

The Armor of God

Sunday School Lesson for Kindergarten to 2nd Grade, 45 minutes

Main point: We are strong in the Lord when we put on the armor God gives us.

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

Memory verse: "Put on the whole armour of God, that ye may be able to stand against the wiles of the devil." *Ephesians 6:11 (KJV)*

You need: a Bible, two piles of dress-up items (a hat, a big shirt or jacket, a belt, slip-on boots), crumpled paper balls, crayons, and one take-home sheet for each child. If you have them: a belt, a pot lid or tray for a "shield" and a bike helmet.

Before class: put a bookmark in your Bible at Ephesians 6:11 and 6:17. Make the two piles of dress-up items.

1. Opening game: Gear Up Relay (5–10 minutes)

Make two teams, each with a pile of dress-up items to put on over their clothes. One child from each team runs to the pile, puts on every item, runs back, takes it all off and passes it to the next teammate. Then ask: *What gear do people wear to stay safe?* (Firefighters, builders, bike riders.) Say: "Today we will learn about armor God gives us. It is not made of metal, but it helps us stand strong."

2. Bible teaching: Put On God's Armor (10 minutes)

Hold up your Bible open to Ephesians 6, so the kids can see this comes from God's Word. Explain it in your own words:

Who wrote it? A man named **Paul**, an apostle of Jesus, wrote a letter to God's people in the city of Ephesus (Ephesians 1:1). An apostle is a messenger Jesus sent. Paul was a prisoner when he wrote it. He called himself "an ambassador in bonds," which means a messenger in chains (4:1, 6:20).

Be strong in the Lord. Near the end of his letter Paul said, "Finally, my brethren, be strong in the Lord, and in the power of his might" (6:10). **Brethren** means brothers and sisters in the Lord. Our strength comes from God, not from ourselves. Paul said to put on **the whole armor of God**, so we can stand against the "wiles," or tricks, of the devil (6:11). Our fight is not against people. It is against evil we can't see (6:12). So Paul said to take the whole armor and **stand** (6:13).

The armor: First, the **belt of truth**. The Bible says, "having your loins girt about with truth" (6:14). That means wearing truth like a belt around your waist. A belt holds everything together, and God's truth holds our life together. Next, the **breastplate of righteousness** (6:14). A breastplate is armor that covers the chest and the heart. **Righteousness** means doing what is right in God's eyes.



The teaching continues: Then the **shoes of the gospel of peace**. The Bible says our feet are "shod," which means they have shoes on (6:15). Shoes get us ready to go, and we are ready to go and share the good news about Jesus. Above all, the **shield of faith**, which stops "all the fiery darts of the wicked" (6:16). Fiery darts are burning arrows. When we trust God, lies and temptations can't knock us down. Then the **helmet of salvation** (6:17). A helmet protects our head, and salvation means God saves us.

Last comes the only piece that is a weapon: **the sword of the Spirit, which is the word of God** (6:17).

Read Ephesians 6:17 from your Bible. Say: "This is the sword. When we know God's Word, we can answer the devil's lies with the truth."

And Paul added one more thing: "Praying always" (6:18). Soldiers stay in touch with their leader, and we stay in touch with God by praying, for ourselves and for all God's people (6:18).

3. Questions to ask (5 minutes)

1. Who makes us strong? (*The Lord, Ephesians 6:10*)
2. Whose armor do we put on? (*The whole armor of God, 6:11*)
3. What is the belt made of? (*Truth, 6:14*)
4. What does the shield of faith stop? (*All the fiery darts of the wicked, 6:16*)
5. What is the sword of the Spirit? (*The word of God, 6:17*)

4. Memory verse: Armor Up (5 minutes)

Teach the verse with motions: *Put on* (pull on a pretend helmet) / *the whole armour of God*, (sweep your hands from head to feet) / *that ye may be able* (make muscles) / *to stand against* (stand tall, feet planted) / *the wiles of the devil*. (shake your head "no") *Ephesians 6:11*. Explain the old words: **armour** means armor, gear that protects a soldier; **ye** means you; **wiles** means tricks. Say it together three times, each time a little faster. Then let a few volunteers say it alone.



5. What this means for us (5 minutes)

Say: "The helmet of salvation reminds us that God wants to save us. God loves you very much. But everyone has done wrong things. The Bible calls that sin: 'For all have sinned, and come short of the glory of God' (Romans 3:23, KJV). That means none of us is as good as God. Jesus is God who came to earth as a man (1 Timothy 3:16). Jesus died for our sins, He was buried, and He rose again (1 Corinthians 15:3–4)! That is the gospel, the good news. The Bible tells us how to obey the gospel: 'Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.' (Acts 2:38, KJV) To **repent** means we are sorry for our sin and we turn away from it. We are **baptized**, buried all the way under the water, in Jesus' name, so our sins are washed away (Romans 6:4; Acts 22:16). **Remission** means God takes our sins away. And God fills us with the **Holy Ghost**, His own Spirit, and we speak in other tongues, words God gives us, just like the believers did in the Bible (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.

This week: every morning, "put on" one piece of armor: tell the truth, read a Bible verse, or pray before school.

6. Activity (10–15 minutes)

Choose one: the **armor of God word search** (vbshq.com/puzzles/armor-of-god-word-search), the armor of God coloring page or craft (vbshq.com/bible-stories/armor-of-god), or **Shield of Faith**: one child holds a pot lid, tray or book "shield" while the others gently toss paper-ball "fiery darts." Each time the shield blocks one, the class shouts a truth: "God loves me!" or "God is with me!" Take turns being the shield.

7. Prayer

"Dear God, thank You for giving us Your armor. Help us be strong in You, tell the truth, do what is right, trust You, know Your Word and pray every day. Thank You for loving us and coming to save us in Jesus. In Jesus' name, amen."

If a child asks "Is the devil real? Should I be scared?": answer simply and calmly. The Bible says the devil uses tricks (Ephesians 6:11), but we don't have to be afraid. We are "strong in the Lord, and in the power of his might" (6:10), and God gives us everything we need to stand.

