or she heard in the next child's ear. This continues in the circle until the last person in the circle has heard the verse. Ensure that the last person is a leader, and they say the verse incorrectly.

The last leader changes the verse so that it ends up being wrong at the end.

E.g.: Never stop painting

Oh no, that's not right. Let's try again.

Again, the leader gets it wrong. “Never start praying”.

Oh no! The message got all muddled up again! Hang on. The leader then goes straight to the last leader and tells them the verse. Never stop praying.

Isn't it wonderful that we don't have to go through anyone else to speak to God! He loves it when we speak to Him all the time. And He hears what we say perfectly – it never gets muddled up. Speaking to God isn't our way of nagging Him to get what we want instead it shows that we depend on Him and trust Him to help us stand firm.

Get the children to repeat the memory verse after each question.

- What must I do when I feel scared? (Never stop praying)
- What must I do when I need something? (Never stop praying)
- What must I do when I'm going through a tough situation? (Never stop praying)
- What must I do when I feel worried? (Never stop praying)
- What must I do when I have exciting news to share? (Never stop praying)
- What must I do when life is going great? (Never stop praying)

2) Hands on

What you need:

- A glass
- A blown-up balloon
- A box of matches



This term we have learnt about standing firm. Let's pretend that this balloon is us. (*Hold the glass and try and balance the balloon on top but when you move it keeps falling off*) No matter

how hard we try – we won't be able to **STAND FIRM** on our own! But we have God to help us and just like we learnt from our memory verse today, He wants us to keep on speaking to Him.

Prayer is simply **talking** to God and **listening** to what He has to say. It's like having a conversation with a friend. You won't be good friends with someone and have a relationship with them if you never said anything to each other.

When we pray, we talk to God, and we can tell Him about everything. We don't have to be in a specific place, wear certain clothes or use big words. It's about telling God what we feel in our hearts, and He wants us to be ourselves.

Speaking to God/Praying is like lighting this match.

(Light a match and allow it to burn for a bit. Throw it in the glass and immediately place the balloon tightly over the glass. The match will die then wait a little bit for a vacuum to be created. This vacuum pulls on the balloon and attaches it to the glass.)



Do you see. The balloon is firm now. It isn't floating around and falling over anymore. When we pray and ask God to help us, and we rely on Him then we are able to **STAND FIRM**.

Isn't that amazing! This term we have learnt about the armour of God. Can anyone remember what the pieces of the armour are *(Allow the children to respond)*

When we read further in Ephesians 6, Paul tells us not to only put on the armour but to do something else really important and that is **TO PRAY**.

Let us read about that in Ephesians 6:18-20:

Pray in the Spirit at all times and on **every occasion**. Stay alert and be persistent in your prayers for **all believers** everywhere. And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike. I am in chains now, still preaching this message as God's ambassador. So, pray that I will keep on **speaking boldly** for Him, as I should.



The Bible tells us to pray for:

1. Every Occasion (yourself) God wants me to tell Him about everything that is happening in my life. All the good things and the bad.

(Flip it upside down over your head.)

2. All believers (Each other)

God wants us to pray for each other. *(Point the balloon at the children)*

3. Speaking boldly for Him – God loves it when we ask Him to help us and others to be brave. He wants to give us opportunities to tell people over here and over there and everywhere about Jesus. *(Walk around and move the balloon from side to side)*

Do you see no matter what situation we find ourselves in, if we pray and focus on God we will be able to **STAND FIRM**.

Spend some time in Prayer:

Pray in smaller groups with the children and help them to pray so that they can see it is easy to talk to God. Spend some time praying about the Points that Paul spoke about:

3) Bible Story + Lesson

We can use the word C.H.A.T to help us and also to remind us that praying to God is not difficult or scary. It's just talking/chatting to God.

C = Confess.

Confess means to tell. When we confess our sins, we are telling God that we know what we have done wrong, and we are sorry for doing wrong. God sent His only son, Jesus, so that we can be saved and so that our sins can be forgiven.

1 John 1:9

If we confess our sins, He is faithful and just and will forgive our sins and purify us from all unrighteousness.

A prayer example to help you:

Lord forgive me for the things that I did wrong today. Help me to always follow you and not the ways of the world so that I can do what is right.

H = Honour.

Honour means to respect and admire someone. When we honour God with our prayers, it is pleasing to Him. We can honour God by singing songs, dancing, drawing a picture or writing a poem to tell Him how wonderful He is. When we tell others of the amazing things God has done then we are also honouring Him.

Psalms 9:1

I will give thanks to you, Lord, with all my heart: I will tell of all your wonderful deeds.

A prayer example to help you:

Lord Jesus, I praise you and thank you for how you take care of me. God, you are faithful, loving, caring. I love you I will serve you; I worship you.

A = Ask.

This is the one that we all know how to do because it is easy to ask for things.

God knows our needs, and He promises that He will provide for all our needs. Asking God for help and asking Him to provide for our needs is something that God wants to hear.

This doesn't mean that we can't ask God for the things we would like to have or things we would like to happen. And if God spoils us with the desires of our hearts, then we are more than blessed.

A prayer example to help you:

Lord Jesus, you know what I need, and I ask that You please take care of me and provide for these needs. Bless me Lord and help me to glorify your name always for what I have as it all comes from You.

T = Thank

We should thank God for everything that we have or anything that we are grateful for.

Everything good comes from God and we should acknowledge these things to God in our

prayers. We should also give thanks through tough times because God cares for us and He loves us. He wants us to thank Him and love Him even when things might not be going our way.

1 Thessalonians 5: 16-18

Rejoice always, pray continually, give thanks in all circumstances, for this is God's will for you in Jesus Christ.

(Help the children think of things that they can be thankful for, as well as talking through some tough situations that they can still give thanks for.)

A prayer example to help you:

Lord Jesus, thank you for my family, friends, my home, my school, my teachers, clothes, toys, my health. Thank you for your love for me that is never failing and always the same. Thank you, Lord, that even though sometimes things are tough, that you love me, and you will give me comfort and strength that I need through any situation. Thank you God for sending your one and only Son to die for me so that I can have eternal life with You.

4) Review Questions:

- d) When can we pray to God? *(We can pray at ANY time of the day, we don't ONLY have to pray before meals or bedtime.)*
- e) Does God want us to use BIG and fancy words when we pray? *(No, God loves hearing prayers from our hearts, so if that means that it is a simple prayer to God, then that is perfect.)*
- f) Do you remember what C.H.A.T stands for? *(Confess, Honour, Ask, Thanks)*
- g) Why do we pray to God? *(It helps stand firm)*

5) Craft

Option 1: C.H.A.T prayer

Write down your own prayer to God using the word C.H.A.T to help you.

God loves it when we
CHAT with Him.
(Take some time now and write down your prayer)

C = CONFESS

H = HONOUR

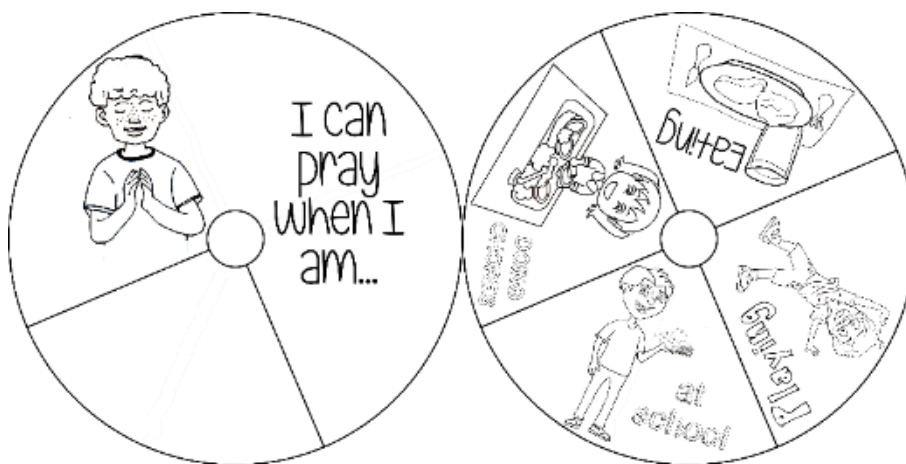
A = ASK

T = THANK

Write down anything else you would like to tell God about

Dear God.....

Option 2: Praying Spinner



Lesson 9: Armour of God Games Day

Main focus for the lesson:

- Have fun recapping the things we have learnt this term

1) Memory Verse

- Ephesians 6:14-17

“Stand your ground, putting on the belt of truth and the body armour of God’s righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.”

Idea to teach the memory verse.

Use this song throughout the term and then on the last lesson the children should be able to sing it confidently.

<https://youtu.be/QKjnjsLFgMc>

2) Station Games

Use some of these games or all of these games. Divide the children into groups and rotate them among the games.

Pin the armour on the character:

What you will need:

- Print out of character (laminated if possible)
- Printed and cut pieces of armour (laminated if possible)
- Blind fold
- Prestick



Instructions:

1. Blindfold the child.
2. Have the child try and stick all the pieces of armour on the character.
3. This can be played with multiple children at a time, each with their own character.
4. The first child to finish or the most accurate is the winner.

Obstacle course dress up relay:

What you will need:

- Plastic pieces of armour (Substitutes can be made if this is not possible – e.g., Belt = Rope, Sword = pool noodle, Shoes = Plastic packets, Breastplate = Large T-shirt, Helmet = Hat, Shield = A piece of cardboard)
- Obstacles (e.g., tables, chairs, cones, danger tape, hula hoops)

Instructions:

1. Divide the children into 2+ teams.
2. One person from each team needs to put on all their pieces of armour and go through the obstacle course.
3. Once they have completed the course they come back to their team and tag the next person.
4. The next child puts on the full armour and does the course.
5. The first team to have all their players through the course are the winners.
6. Leaders could be scattered throughout the course and they can shout out “What must you do to stand firm?”, to which the children reply, “Put on the full armour of God!”

Conclude: All the pieces of armour had to be worn before you could do the obstacle course. Each day we need to put on the full armour of God so that we can be ready and prepared for whatever challenges we may face.

Shield of faith (Water Balloon fight):

What you will need:

- X2 Buckets with water balloons/ Buckets filled with water and sponges
- An item for the children to protect (e.g. teddy bear, – this item will get wet)
- X2 big plastic sheets with the word “FAITH” written on them

Instructions:

1. Divide the children into teams.
2. Place each team on either side of the playing area.
3. Each team needs to protect their valuable item and get their entire team to the other side of the playing area.
4. The leaders will throw the water balloons at them.
5. The teams need to work together to hold up their plastic sheets like a shield.

Conclude: When we work together, we are able to get more done. God has put us in community so that we can encourage and help one another. When we work together, we can strengthen each other's faith.

6. Now have the children just enjoy a water balloon fight

Quiz:

What you will need:

- Quiz questions
- Bells

Instructions:

1. Divide the children into teams.
2. Ask the quiz questions.
3. When the teams know the answer, they need to ring their bell / they need to race to be the first to ring the bell in the middle of the room.
4. If the team answers correctly they score a point. If not, they are no longer allowed to answer, and the next team/s have an opportunity to answer and score the point.

Quiz question:	Answer:
Where in the Bible do we read about the armour of God?	Ephesians 6 (Verses 14-17) (Bonus point for the verse reference)
True or False? God wants us to use fancy words when we pray?	False
What piece of armour reminds us of Salvation?	Helmet
What does the colour yellow remind us of in the Salvation story?	We have eternity in heaven
What does Ephesians 6 say we need to put around our waists?	The belt of Truth
True or False? We don't need to pray long prayers to please God. Only prayers from our hearts.	True

What colour in the Salvation story reminds us that Jesus died for us?	Red
What piece of armour reminds us to spread the Good News?	Shoes
What does the colour black remind us of in the Salvation story?	We have all sinned
What does the colour white remind us of in the Salvation story?	We are forgiven
True or False? We can only talk to God on Sundays.	False
What colour in the Salvation story reminds us that God made us?	Green
What piece of armour reminds us of Righteousness?	Breastplate
What colour in the Salvation story reminds us that God has sent His Spirit to be our helper?	Blue
What is the sword of the Spirit?	The Bible
True or False? Asking God for all the things we want is the most important part of praying.	False
True or False? The armour of God can be seen with our physical eyes.	False

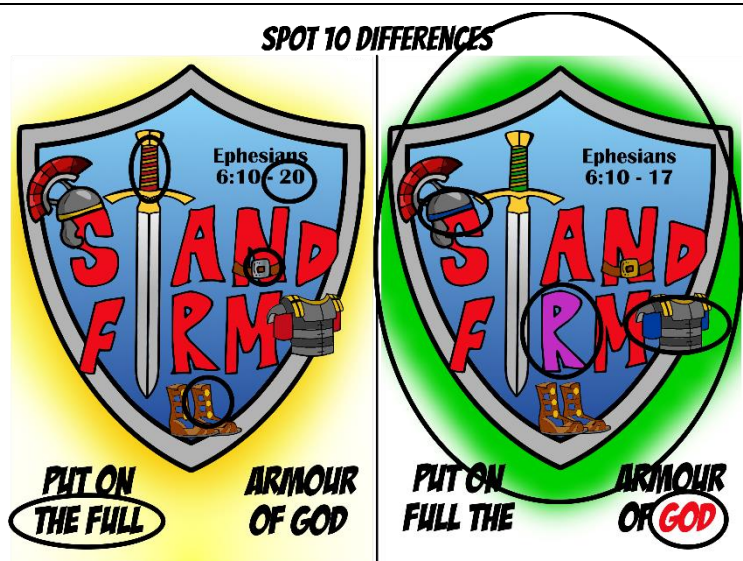
Spot the difference:

What you will need:

- Printed spot the difference sheets (Laminated)
- White board markers

Instructions:

1. Have the children race against each other to see who can find all the differences first.
2. Alternatively, this activity can just be left out for children to use during free play.



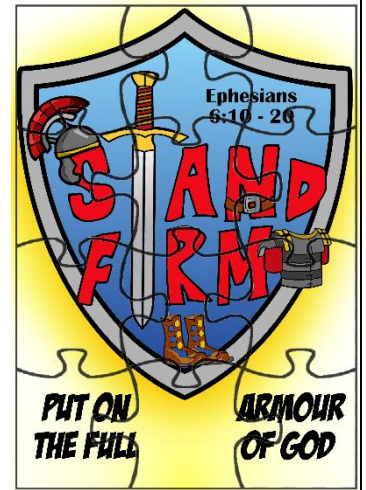
Puzzle:

What you will need:

- Printed and cut out puzzles (Laminated if possible)

Instructions:

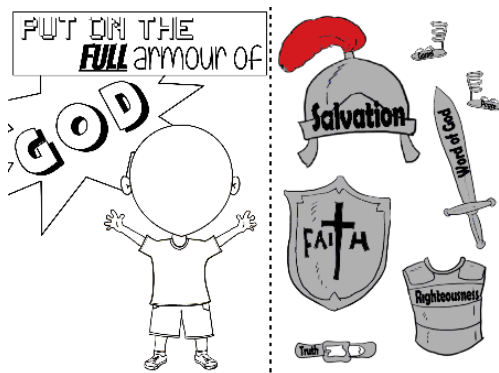
- Have the children race against each other to see who can build the puzzle first.
- Alternatively, this activity can just be left out for children to use during free play.



3) Crafts

Option 1: Put on the full armour of God

Colour in the character to look like you. Cut out all the pieces of armour and put on the full armour of God.



Option 2: Colour page



Option 3: Put out any leftover crafts from the term or reprint some crafts that the children enjoyed