

The Armor of God

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: God makes me strong.

Bible passage: Ephesians 6:10–18. Read it yourself before class.

Memory verse: "Put on the whole armour of God" *Ephesians 6:11 (KJV)*. The old word **armour** means armor, the gear that keeps a soldier safe.

You need: a Bible, a basket with a bike helmet, rain boots, mittens and a belt, a pot lid or tray for a "shield," crumpled paper balls, crayons, and one take-home sheet for each child.

Before class: bookmark Ephesians 6 in your Bible. Put the gear in the basket and cover it with a towel.

1. Opening game: What Is It For? (5 minutes)

Pull one thing at a time out of the basket. Ask: "What is this? What does it help us do?" (A helmet keeps your head safe. Boots keep your feet dry. Mittens keep your hands warm.) Let a child try each one on. Say: "God gives His children armor too. Armor is gear that keeps a soldier safe. Today we hear about God's armor."

2. Bible teaching (5 minutes)

Hold up your Bible open to Ephesians 6. Say: "This is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

A man named Paul worked for Jesus. He wrote a letter to God's people (Ephesians 1:1).

(Pretend to write.)

Paul said, "Be strong in the Lord" (6:10). *(Make muscles.)*

Say it with me: "God makes me strong!"

God gives us His armor (6:11). *(Knock on your chest.)*

The belt of truth (6:14). *(Pretend to buckle a belt.)* **Say it with me: "I tell the truth!"**

The breastplate. It covers your heart. It means doing right (6:14). *(Pat your chest.)*

Shoes, ready to tell the good news about Jesus (6:15). *(March in place.)*

The shield of faith. Faith means trusting God (6:16). *(Hold one arm up like a shield.)*

Say it with me: "I trust God!"

The helmet. God saves us (6:17). *(Pat your head.)*

The sword. The sword is God's Word, the Bible (6:17). *(Hold up your Bible.)*

Say it with me: "God's Word is true!"

Pray to God every day (6:18). *(Fold your hands.)*

Now we can stand strong (6:13–14)! *(Everyone stands up tall.)*

Say it with me: "I am strong in the Lord!"



3. Questions to ask (3 minutes)

1. Who makes us strong? (*The Lord, Ephesians 6:10*)
2. What is the sword? (*God's Word, the Bible, 6:17*)
3. When can we pray? (*Always, every day, 6:18*)

4. Memory verse (3 minutes)

Say: "God's Word says, 'Put on the whole armour of God.' Armour is armor, the gear that keeps a soldier safe." Teach the motion: pull on a pretend helmet, then sweep your hands from your head down to your feet. Say the verse with the motion three times: in a normal voice, in a whisper, and in a happy loud voice. Then say "Ephesians 6:11" and clap three times.

5. What this means for us (3 minutes)

Say: "God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."

Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

6. Activity: Shield of Faith (5–10 minutes)

Give each child a take-home sheet. In the drawing box, help them draw a big circle for a shield, and let them color it. Then take turns: one child holds the pot lid or tray "shield" while you gently toss soft paper balls. Each time the shield blocks one, everyone says, "I trust God!" While they play, ask: "What is the sword? Who makes us strong?"

7. Prayer

Say each line, and the kids say it after you:

"Thank You, God, for making me strong.

Help me tell the truth and trust You. In Jesus' name, amen."

Tips for little ones: keep it moving and let every child hold one piece of gear. If they get wiggly, stand up and do all the armor motions again from the belt to the sword. Send the take-home sheet home so parents can talk about the armor this week.

If a child asks about the devil or seems scared: answer simply and calmly. The Bible says the devil uses tricks (Ephesians 6:11), but God is stronger, and God takes care of His children. We are "strong in the Lord" (6:10).

