

LESSON 6 ARMOR OF GOD

LESSON AT A GLANCE

WONDER TRUTH: The Holy Spirit Gives Us Strength

SCRIPTURE: Ephesians 6

GOD'S BIG STORY: Paul encourages Jesus-followers to stand firm against the devil's evil plans by putting on spiritual armor and relying on the Holy Spirit for strength.

WORD OF WONDER: But you will receive power when the Holy Spirit comes on you. Then you will tell people about me in Jerusalem, and in all Judea and Samaria. And you will even tell other people about me from one end of the earth to the other. —Acts 1:8

CURIOSITY 15 minutes • Large Group or Small Group

Hands-on activities to spark curiosity and get kids thinking about the wonder of God

- Welcome Question: Who is the strongest person you know?
- Curiosity Questions
- Elementary Interactive Game: Who's the Strongest?
- Preteen Interactive Game: Armor Up!
- Declaring God's Wonder



BELIEF 25–35 minutes • Large Group

An interactive dive into Scripture that guides kids into knowing God, exploring His big story, and marveling at His wonder

- Prayer of Invitation and Worship
- God's Big Story: Hear It, Watch It, Experience It!
- Connecting the Wonder Truth
- In Awe of God's Wonder

FAITH 15 minutes • Small Group

An intentional conversation that helps kids see the wonder of God's story and how it connects to their own

- Word of Wonder Activity
- Discussion Questions for Elementary Kids and Preteens
- Small Group Prayer Time

IDENTITY 10 minutes • Large Group or Small Group

An interactive worship response activity that creates space for God to remind kids that they are known, loved, led, and their lives can tell of God's wonder

- Elementary Responding in Worship: Put on the Armor of God
- Preteen Responding in Worship: The Armor Project
- Blessing Your Kids

Wonder@Home™

Designed for families to engage in the wonder of God together at home. This resource includes a video, worship playlists, activities, and more!

INVITATION

We invite you to pause, listen, and shift your gaze toward the Father ...

LESSON AT A GLANCE

WONDER TRUTH: The Holy Spirit Gives Us Strength

SCRIPTURE: Ephesians 6

WORD OF WONDER: Acts 1:8

Most clubs are only for those who qualify.

Paul saw clearly what we sometimes forget: We're at war.

Your enemy is relentless, a mighty power in a dark, fallen world. He's cunning, vicious, and takes no prisoners. His goal is your destruction—and the destruction of every child you serve.

But here's good news: No enemy is stronger than God, and God has equipped you to stand firm in the fight. Read Ephesians 6:10–17, picturing yourself strapping on each piece of armor.

You're not a bystander in this war—as a follower of Jesus, you've been drafted into the fray. You're fighting to honor God, to carry His light into shadowed places.

Today you'll help kids understand they're in the battle too, and like you, they have nothing to fear. They are not alone. If they're standing with God, the Holy Spirit is with them and in them. And ultimate victory is assured ... though that won't keep the enemy from attacking.

So be diligent as you move through your day, prayerful as you prepare this lesson. Trust in the power of God but remember to keep that shield handy. There's too much at stake to be caught sleeping.

- Does the spiritual war around you seem real or unreal? Why?
- How prepared do you feel for battle? What would make a difference?
- What does victory look like?

—Mikal Keefer

Ministry Volunteer

Contributor to Wonder Ink

DID YOU KNOW?

FOUNDATION BUILDING BLOCKS

WHO?

Paul wrote Ephesians to address the realities followers of Jesus must face in a world that doesn't yet know Jesus as Lord. Jesus-followers are the new temple of God's Spirit (Ephesians 2:21–22). God resides in all believers and empowers them.

WHAT?

Truth, righteousness, peace, faith, salvation, and the Spirit are required to withstand spiritual attacks. These are not literal armaments: They are more like virtues that Jesus-followers can practice. Being peaceful, speaking truthfully, acting rightly, and building one another up in faith are defenses against darkness.

WHERE?

According to Paul, he is writing while in chains (Ephesians 6:20). As one of the so-called prison epistles, Paul wrote Ephesians while he was imprisoned for sharing the good news of Jesus. Astonishingly, Paul does not name his oppressors as his enemies.

WHEN?

Like Paul in the first century, Jesus-followers face many dark days, days when it looks like evil has the final say. But believers can be confident that God will make all things new and put an end to evil, because Jesus is and will return as King.

CONNECTING TO GOD'S BIG STORY:

Before His crucifixion, Jesus told His disciples, "In this world you will have trouble. But be encouraged! I have won the battle over the world" (John 16:33). Paul's words to the Ephesians point to the same truth: Evil attacks will come, but Jesus has overcome the devil through His death and resurrection!

Large Group or Small Group

Spark curiosity and get kids thinking about the wonder of God.

LESSON AT A GLANCE

WONDER TRUTH: The Holy Spirit Gives Us Strength

SCRIPTURE: Ephesians 6

WORD OF WONDER: Acts 1:8

Series Bumper and Countdown Videos

Choose between the [Power of the Spirit Series Bumper Video](#) and [Countdown Videos](#) to introduce the kids to the series.

Welcome Question

SUPPLIES: paper, coloring utensils, whiteboard (optional), dry-erase marker (optional)

Wonder Ink RESOURCES: Armor Welcome Question Slide

Before kids arrive, display the Armor Welcome Question Slide, or write the following question on a whiteboard: “Who is the strongest person you know?” Set out sheets of paper and colored pencils.



As kids arrive ...

Warmly welcome kids by name. Show them the Welcome Question and encourage them to tell each other about the strongest people they know. Read the question aloud for younger kids. Invite kids who love to draw to sketch pictures of the strongest person they know. Help kids get started by sharing about someone strong in your life.

At your start time ...

Welcome everyone and invite several kids to answer the Welcome Question: **Who is the strongest person you know?** If kids hesitate to raise their hands, invite everyone who ate cereal for breakfast to share an answer to the Welcome Question.

Today we’re going to hear about someone who can help us be strong, but it might be a different kind of strength than what you’re imagining. I can’t wait to share with you. But first, it’s time to be curious!

Curiosity Questions

Ask the following “I’m curious” questions. Say, “I’m curious ...” before each question and give kids a chance to think about and answer each one.

I’m curious ...

- What do you think it means to be strong?
- Do you think there are different types of strength? What is something you’re strong in?

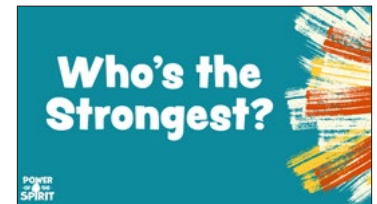
Elementary Interactive Game: Who’s the Strongest?

SUPPLIES: basket or box (1 per group of 10 kids), beanbags (10 or more per group of kids), masking or painter’s tape, canned foods (10 or more per group of kids, optional)

Wonder Ink RESOURCES: Who’s the Strongest? Slides, Armor Wonder Truth Slide

Ahead of time, place 10 or more beanbags in each basket or box. You’ll need one basket or box for every group of about 10 kids. Alternatively, use canned food instead of beanbags. (The key is to use objects that are light enough for an individual kid to carry but are too heavy for an individual kid to carry when combined with nine others of the same object.) Use tape to mark a finish line on the floor at the opposite end of the room from the basket of beanbags.

Display the Who Is the Strongest? Slide. Gather the kids into groups of about 10. If you have fewer than 10 kids total, work together as one group! Place a basket or box containing beanbags (or canned foods) in front of each group.



Today we’re going to complete a challenge! Each group has a basketful of beanbags (or canned foods) in front of them. For this challenge, your group needs to get the basket and all the beanbags across the finish line on the other side of the room. Point to the finish line. Here’s the catch: Your group can only make one trip across the room, and no one can lift the basket alone.

Instruct your volunteers to not allow any kid to carry the basket or box by himself across the room, even if the kid thinks she’s strong enough! Instead, encourage creative thinking. Some possible solutions include having multiple members of the group carry the basket together or emptying the basket, giving each kid a beanbag (or empty basket) to carry. Congratulate groups as they complete the challenge.

Display the Armor Wonder Truth Slide. **It was fun watching you complete this challenge together! Carrying those baskets by yourselves would’ve been really hard. However, when your whole group worked together, you were stronger. Sometimes, following Jesus can be challenging as well. Just like you needed your group to help you complete the challenge, God gives us someone to help us follow Jesus.**



God gives us the Holy Spirit! Today’s Wonder Truth is THE HOLY SPIRIT GIVES US STRENGTH.

Leader Tip: Help kids understand who the Holy Spirit is by sharing this: The Holy Spirit is God—our powerful, wise, and loving helper! The Holy Spirit is the presence of God with and in everyone who follows Jesus.

Preteen Interactive Game: Armor Up!

SUPPLIES: boxes (2 or more); various clothing items and protective gear such as bike helmets, shin guards, shoulder pads, jackets, sweatshirts, socks, mittens, baseball gloves, etc. (2 or more of each), disinfectant wipes or spray, timer, paper (optional), masking or painter's tape (optional)

Wonder Ink RESOURCES: Armor Up! Slide, Armor Wonder Truth Slide

Ahead of time, gather various clothing items and protective gear and place them in boxes. You'll need a box for every team (up to 10 kids per team), and you'll need the same number of items in every box. Items might include bike helmets, shin guards, shoulder pads, jackets, sweatshirts, socks, mittens, baseball gloves, etc. Disinfect protective gear (such as bike helmets) with wipes or spray before and after the lesson.

Display the Armor Up! Slide and gather the kids together. Help kids form two or more teams (up to 10 kids per team). There should be the same number of teams as prepared boxes. **Today your team is competing in a game called Armor Up! In your boxes are various items of clothing and protective gear. Your team will choose one person to armor up by putting on the most protective outfit possible! Let's choose who's going to armor up!** Give kids about 20 seconds to decide who on their teams will wear the "armor." Make sure each person selected is willing and is OK with other people helping them put on additional clothing and protective gear.



You'll have one minute to put your teammate in the most protective outfit possible! Ready, set, go! Set the timer for one minute and have kids begin. Feel free to add time to the clock if your groups are large or there is a lot of clothing and protective items in each box.

When time is up, call each team's representative to the front. To determine the winning team, choose one of these options:

1. Invite all volunteer leaders to huddle up and together decide which team's representative has the strongest armor. Consider also selecting winners in silly categories such as "most creative use of random items" or "most uncomfortable armor."
2. Invite team representatives to compete in a 30-second paper snowball fight while wearing their armor. Have all the kids wad paper up into "snowballs." Mark a center line on the floor with tape. Place all the snowballs along the center line and invite one kid to stand on each side of the line. Set the timer for 30 seconds and have the team representatives throw snowballs at their opponent. Whoever has fewer snowballs on her side of the line after 30 seconds wins!

Gather the kids together and announce the winning team. Team representatives can take off their armor. Display the Armor Wonder Truth Slide. **Great job helping your teammates armor up! In God's big story today, a Jesus-follower named Paul compares God's protection of us to armor or protective clothing. We can stand strong when difficult things happen because, as today's Wonder Truth states, THE HOLY SPIRIT GIVES US STRENGTH.**



Declaring God's Wonder

Wonder Ink RESOURCES: Armor Declaration Slide

Display the Armor Declaration Slide. Read each line boldly and invite kids to repeat after you.

Thank You, God, that You are good! (Kids repeat.)

You made me on purpose, for a purpose. (Kids repeat.)

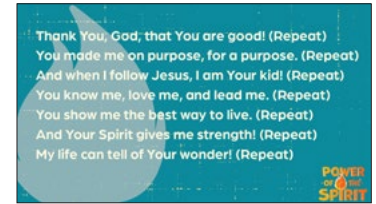
And when I follow Jesus, I am Your kid! (Kids repeat.)

You know me, love me, and lead me. (Kids repeat.)

You show me the best way to live. (Kids repeat.)

And Your Spirit gives me strength! (Kids repeat.)

My life can tell of Your wonder! (Kids repeat.)



LESSON 6 ELEMENTARY & PRETEEN

Large Group

Guide kids into knowing God, exploring His big story, and marveling at His wonder.

LESSON AT A GLANCE

WONDER TRUTH: The Holy Spirit Gives Us Strength
SCRIPTURE: Ephesians 6
WORD OF WONDER: Acts 1:8

Prayer of Invitation

Lead kids in a prayer of invitation before entering into worship and God's big story: **God, thank You for loving us and sending Jesus. Thank You for giving us Your Holy Spirit to help us live and love well! We pray that Your Holy Spirit will help us to understand Your message to us today. In Jesus' name, Amen.**

Worship

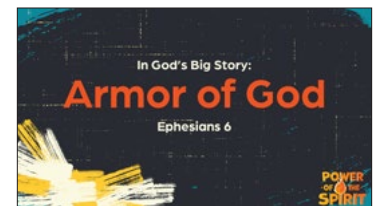
Wonder Ink RESOURCES: songs from the [Power of the Spirit Elementary Spotify playlist](#)

Today we'll hear about how we can be strong with the Holy Spirit's help. Let's thank God for the Holy Spirit as we praise Him now! Play songs from the [Power of the Spirit Elementary Spotify playlist](#) and encourage the kids to sing and dance as they praise God.

God's Big Story

Hear It, Watch It, Experience It!

This lesson includes three opportunities for your kids to enter the story—each one reinforces the others! **HEAR** it read directly from the Bible. **WATCH** it in a video. **EXPERIENCE** it through the live script.



SUPPLIES: Bibles (1 per kid)

Wonder Ink RESOURCES: Armor Title Slide, [Armor of God God's Big Story Video](#)

Display the Armor Title Slide. Explain to kids that today's story from the Bible is found in the New Testament. The apostle Paul wrote a letter to the church in Ephesus, and his words were included in our Bible to help us all these years later. Help kids find Ephesians 6 before reading together.

Let's start by reading part of God's big story directly from the Bible. Afterward, we'll watch and experience more of the story!

Read Ephesians 6:10–17 as kids follow along. Or ask two confident, willing readers to read part of the passage for the group: One can read verses 10–13 and one can read verses 14–17. Then do one or both of the following:

- View [Armor of God God's Big Story Video](#)
- Use the following Armor of God Experience It! Script

LESSON 6 ARMOR OF GOD EXPERIENCE IT! SCRIPT

SUPPLIES: wax sticks or pipe cleaners (about 10 per kid), Bible, interlocking brick toys (optional)

Wonder Ink RESOURCES: Armor of God Slide

During this Bible storytelling, kids will bend wax sticks or pipe cleaners into the shape of different pieces of armor. Alternatively, have kids create each piece of armor using interlocking brick toys (you'll need at least 10 blocks per kid).

Give about 10 wax sticks or pipe cleaners (or interlocking bricks) to each kid. Have them set their supplies in front of them. **Visual aids are things we look at to help us understand or picture a story. I need your help creating visual aids for today's part of God's big story! I'll pause several times during the story for you to create visual aids using the supplies I gave you. For now, leave your supplies in front of you (and don't touch them yet!).**

The apostle Paul was a follower of Jesus who traveled throughout the Roman Empire telling people about Jesus and His love. Paul wrote letters to Jesus' disciples, or followers, in many different cities, and some of those letters are now books in the Bible. In Paul's letter to Jesus-followers in the city of Ephesus, he gives advice about how to live in a way that honors God. Open the Bible to Ephesians and hold it up for kids to see.

Sometimes Jesus' followers can seem weak to those who don't know Him. After all, Jesus told His disciples to love their enemies and to pray for them rather than repaying them for the hurt they caused. Jesus blessed those who made peace with others. To many people, these actions look weak.

But Paul ends his letter to the Ephesians by encouraging the disciples to “let the Lord make you strong” and to “depend on his mighty power” (Ephesians 6:10). In reality, Jesus' disciples need to be very strong. The real enemies are not human beings, but spiritual forces under the leadership of the devil. The devil attempts to deceive us and to harm our relationship with God by leading us to sin—to say, do, and think wrong things that separate us from God. The Holy Spirit helps us resist the devil's sneaky plans. Paul compares the Spirit's protection against the devil's tricks to putting on a suit of armor. When we put on the armor of God, we can stand firm in our obedience to God.

Display the Armor of God Slide. The Jesus-followers reading Paul's letter would have been familiar with the armor that Roman soldiers wore during that time, which would have looked similar to the armor in this picture. Point to the slide.



Each piece of God's armor helps us guard against the devil and the forces of evil. First, Paul says to put the belt of truth around our waists. Knowing what is true helps us resist the devil's tricks more easily. Point to the belt labeled “Truth” on the slide. **Can you create the belt of truth using the supplies in front of you?** Give kids about one minute to create their belts of truth. Depending on supplies, they might create a belt large enough to actually wear or just a

small replica of one. Invite all the kids to hold up their belts when they are done. Affirm their creativity and have them set their belts in front of them.

Then Paul says to put on the breastplate of righteousness. We do this by trusting that Jesus has made us right with God. We have all sinned. But Jesus, who never sinned, died to heal our relationship with God and to make us innocent, like He is innocent. When we accept Jesus, it's as though we never sinned. The breastplate of righteousness protects us when the devil comes to accuse us of the wrong things we've done. Point to the breastplate labeled "Righteousness" on the slide. **Can you reform your belts into armor that covers and protects the chest? These will be our breastplates of righteousness!** Give kids about one minute to create armor using their wax sticks or pipe cleaners (or blocks). Invite them to hold up their finished armor and affirm their creative work! Have them set their creations in front of them.

Leader Tip: This Experience It! Script refers to the "breastplate of righteousness." This wording is found in the NIV translation of Ephesians 6:14. This verse in the NIV says, "Put the armor of godliness on your chest." Choose the wording that works best in your ministry!

God's armor also helps us be ready and prepared to share the story of Jesus with others. Just like we put on shoes to run quickly, we need to be prepared to tell God's story when we have a chance. By sharing God's story with others, we invite them to know God and His love for them. When we do that, we put a stop to the devil's tricks and plans in other people's lives. Point to the sandals labeled "Ready to Share the Gospel" on the slide. **Now let's create shoes that represent that we're ready to share God's story!** Give kids about one minute to create shoes using their wax sticks or pipe cleaners (or blocks). When they're done, have them hold their creations up for everyone to see. Affirm kids for their great work and have them set their creations in front of them.

The shield of faith is our belief in Jesus, which guards us against the devil's attack. Point to the shield labeled "Faith" on the slide and invite kids to make shields. After about one minute, have them hold up their shields. Then invite everyone to set their supplies back in front of them.

The helmet of salvation represents what Jesus does through forgiving us of the wrong things we do and healing our relationship with God. Accepting the salvation Jesus offers protects our minds against the devil's attempts to hurt us. Point to the helmet labeled "Salvation" on the slide and invite kids to make helmets. After about one minute, have them hold up their helmets. Then invite everyone to set their supplies back in front of them.

Finally, Paul says to take the sword of the Holy Spirit. The sword is God's Word, the things that God has spoken to His people throughout time and through Jesus. His Word is revealed to us in the Bible. Hold up the Bible. When the devil accuses us or tries to trick us, we can read God's Word to point out the devil's lies. Point to the sword labeled "God's Word" on the slide and invite kids to make swords. After about one minute, have them hold up their swords. Then invite everyone to set their supplies back in front of them.

Jesus' disciples are at war with the devil and his forces. We must resist the devil's tricks and plans against us and help others resist them too. But we're not alone in this fight. We're able to resist the devil because the Holy Spirit gives us strength.

Invite kids to straighten out their wax sticks or pipe cleaners (or disassemble their blocks). Consider sending the supplies home with kids and encouraging them to read Ephesians 6 with their friends or families, making each piece of armor as they go.

Leader Tip: The last piece of armor introduced in Ephesians 6 is the sword of the Spirit, which means the last piece of armor kids will create with wax sticks or pipe cleaners is a sword. Plan on having kids undo their swords at the end of the story so that they don't become a distraction during the rest of the lesson.

Connecting the Wonder Truth

Wonder Ink RESOURCES: Armor Wonder Truth Slide

Display the Armor Wonder Truth Slide. **Our Wonder Truth today is THE HOLY SPIRIT GIVES US STRENGTH. Where did you see our Wonder Truth in action in the story?** Allow kids to answer freely.



Before Jesus died on a cross, He told His disciples, "In this world you will have trouble. But be encouraged! I have won the battle over the world" (John 16:33). Paul's words to the Ephesians point to the same truth: Evil attacks will come, but Jesus has overcome the devil through His death and resurrection!

In Awe of God's Wonder

Spend a few moments allowing kids to think about the wonder of God's story.

As you ask each of these questions, invite kids to close their eyes and imagine putting on that piece of armor. (They can even quietly act out putting each piece on!) Pause after each question for kids to think quietly before they share. **What do you think Paul means when he tells Jesus-followers to wear the belt of truth? The breastplate of righteousness? The shield of faith? The helmet of salvation? The sword of the Holy Spirit?**

LESSON 6 ELEMENTARY & PRETEEN

Small Group

Help kids see the wonder of God's story and how it connects to their own story.

LESSON AT A GLANCE

WONDER TRUTH: The Holy Spirit Gives Us Strength

SCRIPTURE: Ephesians 6

WORD OF WONDER: Acts 1:8

Word of Wonder Activity

WORD OF WONDER

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

—Acts 1:8 (NIV)

WORD OF WONDER

But you will receive power when the Holy Spirit comes on you. Then you will tell people about me in Jerusalem, and in all Judea and Samaria. And you will even tell other people about me from one end of the earth to the other.

—Acts 1:8 (NirV)

SUPPLIES: Bibles (1 per kid), scissors (prep only)

Wonder Ink RESOURCES: Footprint Sheets NirV or NIV (1 per small group), Word of Wonder Slide (optional), [Elementary Word of Wonder Video](#) (optional)

Ahead of time, print one set of the Footprint Sheets NirV or NIV for each small group. Cut out the footprint on each page. Shuffle the sheets in each set so they're out of order.

In our Word of Wonder for the Power of the Spirit series, Jesus tells His disciples they are going to receive power to tell people everywhere about Him. The Holy Spirit gives us strength! Let's say the verse together. Open your Bible to Acts 1:8. If possible, display the Word of Wonder Slide or watch the [Elementary Word of Wonder Video](#). Encourage kids to read Acts 1:8 several times together.

Today we've learned that we can receive the Holy Spirit's strength when we put on the armor of God. One of the ways the Holy Spirit gives us power is by making our feet ready to go tell others God's story. Let's put these footprints in order to help us remember our Word of Wonder! Set out the Footprint Sheets or give one to each kid. Have kids work together to put the footprints in verse order. Once they're in order, challenge kids to step carefully from footprint to footprint, saying the verse as they go.

Make It Inclusive: If there are kids in your group with limited mobility, invite the group to sit in a circle and put their footprints in order on the floor. Rather than step from footprint to footprint, kids can take turns reading the footprint in front of them.

Elementary Questions

- **Who wrote the letter to the Jesus-followers in Ephesus, which is called Ephesians in the Bible?** (Paul)
- **Can you fill in the blank? Paul compares the Holy Spirit’s protection against the devil’s tricks to putting on _____ .** (a suit of armor)
- **What are the pieces of the armor of God? Name as many as you can!** (belt of truth, breastplate of righteousness, shoes ready to tell God’s story, shield of faith, helmet of salvation, sword of the Holy Spirit)
- **What does the armor of God help us to do?** (Possible answers: stand strong against the enemy’s [the devil’s] tricky plans, stand firm in obedience to God, resist the devil’s tricks)
- **Who helps us stand strong against the devil’s tricky plans?** (the Holy Spirit)
- **When has the Holy Spirit helped you to be strong and do what was right?**

God gives His Holy Spirit to everyone who loves and follows Jesus! The Holy Spirit is God—our powerful, wise, and loving helper. And when we follow Jesus, the Holy Spirit is in us and with us, giving us strength to do what is right and to show others God’s love. Let’s talk with God in prayer now and thank Him for giving us strength!

Make It Inclusive: Modify some questions into yes/no format to help kids who struggle to understand and response to open-ended questions. For example, ask, “Did Paul write the book of Ephesians in the Bible?” (yes) and “Did Paul compare the Holy Spirit’s protection against the devil’s tricks to putting on a fancy hat?” (no).

Preteen Questions

- **Who was Paul writing to when he wrote about the armor of God?** (Jesus-followers in the city of Ephesus)
- **What are the pieces of the armor of God? Name as many as you can!** (belt of truth, breastplate of righteousness, shoes ready to tell God’s story, shield of faith, helmet of salvation, sword of the Holy Spirit)
- **How does each piece of armor help us with our struggle against God’s enemy, the devil?** (See Ephesians 6:14–17.)
- **What are ways that the devil might try to keep us from following God?**
- **When has the Holy Spirit helped you to be strong and do what was right?**
- **Think quietly about something you’re struggling with. What piece of the armor of God would most help you stand strong in this struggle as the Holy Spirit gives you strength?**

God gives His Holy Spirit to everyone who loves and follows Jesus! The Holy Spirit is God—our powerful, wise, and loving helper. And when we follow Jesus, the Holy Spirit is in us and with us, giving us strength to do what is right and to show others God’s love. Let’s talk with God in prayer now and thank Him for giving us strength!

Small Group Prayer Time

Invite kids to share prayer requests and pray for one another. Encourage them to think and share about areas in their lives where they need the Holy Spirit to help them to be strong. After kids share requests, you can invite several kids to pray for the group. If kids are not comfortable praying out loud, that's OK! You can lead this time of prayer.

LESSON 6 ELEMENTARY & PRETEEN

Large Group or Small Group

Create space for God to remind kids they are known, loved, led, and their lives can tell of God's wonder.

LESSON AT A GLANCE

WONDER TRUTH: The Holy Spirit Gives Us Strength

SCRIPTURE: Ephesians 6

WORD OF WONDER: Acts 1:8

Elementary Responding in Worship: Put on the Armor of God

SUPPLIES: cardstock, coloring utensils, kid-safe scissors (1 per kid), glue sticks (1 per kid)

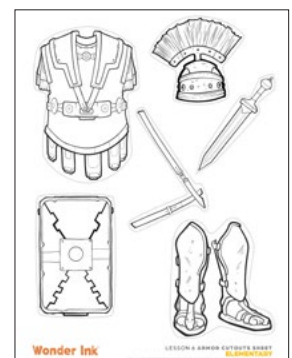
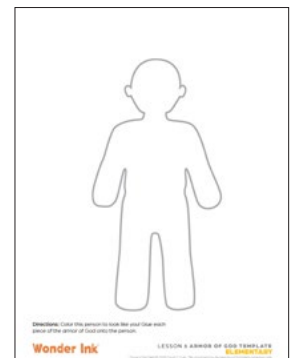
Wonder Ink RESOURCES: Armor Cutouts Sheet (1 per kid), Armor of God Template (1 per kid), Put on the Armor of God Slide, [Power of the Spirit Elementary Spotify playlist](#)

Ahead of time, print one copy of the Armor of God Template onto cardstock for each kid. Print one copy of the Armor Cutouts Sheet on regular paper for each kid.

Leader Tip: For Younger Kids. Cut out the pieces of armor on the Armor Cutouts Sheet ahead of time for younger kids and for any kids who struggle to use scissors. You might also pre-cut the armor to save time and shorten this activity.

Display the Put on the Armor of God Slide and gather the kids. **Today we learned that God doesn't leave us on our own to face struggles in life. God gives the Holy Spirit to all followers of Jesus! The Holy Spirit is God, and when we follow Jesus, the Spirit is with us and in us. The Holy Spirit helps us to stand strong when God's enemy, the devil, tries to harm our relationship with God. One way the Holy Spirit gives us strength is through the armor of God. Paul compared how Jesus-followers prepare for spiritual battles to how soldiers prepare for physical battles—by putting on armor. Like a soldier who is prepared for battle, we can be prepared each day to follow Jesus.** Give each kid a copy of the Armor Cutouts Sheet and set out coloring utensils.

Let's take time to remember each piece of the armor of God. As we talk about it, you can color it on your sheet. Talk through each piece of spiritual armor: belt of truth, breastplate of righteousness, shoes ready to tell God's story, shield of faith, helmet of salvation, sword of the Holy Spirit. For each piece, ask kids these questions and give them time to respond as they color:



- What do you remember about this piece of armor?
- How does it help protect us?
- How does it help us live God's way?

Leader Tip: Reread Ephesians 6:14–17 to remember what Paul wrote about each piece of the armor of God.

Now give each kid a copy of the Armor of God Template and invite them to color the person to look like themselves. As kids color, play music from the [Power of the Spirit Elementary Spotify playlist](#). As kids finish coloring, continue: **The Holy Spirit gives us the strength to stand strong when we put on the armor of God. Let's cut out the pieces of armor and glue them onto the person that looks like you! As you glue each piece on, talk with God in prayer. Ask Him to help you put on the armor of God so that you can stay strong when the enemy tries to trick you and harm your relationship with God. Ask God to help you remember that He loves you, died and rose again to save you, and that when you follow Jesus, you're God's kid forever!** Set out kid-safe scissors and glue sticks. Give kids time to cut out their armor pieces and glue them onto their person templates. Circulate throughout the room during this time, praying quietly for each kid by name. When kids finish, encourage them to take their sheets home as a reminder to put on the armor of God every day!

Make It Inclusive: Provide a variety of drawing utensils to benefit kids of varying fine motor skill levels. For example, markers require less muscle strength/pressure than crayons or colored pencils. If possible, also have simple adaptive tools on hand, such as pencil grips.

Preteen Responding in Worship: The Armor Project

SUPPLIES: various art and craft supplies (i.e. butcher paper, thin cardboard from cereal/food boxes, cardstock, construction paper, aluminum foil, yarn and/or ribbon), coloring utensils (including markers), duct and/or masking tape, glue, kid-safe scissors

Wonder Ink RESOURCES: The Armor Project Slide, Armor of God Slide, [Power of the Spirit Elementary Spotify playlist](#)

Ahead of time, gather supplies that kids can use to create one piece of the armor of God, such as butcher paper, thin cardboard (such as cereal and other food boxes), cardstock, construction paper, aluminum foil, and yarn and/or ribbon. Have these and all other supplies set out and ready.

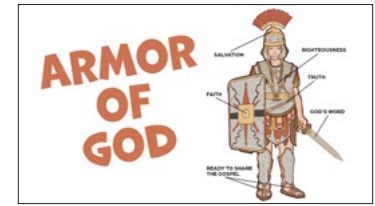


Display The Armor Project Slide and gather the kids. **Today we learned that God doesn't leave us on our own to face struggles in life. God gives the Holy Spirit to all followers of Jesus! The Holy Spirit is God, and when we follow Jesus, the Spirit is with us and in us. The Holy Spirit helps us to stand strong when God's enemy, the devil, tries to harm our relationship with God. One way the Holy Spirit gives us strength is through the armor of God. Why do you think Paul used the example of putting on armor in his letter to Jesus-followers in Ephesus?** Give kids time to reflect and share. It's OK if they don't answer.

Paul knew that, as followers of Jesus, we would face struggles. And he knew that the people who first read his letter would understand the example of a soldier preparing for battle. So Paul

compared how Jesus-followers prepare for spiritual battles to how soldiers prepare for physical battles—by putting on armor. Like a soldier who is prepared for battle, we can be prepared each day to follow Jesus. Display the Armor of God Slide.

Let's take time to remember each piece of the armor of God. Talk through each piece of spiritual armor as you point to it on the slide: belt of truth, breastplate of righteousness, shoes ready to tell God's story, shield of faith, helmet of salvation, sword of the Holy Spirit. For each piece, ask kids these questions and give them time to respond:



- What do you remember about this piece of armor?
- How does it help protect us?
- How could this piece of armor help you this week?

Leader Tip: Reread Ephesians 6:14–17 to remember what Paul wrote about each piece of the armor of God.

Now I invite you to think quietly about each piece of the armor of God. Ask each of these questions, pausing for kids to think quietly about their answers:

- What piece of armor do you find most interesting? Which are you most drawn to?
- Now think about your upcoming week. What is a hard situation you're facing?
- Which piece of armor do you think will help you most to stand strong with the Holy Spirit's help?

Your project is to create one piece of armor that represents the spiritual armor you need to put on this week. As you create, I invite you to talk with God in prayer. Tell Him about your upcoming week and anything that you're concerned about. Ask Him to help you put on your spiritual armor and to give you strength! Set out all the supplies and invite kids to create a piece of armor. There is no one right way to craft the armor, so kids can be creative! Play music from the [Power of the Spirit Elementary Spotify playlist](#) as kids create. Circulate throughout the room during this time, admiring kids' creations and praying quietly for each kid by name. Encourage kids to take their armor creations home as a reminder to put on that piece of the armor of God each day!

Leader Tip: If you have concerns about kids creating weapons, ask kids to create a piece of armor other than the sword of the Holy Spirit.

Make It Inclusive: Arrange for a volunteer to be available to help kids who struggle with fine-motor skills. The volunteer can help cut cardboard/paper and tie yarn/ribbon according to the kids' requests.

Blessing Your Kids

Wonder Ink RESOURCES: Armor Blessing Slide

Display the Armor Blessing Slide. Speak this blessing over your kids, as a group or as individuals. If you bless kids individually, insert each name into the blessing.

Blessing: God loves you so much and gives you His Holy Spirit when you follow Jesus! May the Holy Spirit—who is with you and in you—give you strength to stand strong as you put on the armor of God each day!

