



## **Big Idea**



### **Bible story Ephesians 6:10-18**

Did you know we have a uniform?

The Bible talks about how the world can be a really difficult and even sometimes scary place.

But in the middle of a lot of really hard things, we have protection!

We can stand up for things that matter and for people who matter because God is protecting us and helping us with everything we need.

Remember we talked about the Helper last week?

Well, one of the biggest jobs of the Helper is helping us to be brave when we need to stand up for those who need help!

So, as Christians, our uniform is given to us by God, and we are going to talk about what that uniform looks like today!

Each part of that uniform helps us in a different way

## **INSTRUCTIONS:**

Begin reading the Bible verse. When you get to verse 13, ask the kid(s) to stand up and mirror you as you act out the different parts of the armor.

- Belt of Truth(Hands on hips)
- Breastplate of Righteousness (Arms crossed over chest)
- Shoes/Sandals-Gospel of Peace (Run in place)
- Shield of Faith (Hands out in a stopping motion)
- Helmet of Salvation (Hands on head)
- Sword of the Spirit (One hand downward in a sweeping motion)
- Praying (Hands clasped in prayer)

## **Extra reading 2 corinthians 10: 3-4**

So, are we really putting on an actual Belt of Truth and carrying around a real Sword of the Spirit?

I think if you were carrying around a sword, people might get a little freaked out.

Just like we saw in that video, the parts of the armor of God are not real weapons like we might see in a real battle.

But they are spiritual weapons that God gives us for our protection and to help us live the life we're supposed to.

All of us have a shared purpose to love God and to love others.

The armor of God will help us do that every single day of our lives

## **Activity| Name that Uniform**

### **INSTRUCTIONS:**

Find five to seven images of different people in various types of uniforms, or pass out the Name That Uniform printable provided for you—you can have 2-3 kids share one copy.

## **Video|**

<https://youtu.be/eeeALPa8oxM>

**Prayer:**

God,

please help us to remember to put on the Armor of God every single day. We Know it protects us and helps us to go and tell others about you. Thank You so much for giving us everything we need to be brave and to face the tough things in this world

**Discussion:**

- What "uniform" should we put on as followers of Jesus?
- What are some of the parts of the Armor of God?
- Can you name what some of those parts do?
- 2 Corinthians 10:4 says that our weapons are not like real weapons, but they still help us in battle.
- What do you think that means?
- Why do we need the armor of God?
- How does the armor of God show us that God gives us everything we need?
- How will you put on the Armor of God this week?





