

Living for God



Bible verses:

Ephesians 6:10-18

Wear the full armour of God



Aim:

To explore Paul's picture of the armour of God



Today's fruit:

Self-control



In this session we will be looking at ways that Paul taught the Ephesians to protect themselves as Christians.

Paul wrote his letter to the Ephesians to help Christians learn how to follow Jesus and live as a united Church. In his letter he described the armour of God in detail and told the Christians to wear it every day for protection. The children will discover what each piece of armour means and then have a go at making their own.

Further along in the book of Ephesians we see more encouragement and instruction, but the emphasis is on the individual. It requires self-control and decision-making about how to live life according to God's will.

Each child will need:

- Junk material, scissors, glue, sticky tape, and decorating resources, eg paint, pens, paper
- Pens/pencils and paper
- *Explore It ideas* handout

You will need:

- Today's fruit sign: *Self-control*
- To display an enlarged image of the armour of God, eg
 - > **Colouring sheet** by biblestudyprintables.com
 - > **Colouring sheet** by sermon4kids.com



Start it

Ask the children if they can guess the job. There are three difficulty levels, and you can stop after whichever level you prefer. After the clue is given, there is a short delay before the answer is revealed.

Video

ESL Quiz: Can you guess the job? By ESLexpress (4:01)

Ask:

- Out of all the jobs in the quiz, which would you most like to do? Explain why.
- Which jobs needed special clothing or a uniform? Why was it needed?
- Which jobs need special clothing that protects the person from harm? Would you like to do a job like that? Explain why.

Say:

Lots of different jobs require protective clothing to keep the person safe. This may surprise you, but in his letter to the Ephesians, Paul talks about special clothing that Christians should wear every day. We'll find out more about it later in today's session.

Sing it

Say:

This week we are continuing our journey through Paul's letter to the Ephesians. Our last session focused on the unity within the Church. Today we see more encouragement and instruction, but the emphasis is on the individual. Our memory verse reminds us how God wants each of us to live our lives. Let's share it together.

Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 *NIV*)

Display the *Self-control* sign.

Discuss how the Holy Spirit can help us to be kind and compassionate to others. Share the song together based on our memory verse for this month.

Song

'Ephesians 4:32 Be kind and compassionate' (official lyric videos) by JumpStart3 (stop at 2:10)

Share it

Say:

Paul wrote his letter to the Ephesians to help them learn how to follow Jesus and live as a united church. Today we will be looking at ways that Paul taught the Ephesians to protect themselves as Christians.

Read:

'Finally, be strong in the Lord and in his great power. Wear the full armour of God. Wear God's armour so that you can fight against the devil's evil tricks. Our fight is not against people on earth. We are fighting against the rulers and authorities and the powers of this world's darkness. We are fighting against the spiritual powers of evil in the heavenly world. That is why you need to put on God's full armour. Then on the day of evil you will be able to stand strong. And when you have finished the whole fight, you will still be standing. So stand strong, with the belt of truth tied around your waist. And on your chest wear the protection of right living. And on your feet wear the Good News of peace to help you stand strong. And also use the shield of faith. With that you can stop all the burning arrows of the Evil One. Accept God's salvation to be your helmet. And take the sword of the Spirit - that sword is the teaching of God. Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all God's people.'

(Ephesians 6:10-18 *ICB*)

Say:

Understanding what Paul means when he says we should put on the armour of God can be challenging. We're going to watch and discuss a clip that will help us to understand what it all means.

Video

The armour of God (a Sunday school lesson for kids) by Douglas Talks (4:16)

Ask:

- Why did Roman soldiers wear armour? What was it like?
- What kind of battle are we in as Christians, and what kind of armour do we need?
- How many of the items of the armour of God can you name?

List and discuss each item of the armour of God based on Douglas's description.

The belt of truth

We wear the belt of truth by choosing to tell the truth and to stand up for what is true.

The breastplate of righteousness (on your chest)

If we follow God's commands and live by his ways, then this provides strong body armour to protect us.

The shoes of the gospel of peace (the Good News)

Wearing the shoes of the gospel of peace reminds us to always be ready to share Jesus' message with others.

The shield of faith

When we are clear about what we believe and why we believe it, our faith acts as a shield of protection.

The helmet of salvation

This is the most important piece of armour, as it protects our minds through the assurance that we are saved by Jesus Christ.

The sword of the Spirit

Our Bible, the word of God, acts as a sword against lies and deception. We can always trust God's word to tell us the truth.

Action it

Explain that the children can create their own version of a piece of the armour of God, making it clear what it is for, and personalise it. This is an opportunity to get creative. Provide junk material and decorating resources for the children to get creative with. When everyone has finished their creation, they can show it to the rest of the group.

Pray it

Say:

Although Paul doesn't specifically mention prayer as one of the pieces of the armour of God, it is obvious that prayer is extremely important for Christians. After describing each part of the armour, Paul says this:

Read:

'Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all God's people.'

(Ephesians 6:18 *ICB*)

Say:

We are going to follow Paul's advice and spend time in prayer to God.

Give each child a piece of paper. Ask them to divide the page down the middle and write 'Everything I need' at the top of one column and 'All God's people' at the top of the other column. The children can write or draw their prayer requests underneath each heading. A piece of music is provided if you would like to use it during the prayer time.

Listen

'By his name' (Hidden in my heart volume iii) by Scripture Lullabies (6:56)

Bring the session to a close in prayer.

Explore it

Remember to send home the *Explore It ideas* for children and families.



Living for God

Here are some ideas for you to explore at home.



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Aim:
To explore Paul's picture of the armour of God



Today's fruit:
Self-control



Explore

In today's session Douglas taught us all about God's armour. If you follow the link or do a web search, you will find options to choose other Douglas Talks clips describing each part of the armour of God. Choose one of the items and explore what it means.

The Armour of God for Kids by Douglas Talks



Teach

In this week's session, you learned an important lesson all about the armour of God. Create a mini-lesson to teach someone at home. Set a challenge to see if they have remembered everything you have taught them.



Song for the week

'Ephesians 4:32 Be kind and compassionate' (official lyric videos) by JumpStart3 (stop at 2:10)



Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 NIV)

LIVING OUT FAITH

Kids Alive! Online – salvationarmy.org.uk/kidsalive

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Children & Youth