



Important Directions for Parents:

Below are the lesson notes and activities used by the teachers during the “Small Group” session of Kids Club. In your home, during this Covid-19 down time, you could adapt these activities to provide your children with additional, interactive things to do to reinforce the “Large Group” lesson materials provided on the webpage. The formatting and page breaks for these pages did not translate so well from their original electronic file, but you should be able to see how it works.

If you’d have questions, feel free to reach out. May the Lord guide your teaching. *Dr. Nelson*

LESSON: GOD'S ARMOR GIVES US STRENGTH

Leader Guide for Grades 3-6

 Ephesians 6:10-18

05/10/2020

Teachers Dig In

Dig In to the Bible

- Read: Ephesians 6:10-18
- In This Passage: In a letter to Christians who live in Ephesus, Paul instructs them on how to be strong. He tells them to put on God’s armor, which includes a helmet of salvation, body armor of righteousness, a shield of faith, and a sword of the Spirit, which is the Word of God. God gives us everything we need to stand strong!
- Bible Point: God is strong...
- Application: ...and we’re strong in him.
- Summary Verse: “A final word: Be strong in the Lord and in his mighty power” (Ephesians 6:10).

Dig Deeper

- You’ll Be Teaching: *God is strong.* Kids love to demonstrate their physical strength. Whether it’s a preteen boy jumping to hit a door frame or a preschooler carrying a heavy bag, kids value strength. Help them see that it’s important to be strong spiritually, too. In fact, standing strong in faith is *more* important than having big muscles.
- Think About: Think of a time you felt like God gave you strength. What happened?

Dig In to Prayer

- Ask God to help your kids put on their armor every day so they can stand strong in their faith.

Quick Tip

- This lesson is a great chance to teach kids the *why* behind Scripture memory. It's not about earning candy or other prizes; it's about being ready for battle! If we know God's Word, we can quote Scripture when lies and temptations threaten us. When it's about candy and prizes, kids often commit verses to their short-term memory, forgetting them once their reward is in hand. Help them store Scripture in their hearts so they can stand strong.

This Lesson at a Glance



LOW-ENERGY GAME

Kids use balloons to move cups.

Supplies

- uninflated balloons (1 per child)
- 12-ounce cups (3 per child)
- upbeat music (optional)
- music player (optional)
- timer (optional)



OBJECT LESSON

Kids make books stick together.

Supplies

- books, phone books, or catalogs (the thicker, the better!) (2 per child)



LIFE APPLICATION WRAP-UP

Kids pose like warriors as they pray.

Supplies

- Bible

**Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



LOW-ENERGY GAME

Filled With God's Strength

[10 min]

Supplies

- uninflated balloons (1 per child)
- 12-ounce cups (3 per child)
- upbeat music (optional)
- music player (optional)
- timer (optional)

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Use Balloons to Move Cups

Say: **We're discovering that God is strong, and we're strong in him. That means God's strength can fill us and make us so much stronger than we are with just our own strength. I have a game that'll give us a picture of that.**

- Form pairs. Give each pair six cups and each person an uninflated balloon.

- Pairs will set up their cups in a line, and the goal will be to move the first five cups so they're stacked inside the last cup.
- Kids can't touch the cups with their hands. The only thing they can use to move the cups is the balloon.
- Allow pairs to line up their cups on the floor and try to figure out how to lift the cups using only the balloons.
- Kids may figure out that they can slightly inflate the balloon while it's dangling inside the cup so they can then use the balloon to lift the cup, move it over the final cup, and then let the air out of the balloon so the cup lands inside the final cup.
- If after a few minutes kids haven't figured out the solution, you can show them what to do and then allow teammates to take turns using their balloons to move their cups into a nesting stack.
- If you have a timer, challenge kids to beat their own times in a second round.
- If you'd like, play upbeat music while kids play.

Talk About It

Ask: • **Why couldn't the uninflated balloons move the cups?**

• **How did you give the balloons the power to move the cups?**

Say: **You filled the balloons with air from your lungs, and then the balloons could do something they couldn't do on their own. That gives us a fun picture of what happens when God fills us with his power—we can do things we couldn't do on our own! God is strong, and we're strong in him.**



OBJECT LESSON

Strong & Stuck

[10 min]

Supplies

- books, phone books, or catalogs (the thicker, the better!) (2 per child)

Tip

- No books were harmed in the testing of this activity! We found that thicker books work best, so we used some Bibles that we had on hand. If you have a large class, consider doing this activity in pairs, requiring just 1 book per child.

Shuffle Pages

Hold up and flip through one of the books.

Ask: • **Would you say the paper in this book is strong? Why or why not?**

Say: **Sometimes we find strength in surprising places. I'll show you what I mean.**

- Give each child two books.
- Show kids how to shuffle the pages of the books like cards so the pages overlap each other a little over halfway. Demonstrate to begin so kids can see what to do. You don't have to overlap every other page exactly—shuffling several pages at a time works, too.



Pull Books Apart

Say: **Now let's try to pull the books apart. Can you do it?**

- Have kids try to separate the books by pulling them apart, holding the spines. Be sure to have the kids hold the books flat (horizontal with the ground) as they pull.
- If working in pairs, have partners each hold one book and try to pull them apart.

Talk About It

Say: **The books don't come apart easily, do they? We needed some strength to separate them. That's because of a scientific principle called *friction*. Friction is a force that holds things together when they touch. When we overlap the books' pages, the weight of both books combines and creates a lot of friction. The books were practically stuck together when they got close to each other.**

Ask: • **How does being close to God give us strength?**

Say: **These books aren't strong when they're apart, but when their pages are close together, they are. God is strong, and we find our strength when we're close to him. Jesus made a way for us to be close to God when he died on the cross and came back to life again. We grow closer to God the more time we spend with him.**

After wrapping up the conversation, have kids each lift one of their books vertically and carefully pull the pages apart.



Stand Firm

Supplies

- Bible

Stand and Pray

Read Ephesians 6:13.

Say: **God is strong, and we're strong in him. He gives us the strength to stand firm in battle. Let's practice standing firm as we pray.**

- Have kids stand, planting their feet firmly and posing like a warrior (whatever that means to them).
- Allow time for willing kids to pray aloud for strength.

Wrap Up

Pray: **God, thank you that we're strong in you! Help us put on your armor and stand firm. In Jesus' name, amen.**

Thank kids for coming, and encourage them to come back next week.