

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: The Holy Spirit gives us power. —from Acts 1:8

Object Lesson: Helmet

Activity: Strength Challenge

Worship

God's Big Story

Word of Wonder

Prayer and Blessing

Activity: Put on Armor

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!

Object Lesson: Helmet

SUPPLIES: helmet (bike helmet, sports helmet, etc.)

Ahead of time, put a helmet somewhere in the room where it's obvious.

Welcome to church! I'm so glad you're here. I've hidden something in our room that is not usually here and looks out of place. Can you figure out what it is?

Allow kids to search around the room to find the helmet. Give them hints as needed. Once they find the object, bring it back to the middle of the room and let each kid look at it.

Who knows what this is? Allow the kids to respond. **It's a helmet! Do you know why we wear a helmet?** Allow the kids to respond. **It helps keep our heads from getting hurt! In God's big story today, we'll see how a helmet and other pieces of armor help keep us safe and strong. Armor is what a soldier wears during a battle to stay protected.**

Activity: Strength Challenge

SUPPLIES: objects that are easy for toddlers to lift (such as toys, pieces of clothing, hats, etc.)

Who do you know who is very strong? Allow the kids to respond. **Having strong muscles can mean someone can lift really heavy things. There are different ways of being strong. Some people have strong bodies and muscles. Some people have strong power inside of them, so they can do hard things and be strong against temptation to do wrong. Let's have a contest to see how strong we are.**

Place an object on the floor in the middle of the circle and ask a kid to lift it. Have the other kids cheer for them being strong. Let other kids in the circle have a chance to lift it, as well. Switch out objects as time and interest allows.

You're so strong! While we may be strong enough to lift things, sometimes we need another kind of strength. We need strength to help us be brave and powerful to follow God and live for Him. We'll learn today about how God gives us strength through the Holy Spirit.

Our Wonder Truth today is: THE HOLY SPIRIT GIVES US STRENGTH.

Encourage the kids to do the following motions while you repeat the Wonder Truth. Older toddlers can say the words with you as they do the motions.

THE HOLY SPIRIT—Move arms up and in a circle in front of your body, palms facing out.

GIVES—Hold your hands out in front of you like you're giving someone something.

US—Point at yourself.

STRENGTH—Flex your arm muscles.

Worship

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

Today we'll learn about how God gives us strength. Let's thank God for giving us strength and for giving us the Holy Spirit.

Play songs from the [Power of the Spirit Early Childhood Spotify playlist](#) and encourage the kids to sing and dance as they praise God.

God's Big Story

SUPPLIES: Bible

Wonder Ink RESOURCES: Armor and Soldier Picture, [Armor of God God's Big Story Video](#), Bible Story Picture (optional)

Ahead of time, print the Armor and Soldier Picture.

Our God's big story today is a story from the Bible that tells us how we can be protected. Let's find out from the Bible how we can be protected with armor from God. Can you say, "armor"? Pause to encourage the kids to say, "armor."

Show the kids the God's Big Story video, read the story from the Bible, or use the script provided. You can also print the Bible Story Picture to give the kids a visual depiction as you tell the story.



I need your help to tell today's God's big story! Every time I say a part of your body, you can point to it. So if I say, "mouth," show me where you'd point. Point at mouth. Right, you would point at your mouth!

God's big story tells us that just like a soldier wears armor to protect herself during battle, we can wear a kind of armor too. This special armor is from God, and it helps us be strong and protected. Look at the soldier wearing the armor. Hold up the picture of the soldier.

The helmet of salvation goes on our head (point at head and point out the helmet on the Armor Sheet) to help us remember that Jesus died so that we can be forgiven. We all sin and do wrong things. But Jesus didn't sin. He died and rose back to life to beat sin. When we trust in Jesus, we can be close with God, and we can be forgiven.

The shoes of peace go on our feet (point at feet point out the shoes on the soldier) to remind us to tell others about Jesus wherever we go, whenever we can.

The breastplate of righteousness goes over our heart (point at heart and point out the breastplate on the soldier) to remember Jesus came to save us and to love God and others. It protects our hearts and helps us trust in Jesus.

The sword of the Spirit (point at a Bible and point out the sword on the soldier) is the Bible, which helps us know God and His truth. We can hear God's word with our ears (point at ears) and see it with our eyes (point at eyes).

The Holy Spirit is like our armor. When we trust in Jesus, the Holy Spirit comes to live inside of us and protect us and make us strong.

A soldier's armor protects the soldier so the soldier can be strong and brave. When we trust in Jesus and have the Holy Spirit, the Holy Spirit makes us strong and brave too!

Word of Wonder

SUPPLIES: Bible

Wonder Ink RESOURCES: Power of the Spirit Word of Wonder Slide or [Video](#) (optional)

WORD OF WONDER

The Holy Spirit gives us power.

—from Acts 1:8

Display the Word of Wonder Slide or [Video](#), if using. **Our Word of Wonder for the Power of the Spirit series is from Acts 1:8. Let's practice saying the Word of Wonder together.**

Encourage the kids to do the motions and say the verse with you.

- **THE HOLY SPIRIT**—Move arms up and in a circle in front of your body, palms facing out.
- **GIVES US**—Point to yourself.
- **POWER.**—Flex your arm muscles.
- **FROM ACTS 1:8**—Hold your hands together as if opening a book.

Prayer and Blessing

Every time I say, “strength,” make strong arms and show your muscles. Let's pray and talk to God. God, thank You for sending the Holy Spirit to give us strength (strong arms). Thank You for helping us have strength (strong arms) in scary situations. We love You. In Jesus' name, Amen.

Encourage the kids to hold their hands in front of them, with palms up, as if their hands are open to receive something. Tell them to listen and receive the blessing as you speak it over them.

Blessing: We can wear the armor of God just like we learned in God's big story today. May you always remember to wear each piece of God's armor every day. And never forget that the Holy Spirit will give you strength when you're scared or in a hard situation. God is with you, and He strengthens you!

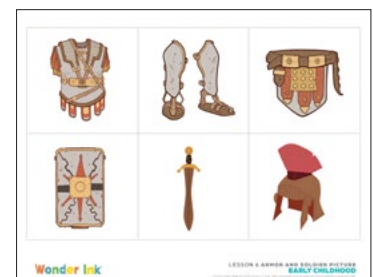
Activity: Put on Armor

SUPPLIES: scissors (prep only)

Wonder Ink RESOURCES: Armor and Soldier Picture

Ahead of time, print the Armor and Soldier Picture and cut out the armor pieces. **In God's big story today, we learned about the armor of God. Let's put the armor on the soldier and remember how God's armor protects us and makes us strong.** Invite the kids to find the pictures of each piece of armor as you talk about them and put them on the soldier in the picture.

Kind of like we have to get dressed and put on our clothes each day, God wants us to remember to put on the protection and love He gives us each day, through the Holy Spirit! We can trust the Holy Spirit to make us strong each day.



As the kids put the pictures of armor on the soldier, call out the pieces of the armor of God.

- **Belt**—The belt reminds us to always believe God’s truth to know what’s right.
- **Breastplate**—The breastplate reminds us to follow God and do what is right.
- **Shoes**—Shoes remind us to tell people about God wherever we go.
- **Shield**—The shield reminds us to believe in Jesus as our Savior.
- **Helmet**—The helmet reminds us that we’re loved and forgiven by Jesus when we trust in Him.
- **Sword**—The sword reminds us to know and believe God’s Word, the Bible.