



ARMOR OF GOD

EPHESIANS 6:10-17

GOAL

- ▶ **To teach children how to put on the full armor of God so that they are able to stand strong against the devil's evil schemes.** This lesson also aims to help them understand that struggles with fear, confusion, guilt, doubt, discouragement, and even rejection are not always against physical enemies, but many times are against the forces of darkness in the spiritual realm. In order to defeat this unseen enemy battle by battle, the belt of truth, the breastplate of God's righteousness, the Gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit must all be worn.
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CHARACTERS

- ▶ **The Soldier of God:** A warrior of righteousness who is warned that his struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world, and against the spiritual forces of evil in the heavenly realms. Because of this dark and constant battle, soldiers of God are commanded to be prepared and put on the full armor of God.
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MEMORY VERSE

- ▶ **Ephesians 6:11:** Put on the whole armor of God, that you may be able to stand against the schemes of the devil.



OVERVIEW

▶ **Read Ephesians 6:10–17:** This analogy of putting on the full armor of God follows the example of a Roman soldier and describes the necessary armor to defend against the attacks of the enemy and offensively overcome his evil schemes. It is a picture of a soldier fully equipped for battle and trained in the strategy to win. By putting on the full armor of God, the first thing the soldier puts on is the belt of truth, which is the foundation for every other item of warfare. The soldier will then put on the breastplate of God's righteousness, which gives the soldier protection against lies and accusations, because the perfect and holy righteousness of God is enough. The soldier's feet are fitted with the readiness of the Gospel, which gives the soldier strength and balance in battle, even in rough and uneven terrain. The soldier kneels behind the shield of faith, as the soldier believes every word of the great Commander. The helmet of salvation protects the soldier's head—the battlefield of the mind—where the enemy seeks control. Finally, the sword of the Spirit is the active and living Word of God that is powerful enough to not only pierce the enemy, but also to mortally wound him. It is God's Word that will make the final blow to end the reign of Satan forever.

SUGGESTIONS

▶ **Use the illustration provided to review each piece of armor worn by the Roman soldier:**

- 1. Belt:** The belt is the first thing the soldier puts on; it supports all other important pieces of armor and weaponry.
- 2. Breastplate:** The breastplate protects the soldier's vital organs, such as the heart and lungs. Without it, one blow from the enemy could quickly kill him.
- 3. Combat shoes:** Preparation with the right shoes—with superior traction and strength—will protect the soldier's feet and help to maneuver skillfully and swiftly against the enemy with confidence.
- 4. Shield:** The shield protects the soldier from arrows and blows of the enemy's sword. The soldier is ready to deflect at a moment's notice.
- 5. Helmet:** The helmet protects the soldier's head from the blows of the enemy's sword and the onslaught of fiery arrows.
- 6. Sword:** The skillful use of the double-edged sword is powerful and deadly against the enemy.



PRE-LESSON ACTIVITY

▶ **Marble Bounce** | *Supplies:* Marbles and chalk.

If you have a large group, divide into smaller groups. Draw a circle with chalk at least one foot in diameter. Scatter marbles inside the circle, but reserve one marble for each player. Have the first player stand outside the circle and, holding a marble with an outstretched arm at eye level, drop it down into the circle. If his marble knocks any marbles out of the circle, the player gets to keep the marble, plus the marble(s) that are knocked out of the circle. If the player's marble does not knock any marbles out of the circle, the marble stays with the other marbles inside the circle, and the next player gets a turn. Play until there are no marbles left in the circle or call the game after an agreed upon time. The player with the most marbles wins!

MEMORY VERSE MEANING

▶ **Ephesians 6:11:** We are commanded to be prepared for battle. The alternative is to be conquered by the enemy. Each piece of armor is absolutely necessary for defense or offense and enables us to protect ourselves while fighting aggressively against Satan's kingdom of darkness.



POST-LESSON ACTIVITY



Swords on the Battlefield | Supplies: A paper towel roll for each student, colored markers, duct tape, masking tape, lightweight balls (play or ping pong).

Give each child a "sword" made out of a paper towel roll and let the children decorate them. Use masking tape to make a line down the middle of the room. This line will separate the floor into a battlefield, one side for each team.

Form two teams and have each team stand in a line at their side of the battlefield. Ask the children to call out some sins or temptations they face each day, using general categories such as sinful anger, envy, lying, stealing, etc. For each sin they name, throw a ball onto the floor, making sure the balls are on both sides of the battlefield. Explain that their swords are the Word of God, and they can use these (no hands) to move the "sin balls" off of their side of the battlefield. They must stay on their side and not cross the center line. Call out "1, 2, 3, GO!" Give the children a few minutes, and then call "STOP!" Whichever team has the fewest number of balls on their side at the end wins.



TAKE HOME



As believers in Christ, we are under constant attack from Satan. He is always whispering lies to us in the hope that it will hurt us or cause us to hurt those we love. But God has given us protection and weapons to fight back. Every day, we should remember to put on each piece of the armor of God.

1. The Belt of Truth: Truth is the revelation of God. A soldier of God cannot fight the schemes of the devil, the Father of Lies, without the truth on their side.

2. The Breastplate of Righteousness: Without God's righteousness supporting, empowering, and covering the soldier of God, he or she is left open and vulnerable to the enemy's attacks.

3. Feet prepared with the Gospel of Peace: Preparing one's feet for spiritual combat is necessary. The Gospel of peace is the only thing that can completely eliminate the curse of the enemy.

4. The Shield of Faith: The fiery arrows of the enemy come in various forms—confusion, accusation and guilt, discouragement, and anxiety and fear—and they can fall at any time. Wearing the helmet of faith, which is believing God at His word, will protect the heart from any attack.

5. The Helmet of Salvation: The helmet that protects the soldier's mind as it protects the head. With the mind, we recall truth in order to ward off the lies of the enemy. The battle for the mind is a constant struggle.

6. The Sword of the Spirit: The double-edged sword of God's Word divides truth from error in our lives. It gives us the power to overcome Satan's attacks and temptations.



QUESTION & ANSWER

SLIDE 1



Q1a: Who is in God's army?

A1: All those who believe that Jesus is their Lord and Savior.

Q1b: Do you have a favorite superhero? Who is the main enemy he or she fights?

TN: Superheroes can help students relate to the spiritual battle being discussed in this lesson. They fight for justice and to protect the weak from evil villains.

SLIDE 2



Q2a: What has God given us for protection in the battle against Satan's lies?

A2: The armor of God

Q2b: In your daily life, what do you wear that is kind of like armor?

TN: This question is to get students to realize that the concept of the armor of God isn't all that strange. They likely wear helmets when riding their bikes, jackets to keep them warm in the winter, and sunscreen to protect them from getting sunburns.



QUESTION & ANSWER

SLIDE 3



Q3a: What holds all of the armor of God in place?

A3: The belt of truth

Q3b: How hard do you think it would be to juggle chainsaws if you were wearing pants that are two sizes too big?

TN: Each piece of the armor of God has a specific function, and all pieces must be worn to ensure protection. If parts of the armor are not secured, the armor may fail. When in battle, the last thing you need to worry about is whether your pants might fall off. At the heart of faith is truth. Knowing who Jesus is, what He has done for us, and what that means for us is what gives the rest of the armor power. Without the belt of truth, the armor is not secure.

SLIDE 4



Q4a: What does the breastplate of righteousness protect?

A4: Our hearts

Q4b: What scares you?

TN: This question doesn't have to be too deep. It may be best for you to start off this discussion by naming something small that scares you—something like the dark, bugs, or being home alone. The conversation should focus not so much on the fear or why the students are afraid of these things, but on how God is always with them.

Slide 5



QUESTION & ANSWER

SLIDE 5



Q5a: Where does Satan's army like to fight?

A5: In the dark

Q5b: What kind of problems might you have while trying to hike a steep, rocky mountain wearing flip flops.

TN: The goal of this question is to show the students that if they tried to hike wearing flip flops, they would be focusing on the ground and how to maneuver without stubbing toes or cutting their exposed feet on rocks. They would be focused on the path and not what is around them. When clad in the shoes of the Gospel, we don't have to worry about any obstacle; we can stand firm in the truth and focus on the battle.

SLIDE 6



Q6a: What does the shield of faith protect us from?

A6: Every evil word Satan shoots our way.

Q6b: Have you ever said to someone, "Sticks and stones may break my bones, but words will never hurt me"? Did you believe it when you said it?

TN: Just like when someone says something mean to us, it can cause serious injury only if we believe it. Our faith should be in what God says we are, and He says we are his children. He says that, through his Son, Jesus Christ, we are the light of the world, righteous, and many other wonderful things. Anything that the enemy tells us that contradicts what God says about us can be deflected with the shield of faith.



QUESTION & ANSWER

SLIDE 7



Q7a: What does Satan want to fill our heads with?

A7: Things that aren't true.

Q7b: Besides things others can see, share with the class something that is true and good about you.

TN: The enemy tells us lies and tries to convince us that we are bad and unworthy of the unfathomable love of God, which is why it is so important that children have the ability to recognize good, positive traits about themselves. Thinking about how they are good is a way to help them combat the enemy's fiery arrows. Philippians 4:8 tells us to think about "whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable..." (English Standard Version). While all of our actions may not be good, if we live with Christ in our hearts, our steps are guided by the Holy Spirit; and those are steps in the right direction.

SLIDE 8



Q8a: What is the Sword of the Spirit?

A8: The Word of God

Q8b: If you had to fight a dragon, what kind of weapon would you choose?

TN: Using the Word of God as a weapon sounds like a tactical error. But it is the most powerful weapon God has given us. It shows us the heart of God, which gives us direction in how to live our lives. Living our lives for God is the fastest, surest way to defeat our enemy.



QUESTION & ANSWER

SLIDE 9



Q9a: Who won the battle against Satan?

A9: Jesus. Satan was defeated when Jesus died on the cross and rose again.

Q9b: If the battle has already been won, why are we still fighting?

TN: This one may stump students, but it is important that they understand that they have and will face battles. Through his death and resurrection, Jesus conquered sin and death, through which we are forgiven. The battle we face is to remember that no matter what we say or do, if we love God and believe that Jesus is our Savior, we are loved and forgiven. Nothing—absolutely nothing—can separate us from the love of God. Satan wants us not to believe that. His lies are meant to shame and hurt us, but the armor of God is meant to help protect our hearts and minds.



MEMORY VERSE

- ▶ **Ephesians 6:11** Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

BIG IDEA

- ▶ Through Jesus, God has given us everything we need in our battle against Satan.

CLOSING PRAYER

- ▶ Dear Lord Jesus, please help us to understand the necessity of being prepared for battle against an enemy who hated you before he ever hated us. We know that Satan seeks to destroy, but we thank you for the weapons of your Word, your righteousness, your power, and your truth that guard and protect us. We pray this in Jesus' name, Amen.



LESSON TRANSCRIPT

SLIDE 1



A very long time ago, a war started in the spiritual world. This is a battle we cannot see. It is fought between Satan's evil armies of darkness and God's good armies of light. It is a dangerous war that threatens all of God's children. But God wants us to fight in this battle as brave soldiers in His army, so He has made for us powerful armor. This armor covers us from head to toe, protecting us from every danger we face. It is given to us by God's Holy Spirit, and we can read about it in the book of Ephesians.

SLIDE 2



Ephesians teaches us that Satan is a sneaky liar. He loves to trick us into doing things that hurt the people we love and hurt the heart of God. Satan's power is behind every lie we tell, person we hurt, and bad choice we make. We may not be able to see our enemy, but we can see the hurt he causes all around us. Yet, we do not need to fear. Satan may be strong, but God's armor is stronger. And in our battle against Satan's army, we must put on each piece of God's armor.

SLIDE 3



The belt of truth holds the rest of our armor in place, so we must be sure that it is on good and tight. In our battle, truth is so very important because Satan is a master of telling lies. He whispered lies to Adam and Eve in the garden disguised as a snake, and he whispers lies in our ears today. But the truth of God's Word will protect us from Satan's lies. Like a belt, God's truth holds us tight. It reminds us to believe in Him, believe His promises, and believe what He says about us.



LESSON TRANSCRIPT

SLIDE 4



Battle is dangerous and can fill our hearts with fear. For this reason, God has given us the breastplate of righteousness. This piece of armor covers our hearts, which God asks His soldiers to guard above all else. Satan wants to wound our hearts by always pointing out the bad things we've done. He wants to embarrass us and make us feel like fools. He wants our sin to send us running from God's love. But Jesus died on the cross to pay for our sins, and because of His death, our hearts are covered with God's forgiveness. Through Jesus, everything sin made wrong, God can make right.

SLIDE 5



Satan's dark army loves to fight in dark places—places where it is easy to trip and fall. But God wants us to stand strong in mighty shoes: the shoes of the Gospel! Satan tries to steal the peace of God from our lives, attacking us with worry. He wants us to believe that we may slip at any time and fall in battle. But the Good News of Jesus is powerful. It teaches us that no ground is too dangerous for God's soldiers. For God's love puts our feet on solid ground; it helps us to stand strong.



LESSON TRANSCRIPT

SLIDE 6



Satan's words are one of his most deadly weapons. They are evil lies. Ephesians tells us these words are like arrows set on fire. Satan shoots these arrows through the darkness and aims them at our hearts. A single arrow can set our whole heart on fire with fear or worry. But God has given us the shield of faith to defend ourselves. Faith can block every evil word Satan shoots our way. And our faith is strong because our faith is in Jesus. He is the strongest of kings, and the greatest of champions. He destroys every weapon of our enemy.

SLIDE 7

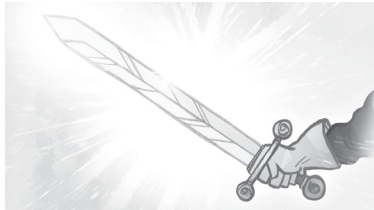


Our mind is very important; it is the place where we think. Satan wants to fill our thoughts with things that aren't true. He wants us to think that we have to be really good for God to love us. He wants us to believe that we have to work really hard to earn God's forgiveness. But God has given us the helmet of salvation to protect our minds! This helmet covers our thoughts in God's truth. It reminds us that God will save anyone who chooses to believe in Jesus. It is important that we fill our thoughts with Jesus and his cross. Jesus has saved us, won the battle, finished the work, and paid for our sins.



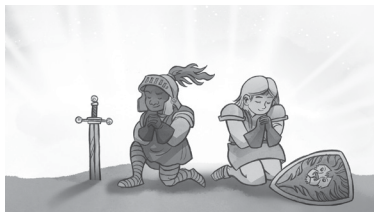
LESSON TRANSCRIPT

SLIDE 8



The Bible describes Satan as a dragon, and many people are too scared to face him in battle. But God has given his soldiers a mighty weapon: the sword of the Spirit, which is the Word of God. This is the one weapon Satan cannot fight against. There is no other weapon like it. It was made by God's Holy Spirit. It teaches us soldiers how to fight, it leads us in true worship, and it reveals to us the future. And it is the future that Satan fears most, for the Bible ends with God defeating Satan, throwing him in prison forever! Satan's strength is no match for the perfect power of God's Word.

SLIDE 9



To put on the whole armor of God, is to put on Jesus. And so, in our battle, there is nothing more important than knowing Jesus as our Lord and Savior. Through Jesus, the battle has already been won! Jesus defeated Satan when he died on the cross and rose again. In that moment, light conquered darkness once and for all time. We should always pray, thanking God for the amazing gift of Jesus. And every day, we should put on the full armor of God.