

Week one

Lessons to learn

Whom shall, I fear?

[Psalm 27:1](#) ¹The LORD is my light and my salvation- **whom shall I fear?** The LORD is the stronghold of my life- of whom shall I be afraid?

Talk about.

Do you sometimes feel afraid and scared?

Everyone, at some point has moments when they feel scared....even mummies and daddies!

What things make you feel scared or afraid?

Perhaps the dark, spiders, being alone, perhaps other people make you feel scared.

Jesus doesn't want you to be scared, he wants you to feel safe and happy.

We don't need to fear, because Gods words says, that Jesus is our light and salvation.

Sometimes it's good to protect ourselves. A man named Paul writes about wearing 'the armour of God' in the bible.

Can you think of a soldier from many years ago? Have a look at the picture to help you.

What kind of things do they wear or carry to protect them?

Today and next week, we are going to look at the armour and what each pieces means, and how it can protect us, not just our body, but the invisible parts that make up who we are, like our mind, thoughts, actions etc.

The reading is:-

Ephesians 6:10-18 International Children's Bible, Wear the Full Armour of God

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 round 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.

Can you spot the different items in that reading?

Belt of truth

Breast plate of righteousness

Feet fitted with gospel of peace

Shield of faith

Helmet of salvation

Sword of the spirit

This week we are going to think about the sword, the feet with the gospel and the shield.

The bible calls the sword, the word of God. That means, when we know Gods word, the bible, and Gods promises, we can use them to fight again horrible thoughts.

The feet with the gospel. The gospel is good news that Jesus loves us, he died for us and is alive again. He wants to be your friend! We can remember the good news when we walk and go to different places.

The shield. The type of shield we are learning about was huge, almost as big as a man. It speaks about faith and what we believe. It is so important to have a real faith in Jesus because it is in him, we have victory!

Prayer

Dear God, thank you for the armour you give us. Help us to understand that it is not real things that we can hold, but they are real things that we can use with our hearts, minds and our soul.

Amen

Craft

Use the foam cut-outs to create a shield and a sword. Perhaps you could shout out "The Lord is my salvation, whom shall I fear!"

Extra activities

Draw around your feet, or use the template. Colour them in. or make them look like shoes.

Write on them, "The gospel of Peace"



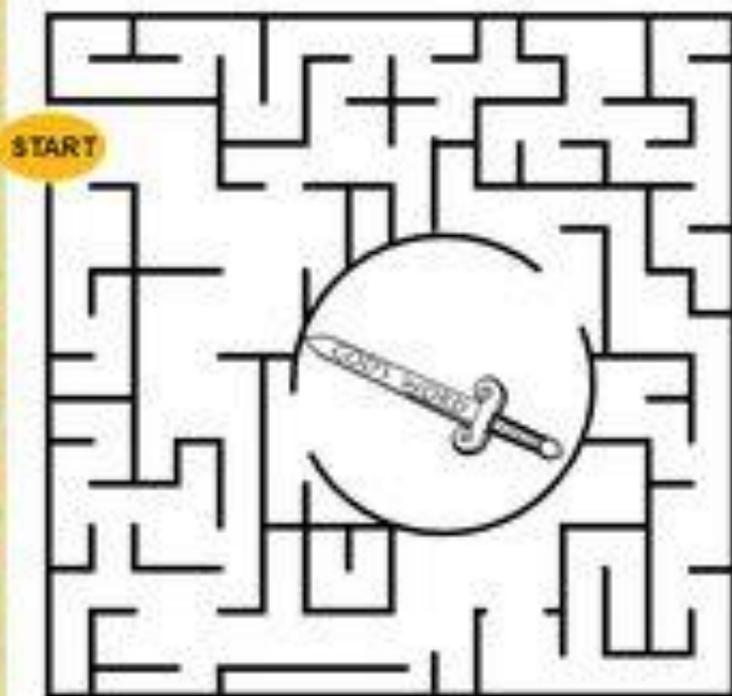
Armor of God



Ephesians 6:11-18

Sword of God's Word Maze

Find your way to the center of the maze and claim the sword.





Armor of God Wall Chart by RosePublishing

Zazzle

Put on the
whole

Armour
of God.
Ephesians 6:11