

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

CURIOSITY 15–20 minutes

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

- Play Stations:
 - Belt of Truth Play
 - Soldier Play Dough Mat
 - Armor of God Coloring Sheet
- Curiosity Activity: How Strong Is It?
- Puppet Intro and Curiosity Questions
- Declaring God's Wonder



BELIEF 20 minutes

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: The Armor of God
- Connecting the Wonder Truth
- Word of Wonder: From Acts 1:8

FAITH 15–20 minutes

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

- Circle Time: Pieces of Armor
- Craft: Shield of Faith
- Game: Armor of God Relay

IDENTITY 15–20 minutes

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

- Responding in Worship: Holy Spirit Strength
- Prayer and Blessing
- Closing Game: Paper Wad Battle

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: From Acts 1:8

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!

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: From Acts 1:8

Play Stations

SUPPLIES: construction paper (1 sheet per 2-3 kids), scissors (prep only), coloring utensils, stamps and ink pads, stickers or sticky-back jewels, laminator, play dough

Wonder Ink RESOURCES: Armor and Soldier Picture (several copies), Armor of God Coloring Sheet (1 per kid)

Greet kids warmly as they arrive and briefly explain the play stations. Invite them to play at any of the play stations.

Welcome to church! While we're getting ready to start, you can play at any of these stations to help get ready for our lesson today. Do you have any ideas what we'll be learning about today?

Play Station: Belt of Truth

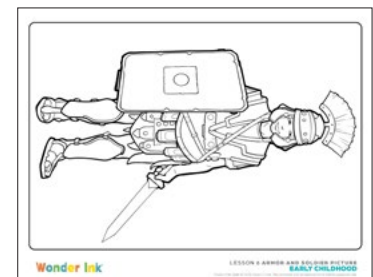
Set up: Ahead of time, cut out thick strips of construction paper (about 4" wide) for each kid and set out coloring utensils, stamps and ink pads, and stickers or sticky-back jewels.

Play: Let the kids use the decorating supplies to decorate their own "belt of truth." You can also write the words "Belt of Truth" on the strips of paper.

Play Station: Soldier Play Dough Mat

Set up: Ahead of time, print a few copies of the Armor and Soldier Picture and laminate them. Set out play dough.

Play: Invite the kids to put armor on the soldier using the play dough. They can make a helmet, boots, shield, sword, breastplate, and belt for the soldier.



Play Station: Armor of God Coloring Sheet

Set up: Ahead of time, print one copy per kid of the coloring sheet and set out coloring utensils.

Play: Let the kids color. The kids can also turn the sheet over and draw a picture of someone or something that's powerful.

Curiosity Activity: How Strong Is It?

SUPPLIES: paper towels (good quality, if available), wooden blocks, tissue or toilet paper (optional)

Who's the strongest person you know? Allow the kids to respond. **Those are strong people! Did you know that the Holy Spirit gives us strength? We're going to hear more in God's big story, but first, we're going to do an experiment to see how strong this paper towel is. How many blocks do you think we can place on this paper towel before it breaks?** Invite the kids to give their guesses of how many blocks the paper towel will hold. Choose two kids to help with this activity. Have each kid hold one side of the paper towel. Allow other kids to take turns placing blocks on the paper towels until the towel rips. You can use several paper towels together or fold the paper towels to make them stronger and then do the activity again. You could also experiment with different materials, such as tissue or toilet paper.

Wow! We were able to put more blocks onto the paper towel once we made it stronger. Was the paper towel as strong as you thought? What do you think would happen if we added more support by putting more sheets of paper towels together? Allow the kids to respond. **By ourselves, we aren't very strong, but God gives us strength.**

We'll learn today how the Holy Spirit gives us strength and helps us.

Puppet Intro and Curiosity Questions

Wonder Ink RESOURCES: Tac the Cat Picture or puppet

For this section, you can use the cat picture provided, or a stuffed animal cat, or a cat hand puppet.

Introduce the kids to Tac, the curious cat.

Leader: Here comes our friend Tac, the cat. He's always asking questions. I wonder if he has a question today.

Tac the Cat: Hi, kids! I am curious about something that I saw someone wearing ... Can you guess what it is?

Leader: A jacket?

Tac the Cat: No. It goes on a person's head.

Leader: Oh, a hat?

Tac the Cat: No, it sort of has a hat that goes with it. But it's a special type of hat that protects your head.

Leader: Oh, a helmet!

Tac the Cat: Yes, a helmet, but it's only part of what I'm curious about. It's not just a helmet like I see kids wearing when they ride bikes. I saw someone wearing a helmet that was shiny. And they had other things on too.

Leader: Oh, I know—armor!

Tac the Cat: Yes, that's what I'm curious about! What is armor, and why does someone wear it?



Leader: Soldiers wear armor to protect them during battles. It protects their whole body. Armor helps keep them safe from getting hurt. There are different pieces of armor, like a helmet to protect your head, a breastplate to protect your chest, and a shield to protect your body.

Tac the Cat: Do cats wear armor?

Leader: I don't know about that, Tac. But maybe that would be a good invention to protect from when dogs chase cats! You know what? This reminds me of our story today. Today we're going to learn about a special kind of armor.

Tac the Cat: What kind of armor? What makes it special? I'm curious!

Leader: It's a kind of armor that God gives to His followers to protect them and keep them strong. We'll learn all about it when we hear about God's big story today.

Tac the Cat: That sounds great! Well, I've got more exploring and thinking to do! I think I'm going to go look for a cat-helmet, so I don't get hurt when I fall, even though I always land on my feet.

Have you ever been curious about something? Let's take a moment and think: What do you wear that keeps you safe? Allow the kids to respond. What do you think would make you stronger or feel safer? Allow the kids to respond. We'll learn today about how strong God is and how God gives us strength and protection through the Holy Spirit.

Today's Wonder Truth is THE HOLY SPIRIT GIVES US STRENGTH. Today we'll discover how the Holy Spirit gives us strength!

Declaring God's Wonder

Wonder Ink RESOURCES: Early Childhood Declaration [Video](#) or Slide (optional)

Show the Early Childhood Declaration [Video](#) or Slide and encourage the kids to say the statements and do the motions with you.

Thank You, God, that You made me! (Kids repeat words and motions.)

Make prayer hands, then point up and then to yourself.

And I am Your kid! (Kids repeat words and motions.)

Put your hands on your hips.

Jesus loves me so much. (Kids repeat words and motions.)

Spread your arms out wide to your side one at a time, then pull them in for a hug around your chest.

His love for me is big. (Kids repeat words and motions.)

Hold your arms up high and wide above your head.

The Holy Spirit leads me, (Kids repeat words and motions.)

Bring your arms down from above, making a path in front of you.

And I can follow You. (Kids repeat words and motions.)

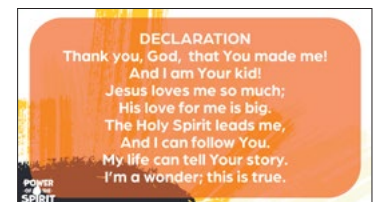
March in place like you're following the leader.

My life can tell Your story. (Kids repeat words and motions.)

Hold your hands in front of you like an open book.

I'm a wonder; this is true. (Kids repeat words and motions.)

Put your hands up, shake your fingers, and celebrate ("praise hands").





Curiosity

Belief

Faith

Identity

LESSON 6 EARLY CHILDHOOD

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: From Acts 1:8

Prayer of Invitation

Before entering into God's big story, lead kids in a prayer of invitation. Use the prayer here or your own words: **God, thank You for loving us and for calling us to follow You. You are good, and we trust You. Thank You for leading us and helping us. Help us find strength in You and not in ourselves. In Jesus' name, Amen.**

Worship

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

Today we'll learn about how the Holy Spirit is for all who trust in Jesus. Let's sing and thank God for 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: Bible Story Picture (optional)

Bible Time Rhyme

Say the Bible time rhyme (with motions) each week before the Bible story to remind kids that what they're about to hear is part of God's big story.

I open my Bible, and what do I see? (Hold your hands together, then open your palms, as if opening a book.)

God's big story, waiting for me! (Point to yourself.)

Hold up a Bible and show the kids. Tell them today's story comes from the Bible. Open a Bible and show them where the story is found in the book of Ephesians.

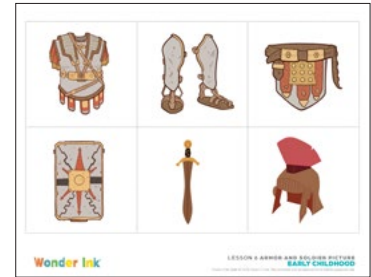
Let's hear part of God's big story, which comes from the book of Ephesians in the Bible, which is part of the Epistles in the New Testament.

Read the God’s Big Story script provided or read Ephesians 6:10–17 from the Bible. You can also print the Bible Story Picture to give the kids a visual depiction as you tell the story.

GOD’S BIG STORY SCRIPT

SUPPLIES: Bible, scissors (prep only), cardboard or posterboard (up to 3 pieces, optional), glue (prep only, optional), duct tape (optional), utility belt (or a regular belt, optional), shoes (optional), bike helmet or hardhat helmet (optional), toy sword (optional), toy shield (optional), sports chest padding (optional)
Wonder Ink RESOURCES: Armor and Soldier Picture, [Armor of God God’s Big Story Video](#)

Ahead of time, print the Armor and Soldier Picture and cut out each piece of armor. You’ll tell the story by placing pieces of armor on a volunteer (kid or adult). You can use the actual props or, if you prefer, you can create a breastplate, shield, or sword by cutting the shapes from cardboard or posterboard. If using real props, you’ll need a utility belt (or regular belt), shoes, bike helmet or hard hat helmet, toy shield, toy sword, and a cardboard breastplate (or use sports padding). You’ll also need a Bible.



Have you ever seen a soldier wearing armor? Allow the kids to respond. **Armor protects a soldier’s body in a battle. The story we’re going to hear today from the Bible talks about armor from God. We’ll hold up the pieces and put them on the soldier as we talk about it.**

Jesus went to heaven and sent the Holy Spirit to His followers, just like He promised. A man named Paul was a follower of Jesus. He traveled all around telling people about Jesus and His love. Paul wrote letters to Jesus’ disciples, or followers. Some of those letters are now books in the Bible. In Paul’s letter to Jesus-followers in a city called Ephesus, he gives advice about the best way for God’s kids to live.

Paul told the Ephesians to “let the Lord make you strong” and to “depend on his mighty power” (Ephesians 6:10). Jesus’ disciples need to be very strong. They need to stand up against God’s enemy. God’s enemy is the devil. The devil tries to keep people away from God. The devil tries to get people to sin, or do wrong things. Sin keeps people away from God. The Holy Spirit helps Jesus’ followers stay strong against the devil’s sneaky plans. The Holy Spirit is God’s powerful, wise, and loving presence. The Holy Spirit is God! Paul says the Spirit protects us like a suit of armor. When we put on the armor of God, we can be strong against the enemy, and we can obey God.

Each piece of God’s armor helps guard against the devil’s evil plans.

Hold up the belt and invite a kid to put it on the soldier (or on a child if using real pieces).

First, Paul says to put the belt of truth around our waists. Knowing what is true and what is not true helps us be strong against the devil’s tricks.

Hold up the breastplate and invite a kid to put it on the soldier (or on a child if using real pieces). **Then Paul says to put on the breastplate of righteousness. A breastplate goes over a soldier’s chest.**

We put on the breastplate by trusting that Jesus makes us right with God. We have all sinned. But Jesus never sinned. Jesus’ victory over sin and death fixed our relationship with God. When

we accept Jesus, it is like we never sinned. The breastplate of righteousness protects us when the devil tries to make us think we're bad because we've done wrong things. We can remember that Jesus makes us right with God!

God's armor also helps us be ready to share the story of Jesus with others. Paul says to put on the shoes of the gospel of peace.

Hold up the shoes and invite a kid to put them on the soldier (or on a child if using real pieces). **The gospel of peace is God's story. Show me how fast you could run in place if you were wearing super shoes.** Pause to allow the kids to run in place. **Just like we put on shoes so we're ready to run fast, we need to be ready to tell God's story when we have a chance. We can invite others to know God and His love for them.**

Hold up the shield and invite a kid to put it on the soldier (or on a child if using real pieces). **The shield of faith is our belief in Jesus, which guards us against the devil's attack.**

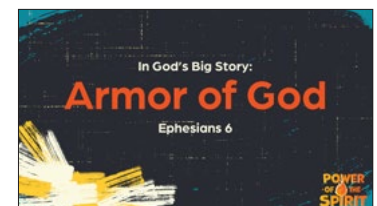
Hold up the helmet and invite a kid to put it on the soldier (or on a child if using real pieces). **The helmet of salvation stands for Jesus' victory over sin and death. Because Jesus died and rose again, we can be close to God! We can be saved from sin and live with God forever!**

Hold up the sword (and hold up a Bible) and invite a kid to put it on the soldier (or on a child if using real pieces). **Paul ends by saying to take the sword of the Holy Spirit. The sword is God's Word, His story written in the Bible. When the devil accuses us or tries to trick us, we can read God's Word to know what is really true.**

Jesus' followers are in a battle with the devil. We must be strong against the devil's tricks and plans and help others resist them too. We're not alone in this fight. We can resist the devil because the Holy Spirit gives us strength.

Thank the volunteer as you help him take off the various pieces.

VIEW THE GOD'S BIG STORY VIDEO



Connecting the Wonder Truth

Ask the following question to help kids connect the Wonder Truth to God's big story:

Our Wonder Truth today is **THE HOLY SPIRIT GIVES US STRENGTH**. Where did you see our Wonder Truth happen 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 wrote in Ephesians something kind of like that: **Bad things happen and the enemy of God, the devil, fights ... but Jesus has overcome the devil through His death and resurrection! We have Jesus on our side, and we'll win the battle.**



Word of Wonder

SUPPLIES: Bible scissors (prep only)

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

WORD OF WONDER
The Holy Spirit gives us power.

—from Acts 1:8

Before the kids arrive, print the Word of Wonder Sword Sheet, cut apart the pieces, and hide the pieces around the room.

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.**

Do you remember what the sword of Spirit is from today's story?

Allow the kids to respond. **The sword is God's Word, His story written in the Bible. When the devil accuses us or tries to trick us, we can read God's Word to know what is really true. We can trust God's Word, the Bible. We can memorize God's Word, and it will stay in our hearts and help us. That's why we're learning and remembering our Word of Wonder. Let's go on a hunt and find the pieces of the sword and put them together. Then we'll say the verse in big, strong voices, like soldiers.**

Give kids time to find the sword pieces. Once all the pieces have been found, have the kids put the pieces together to make a sword. **The Bible is God's Word, and this verse can help us remember that God gives us the Holy Spirit, and the Holy Spirit gives us power and strength.**

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.

Gather kids to discuss these questions:

- **Our Word of Wonder says the Holy Spirit gives us power. What do you think of when you hear the word power?**
- **Can you think of times when you've been tempted to do wrong and needed the Holy Spirit to give you power to defeat sin?**



LESSON 6 EARLY CHILDHOOD

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: From Acts 1:8

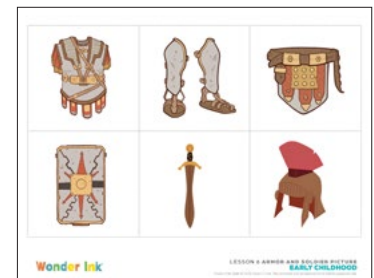
Circle Time: Pieces of Armor

SUPPLIES: scissors (prep only), bowl

Wonder Ink RESOURCES: Armor and Soldier Picture

Ahead of time, print the Armor and Soldier Picture and cut out the pieces of armor. Put the pictures in a bowl.

Gather the kids in a circle and place the bowl in the middle. **Today we learned that we need to be very strong so we can stand up against God's enemy, the devil. The devil tries to get people to sin, or do wrong things, and keep people away from God. The Holy Spirit helps Jesus' followers stay strong against the devil's sneaky plans. We can be strong against the devil's tricks. We're not alone in this fight. We can resist the devil because the Holy Spirit gives us strength. We'll take turns pulling out a piece of armor from the bowl, and we'll put each piece on the soldier. I'll ask you a question based on the piece of armor you pull out.**



Allow kids to pull one piece of paper out of the bowl and name the picture. Then ask them the corresponding question below.

DISCUSSION QUESTIONS

- **Helmet**—What does the helmet remind us? (The helmet of salvation stands for Jesus' victory over sin and death. Because Jesus died and rose again, we can be close to God.)
- **Belt**—What does the belt remind us? (When we know God's truth, we can be strong against the devil's tricks.)
- **Breastplate**—What part of the body does the breastplate protect? (our heart) What does it remind us? (trust that because Jesus died and rose again; we can be forgiven, and we can be right with God)
- **Shoes**—Where do these go? (on our feet) What do they help us do? (tell others about Jesus)
- **Sword**—What is a sword used for? (fight enemies) What does the Bible say is our sword? (God's Word, the Bible)
- **Shield**—What does a shield do? (protects us) Who should we trust to protect us? (Jesus)

Sometimes we feel weak or scared. But the Holy Spirit gives us power and strength. When you need help, you can ask God to help you! Let's talk to God now in prayer and thank Him for giving us strength through the Holy Spirit.

Invite kids to share prayer requests and praises and to pray for each other. Some kids may not be comfortable praying out loud. That's OK! Encourage them to pray silently and thank God for giving us the Holy Spirit. God hears all our prayers!

Craft: Shield of Faith

SUPPLIES: aluminum foil, scissors (prep only), paper plates (1 per kid), glue, duct tape, markers

Ahead of time, cut strips of aluminum foil into long and short rectangles so they can be placed on paper plates in the shape of a cross. You'll need one long and one short piece for each kid.

In God's big story, we learned all about the armor of God. We can wear God's armor by trusting Him and following Him. We don't need to try and be strong on our own. God will make us strong with the Holy Spirit. One of the pieces we learned about was the shield of faith. The shield of faith is our belief in Jesus, which guards us against the devil's attack. Let's do a craft to remind us to put on the shield of faith by believing in Jesus.

Give each child a paper plate and two strips of aluminum foil. Help the kids glue the long piece of foil onto the bottom of their plate. Show the kids how to glue the shorter strip of paper across the first piece to make a cross. Next, take a piece of duct tape and fold it in half for each child. Show them how to tape each side of the duct tape strip onto the front of their plate to make a handle for their shield. They can decorate their shields with markers. They may want to use their shields in the Closing Activity.



Leader Tip: Instead of making a cross, the kids can simply cover their whole plates in aluminum foil. Optional: You can tape a cardboard "handle" on the back of each plate, so it is more like a shield.

Take your shield of faith home as a reminder for you to wear your armor of God and know that God will make you strong through the Holy Spirit.

Game: Armor of God Relay

SUPPLIES: toy armor costume (optional)

Wonder Ink RESOURCES: Armor and Soldier Picture

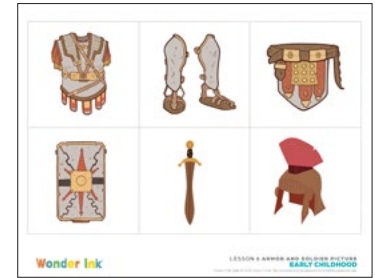
Ahead of time, print and cut out the armor pieces from the Armor and Soldier Picture, if you haven't already.

Place the pieces of armor on one side of the room and gather the kids on the opposite side of the room.

The Bible says that we can be strong in God and “depend on his mighty power” (Ephesians 6:10). The Holy Spirit helps Jesus’ followers stay strong against the devil’s sneaky plans. The Holy Spirit is God’s powerful, wise, and loving presence. The Holy Spirit protects us like a suit of armor. When we put on the armor of God, we can be strong against the enemy, and we can obey God.

Choose one kid to be the soldier. One at a time, have the other kids run down to the other side of the room, pick up one piece of armor, and bring it back to the soldier. Encourage the kids to help you place the piece of armor onto the soldier picture. Repeat with each piece of armor, allowing a different kid to run and get a piece of armor and bring it back each time.

I’ll choose one of you to be the soldier, and another kid will go to the other side of the room to get one piece of armor to bring back. He’ll help place the piece of armor on the soldier. Another kid will get another piece of armor and help put it on the soldier.



Leader Tip: You can play this game as a relay race with multiple teams competing at once.

Great job helping us put on the armor. Let’s name all the pieces and see if you can remember what they are. Review the pieces of armor with the kids and how each one helps us:

- **Belt of Truth**—Knowing what is true and what is not true helps us be strong against the devil’s tricks.
- **Breastplate of Righteousness**—We put on the breastplate by trusting that Jesus makes us right with God. We have all sinned. Jesus’ victory over sin and death fixed our relationship with God. The breastplate protects our hearts when the devil tries to make us think we’re bad because we’ve done wrong things.
- **Shoes of the Gospel of Peace**—Remind us to share the story of Jesus with others, wherever we go.
- **Shield of Faith**—The shield is our belief in Jesus, which guards us against the devil’s attack.
- **Helmet of Salvation**—The helmet of salvation stands for Jesus’ victory over sin and death. Because Jesus died and rose again, we can be close to God! We can be saved from sin and live with God forever!
- **Sword of the Spirit**—The sword is God’s Word, His story written in the Bible. When the devil accuses us or tries to trick us, we can read God’s Word to know what is really true.



Curiosity

Belief

Faith

Identity

LESSON 6 EARLY CHILDHOOD

Create space for God to remind kids that 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: From Acts 1:8

Responding in Worship: Holy Spirit Strength

SUPPLIES: scissors (prep only)

Wonder Ink RESOURCES: Holy Spirit Strength Sheet, song from the [Power of the Spirit Early Childhood Spotify playlist](#)

Print the Holy Spirit Strength Sheet and cut apart the cards. Print enough copies of the sheet so there is at least one card for each kid in the room. Place the cards in a circle in the center of the room and have the kids stand around the outside of the circle. You’ll need to station several leaders who can read near the cards and prepare to read the cards to kids during the activity.

Let’s take a few minutes to think about how the Holy Spirit gives us strength. I have several cards about times we might need God to give us strength.

We’re going to listen to worship music while we walk around the cards in the circle. When the music stops, stop at the card you’re closest to and pause for a leader to read it, then think about how you might need the Holy Spirit to help you be strong in that situation.

Play a song from the [Power of the Spirit Early Childhood Spotify playlist](#) and encourage kids to walk around the outside circle of the pictures. Periodically stop the music and have a leader read the cards to the kids, then give kids a few minutes to think about why they might need the Holy Spirit to give them strength in that situation. Ask one or two kids to share their answers out loud.

For example, you could ask why one might need the Holy Spirit’s strength when a friend is being mean. If they can’t come up with an answer, ask the rest of the kids for ideas.

It’s amazing that the Holy Spirit gives us strength even when we’re afraid.



Prayer and Blessing

After the kids finish their activity, pray with them and thank God for sending the Holy Spirit to give us strength.

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 hard situations and helping us be strong against the enemy. We love You. In Jesus’ name, Amen.

Encourage the kids to hold their hands out 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!

Closing Activity: Paper Wad Battle

SUPPLIES: paper plates (1 per kid); paper wads, cotton balls, or pom-poms (optional)

Give the kids each a paper plate to use as a shield. If kids made a paper plate shield in the Craft, they can use it here.

Today we learned about the armor of God. We learned that the armor protects us from the enemy and helps us to be strong in the power of the Holy Spirit. When we trust in Jesus and follow Him, He helps us and protects us. Let’s practice using shields and think about how God makes us strong! I’m going to throw paper wads at you, and you can use your shields to protect yourselves. Try not to let a paper wad hit you.

Allow the kids to have a paper wad battle while you toss paper wads at them. Encourage them to use their shields to try to protect themselves. For older kids, you can invite them to all engage in a paper wad battle and let them toss the paper wads at each other. You could also have them throw cotton balls or pom-poms.

Leader Tip: Make it a contest to see who can pick up the most paper wads at the end, so you aren’t left cleaning up the mess by yourself!