

**Lessons to
learn.**

**Armour of God
Week 2**

Thoughts

Today we are going to look at the 'armour of God' again.

Why? Because it is so important to know that God can protect and help us in every area of our life.

Last week, we looked at the shield of faith, the sword of the spirit and the feet fitted with the gospel of peace.

Can you remember the other items mentioned in the passage?

If not, have a read again.

Reading

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armour of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

Today, we are going to look at those other items.

Belt of truth

Breastplate of righteousness

Helmet of salvation

Can you tell me where the belt goes? Yes! it goes around your tummy; it holds up your trousers. Well when a soldier would wear a belt, it was a bit bigger than what we have, it would protect their middle section. It was also used to connect the upper armour and the lower armour. So, a belt was a very useful bit of armour.

The breastplate is a plate of metal, or strong leather piece that goes across your chest.

What do you think this piece protects? Your heart and lungs and other organs.

Finally, the helmet that goes on your head, and yes it protects your brain.

This armour isn't something that we can put on every morning when we get ready for school. We don't have a soldier's kit packed away in our cupboards.

All these different items show us how when we trust God, he can protect all these different areas. Not just our bodies, but the invisible parts of us, like our mind, our thoughts, the way we feel, if we are happy or sad, angry or frustrated.

God helps us to cope when people hurt us, he helps us not to react in a bad way, but to overcome bad things with good things. Good things like God loves us, he cares for us, he is with us etc.

When you feel sad, or hurt or frightened, you can remember that asking God for protection, asking him to help you remember what the armour means, will help you be strong.

Prayer

Dear God,

Thank you for showing us how we can be protected, from our head with a helmet, to our toes with the gospel of peace.

Help us to understand your truth, your peace and your protection.

Amen

Game

Scavenger hunt. (mums dads are you ready to give instructions?)

I want you to all have a go at dressing up as a soldier.

I'm going to call out each item, and I want you to run and find one item at a time and bring it back.

Once, you have all the items, put them on as your armour, and shout out..

"I am wearing the armour of God"

Ready get set go...

Sword.... hopefully from last week

Helmet any hat (or today's craft if you do this later)

Dads shoes.... The bigger the better

Shield... from last week

Belt... parents or their own

Breastplate....perhaps a scarf to wrap around their chests. Or breast plate if your kids have a play one

Now, put your armour on and shout

“I am wearing the armour of God!” I’d love to see pics!

Final talk

The bible finishes the passage by saying we should pray, we should be alert (keep watch) and pray for all Gods people.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.

Craft

Today you will be making the helmets, colour them in and use the white elastic. Try them on.

Extra crafts.

Bible Verse Review

Ephesians 6:10-11, KJV



Finally, my brethren, be

strong in the Lord, and in the

power of his might. Put

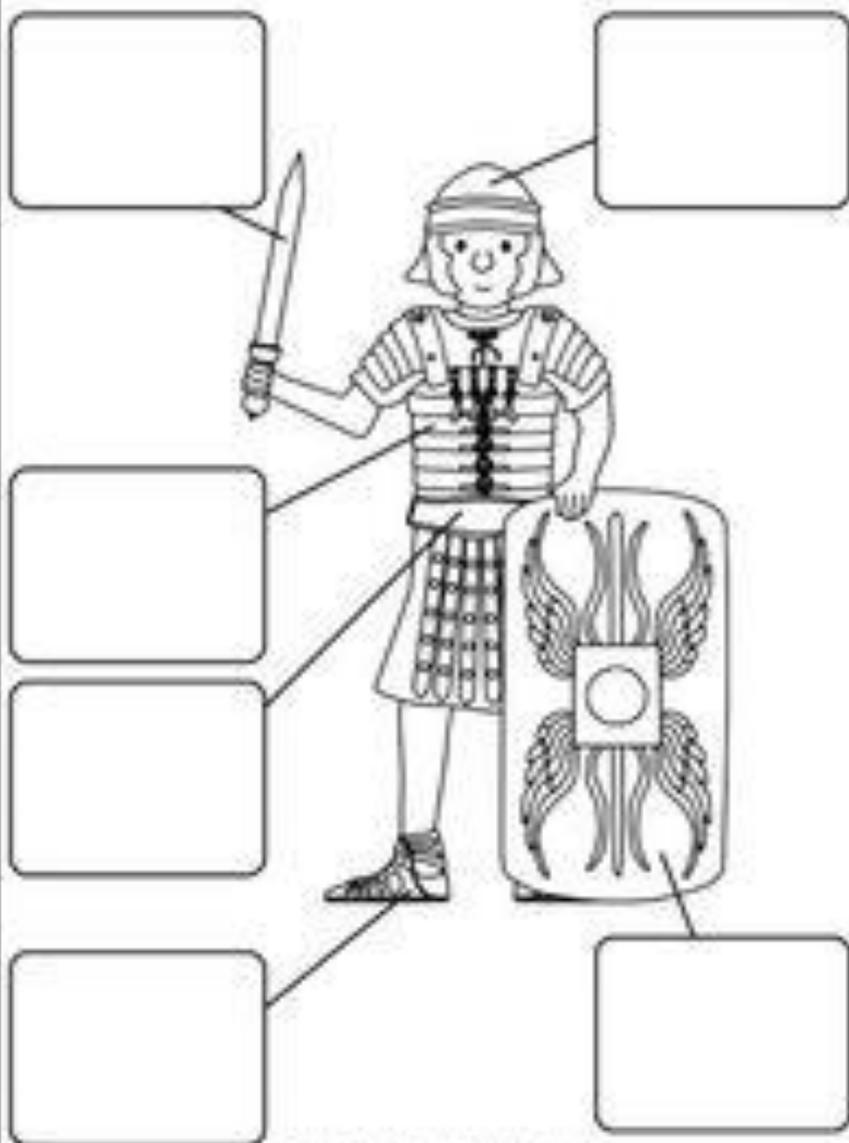
on the whole armour of God,

that ye may be able to stand

against the wiles of the devil.

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The Armour of God



Name _____

ARMOR OF GOD MATCHING

Draw lines to match the armor of God.

Belt of Peace

Breastplate of the Spirit

Sandals of Truth

Shield of Salvation

Helmet of Faith

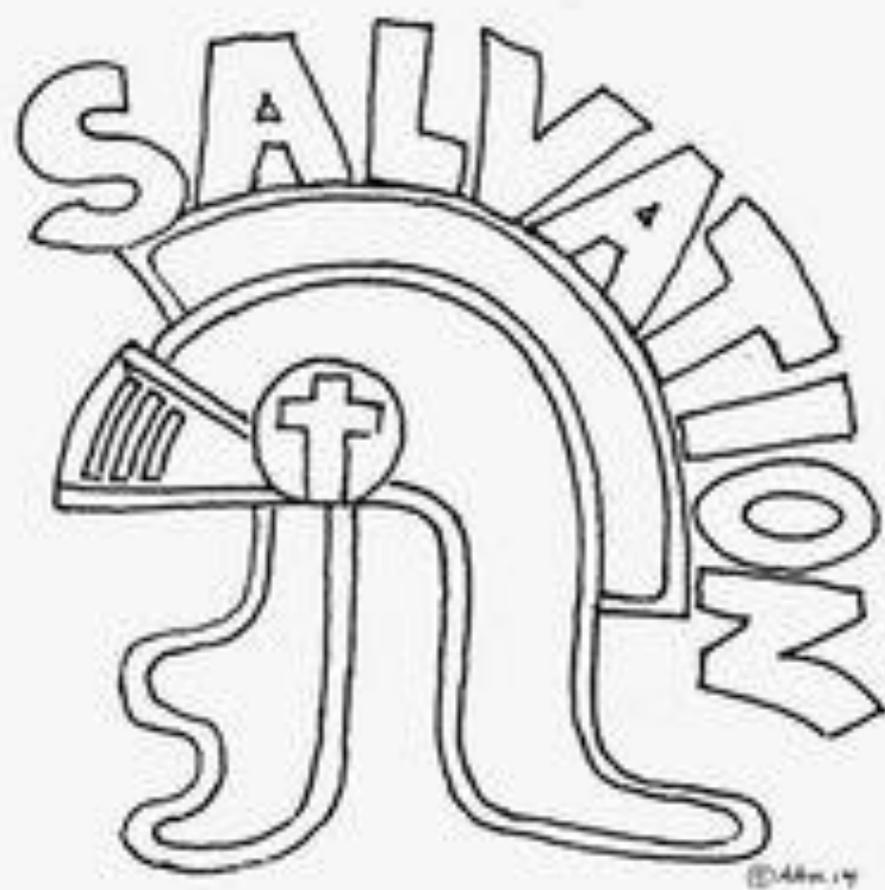
Sword of Righteousness

What we should do every day to get our armor in place:

name: _____

Help the Knight Find the Tree House!





STAND FIRM THEN... TAKE THE
HELMET OF SALVATION AND
THE SWORD OF THE SPIRIT,
WHICH IS THE WORD OF GOD.

EPHESIANS 6:16,17

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