



## 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 4K-2

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 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



### HIGH-ENERGY GAME

Kids move water together.

#### Supplies

- gallon jugs (1 for every 4 kids)
- large towel (1 for every 4 kids)
- upbeat music (optional)
- music player (optional)

#### Easy Prep

- Fill gallon jugs with water and close the lids tightly. (The water doesn't need to be drinkable.)



### CRAFT

Kids make an armor of God game.

#### Supplies

- 3-ounce white paper cups (7 per child)
- washable markers
- "Armor of God Labels" handout (1 set of 7 pieces of armor per child) (download [here](#))
- Avery 1-inch Round Labels #6450 (1 page for every 9 kids)
- "Picture of Me" handout (1 per child) (download [here](#))

#### Easy Prep

- Make a sample craft to show kids.
- Print the "Armor of God Labels" handout on the Avery labels sheet. Then from that printed sticker sheet, cut 1 row of the 7 pieces of armor per child.



## OBJECT LESSON

Kids try to tear strong paper.

### Supplies

- 8½x11 sheets of paper (1 per child)

*\*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.



## HIGH-ENERGY GAME

[10 min]

### I Need Help

#### Supplies

- gallon jugs (1 for every 4 kids)
- large towel (1 for every 4 kids)
- upbeat music (optional)
- music player (optional)

#### Easy Prep

- Fill gallon jugs with water and close the lids tightly. (The water doesn't need to be drinkable.)

#### 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](#).

#### Try It Alone

Put kids in groups of four, placing two kids from each group on one wall and the other two opposite them against the other wall. Place a gallon of water on a towel in front of one pair in each group.

Say: **We learned today that God is strong. Someone who's strong can do a lot of hard things. Today we have some hard work to do. In your group, see how many times you can carry the water across the room.** Have each child take a turn trying to lift the jug on his or her own, being careful that kids don't hurt themselves.

## Move the Water

Say: **Since we have friends here with us, let's work together to move the water.**

- On your cue, encourage each pair that has a jug on their end of the room to work together to drag the water on the towel to the pair in their group at the opposite wall as quickly as possible.
- Have the kids on the opposite end drag the water on the towel back to the side of their room as quickly as possible.
- Have the first pair bring the water back to the opposite side.
- Challenge groups to see how many times they can get the water across the room until you say stop.
- If you'd like, play upbeat music while kids play.

## Talk About It

Say: **It was hard to carry all the water on your own. There are lots of things that we aren't strong enough to do alone.**

Share an example of something *you* weren't strong enough to do on *your own*, such as move a piece of furniture or carry something heavy. Be sure to share about someone who helped you or who you could've asked to help you.

Ask: • **What things are you not strong enough to do?** Kids may say carry something heavy, open a heavy door, or get out a heavy toy. As they share, encourage kids to think of someone who could help them, such as a parent, other adult, or older sibling.

Say: **When we aren't strong enough to do something on our own, we can always ask for help. Sometimes we're not strong enough to do all the things God asks us to do in the Bible, even though we want to. But God is always there to help us. He even gives us his armor to help us so we can be strong because he is strong.**



## CRAFT

### A Stack of Armor

[20 min]

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## Supplies

- 3-ounce white paper cups (7 per child)
- washable markers
- "Armor of God Labels" handout (1 set of 7 pieces of armor per child) (download [here](#))
- Avery 1-inch Round Labels #6450 (1 page for every 9 kids)
- "Picture of Me" handout (1 per child) (download [here](#))

## Easy Prep

- Make a sample craft to show kids.
- Print the “Armor of God Labels” handout on the Avery labels sheet. Then from that printed sticker sheet, cut 1 row of the 7 pieces of armor per child.



## Make the Armor

Say: **Today we talked about how God is strong and gives us his armor so we can be strong in him. Let's make a craft to remind us that God's armor helps us be strong.** Show kids the sample craft.

Give each child a copy of the “Picture of Me” handout, and set out some markers. Say: **Color this picture to look like you. Later we'll put some armor on you!**

After kids color the handout, give each of them seven paper cups and a strip of the seven armor stickers. Point out each sticker, and remind kids what it is in the order below. After you remind kids of each piece of armor, have them color it, and help them stick it to the bottom of a cup.

- Helmet—say: **This is the helmet of salvation. It reminds us that God saved us from all the things we have done wrong, and we can be forever friends with God.** (Kids color and stick the helmet to the bottom of a cup.)

- Body armor—say: **This is the body armor of righteousness that helps us choose to do the right thing.** (Kids color and stick the armor to the bottom of a cup.)

- Belt—say: **This is the belt of truth that helps us be honest and tell the truth.** (Kids color and stick the belt to the bottom of a cup.)

- Two shoes—say: **These shoes of peace remind us that God is strong, so we can have peace and not worry.** (Kids color and stick the two shoes to the bottom of two separate cups.)

- Shield—say: **This shield of faith helps us always keep believing that God's with us and he'll take care of us.** (Kids color and stick the shield to the bottom of a cup.)

- Sword—say: **This sword of the Spirit helps us always remember what the Bible says.** (Kids color and stick the sword to the bottom of a cup.)

## Put It On

After the kids have placed the stickers on the bottoms of the cups, say: **Now let's put our armor on the pictures of us. When I name a part of your body, put the piece of armor we wear on that part of the body in the picture.**

Name the parts of the body where the armor belongs one at a time, allowing kids to put their cups on their pictures.

Say: **Let's play a game with our cups.** Have kids stack all their cups. **When I say "go," put the armor on your picture as fast as you can. Ready...go!** Encourage kids to unstack and place their cups on their pictures.

Repeat this game several times, encouraging kids to mix the cups into a different order each time they stack them.

Say: **It's so amazing that God gives us all these wonderful things to help us be strong in him. We can be strong because God is strong. Thank God for giving us the armor to keep us strong!**



## OBJECT LESSON

[10 min]

### Strong Paper

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#### Supplies

- 8½x11 sheets of paper (1 per child)

#### Tear Paper

Say: **You don't have to be super strong to tear a piece of paper. See?** Hold up a sheet of paper, and tear it about halfway down the middle. **Now you try!**

- Give each child a sheet of paper.
- Have kids tear their paper halfway down the middle so it's torn but still in one piece. You may want to have extra paper ready in case kids *really* enjoy tearing and need a new piece for the second part of the experiment.

#### Fold Paper

Say: **Tearing the paper is easy! But there's a way for us to make the paper *super strong*. I'll show you!**

- Tell kids that you're all going to fold your sheets of paper together four times. Encourage kids to count with you as you fold.
- First fold the paper in half, near the tear. **One!**
- Then fold the paper in half again. **Two!**
- Fold the paper in half again. **Three!** Then have kids try to tear the paper. It'll be too strong to tear.
- If possible, have kids fold the paper in half one more time and try again to tear it. **Four!**

## **Review the Armor of God**

Say: **Folding the paper makes it strong. We can't tear it anymore! And God's armor makes us strong. Let's review the armor and fold our papers again.** Have kids unfold their paper and refold it as you review the armor of God.

- Fold the paper in half. **The belt of truth and armor of righteousness make us strong.**
- Fold the paper in half again. **The shoes of peace and the shield of faith make us strong.**
- Fold the paper in half again. **The helmet of salvation makes us strong.**
- If possible, fold the paper one more time. **And the sword of the Spirit makes us strong.**

Have kids try to tear the paper.

## **Talk About It**

Say: **God is strong. When we feel weak, God is strong and his armor will help us!**

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