PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO EXPLORE

an activity that extends learning through hands-on experimentation and discovery

TODAY'S BIBLE STORY

Stand and Deliver
Armor of God
Ephesians 6:10-17

KEY QUESTION

When is it hard to stand strong?

TODAY'S BOTTOM LINE

Use what God has given you to stand strong.

MONTHLY MEMORY VERSE

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.
Philippians 1:6, NIV

MONTHLY LIFE APP

Confidence—Learning to see yourself the way God sees you

BASIC TRUTH

I can trust God no matter what.

2. OPENING ACTIVITY

WHAT YOU NEED: Orange and peels, tape, Vaseline, bowl of water, paper towels

WHAT YOU DO:

- Show kids the peeled and unpeeled oranges.
- Ask them to predict whether each will float or sink and give reasons for their answers.
- Drop both oranges into the bowl of water and observe what happens. The peeled orange should sink while the unpeeled orange floats.
- Remove the peeled orange from the water and dry it off.
- Ask kids to reattach the orange peel you removed earlier. (They can take turns taping on part of the peeling one piece at a time.)
- Apply a generous layer of Vaseline to the outside of the orange over the tape, making sure it is well-sealed.
- Once again ask kids if they think the orange will sink or float and why.
- Demonstrate by placing the orange back in the water.

WHAT YOU SAY:
"Give an orange the protection of its peel and it's like a life jacket. The same orange that sank to the bottom of the bowl now it has what it needs to stay afloat. ***[Transition]*** **God has given us a layer of protection that helps us stand strong in our faith. Today we're going to discover what it is and how it works to give us confidence."**

Lead your group to the Large Group area.

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body

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1. TAKE A SNAPSHOT

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: Bubble wrap, egg in sealed bag, packing tape

WHAT YOU DO:

- Give each kid a sheet of thick bubble wrap and let them take turns carefully wrapping it around the bag containing the raw egg.
- Seal each layer with tape.
- Make sure the egg has sufficient bubble wrap to protect it from breaking when being tossed or kicked.
- Guide kids to sit in a space-out circle.
- Begin tossing the wrapped egg across the circle.
- Signal kids to stop after several tosses around the circle. (Consider popping a separate piece of large bubble wrap as your signal.)
- Ask the kid holding the wrapped egg to shares a time when it's hard for kids to stand strong for Jesus.
- Repeat the tossing game until all the kids have had a chance to answer at least once.
- Give the wrapped egg the ultimate test by letting kids try to knock it out of the circle by kicking it.
- Each kid should act as a goalie for their area of the circle, to keep the egg from escaping.
- Unwrap the bubble wrap after the game and examine the egg.
- Wrap up with a conversation by asking:
  - In what ways does the bubble wrap remind you of the armor of God?
  - How are followers of Jesus like the egg inside the bubble wrap?
  - Point out that the egg would not have survived the game if it hadn't been for the protection of the bubble wrap. It would have cracked and broken.
  - What are some experiences in life that can make us feel like the egg being tossed around the circle?
  - What do we need in order to stand strong?

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO IMAGINE

an activity that promotes empathy and facilitates concrete application through role-play and reenactment

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2. BIBLE STORY EXTENSION

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: Bibles, sweet potatoes, foil, bendable straws, permanent markers, tape

WHAT YOU DO:

- Invite kids to find a partner.
- Give partners a Bible, sweet potato, straws, scissors, permanent marker, and several pieces of aluminum foil.
- Let kids cut and insert the straws into the potato to create arms and legs then use the marker to add a face at the top of what will become a "Sweet Potato Warrior."
- Instruct kids to find Ephesians 6:10-17 in their Bible.
- Challenge partners to work together to dress their potato in the Armor of God as described in Ephesians 6. They can use the foil to create each piece of armor. *(Belt; Breastplate; Shoes; Sword; Helmet; Shield)*
  - *If necessary, give each kid their own set of supplies to create their own potatoes in order to let kids spread out and work in their own "personal space."*
- Invite kids to take turns showing the group their "geared up" potatoes when finished.
- Guide kids through a discussion of each piece of the armor and help them think through the various ways it provides protection.
  - Belt of Truth
    - Why is truth important?
    - How do we find out what God says is true?
  - Chest Armor of Godliness
    - How does doing what God says is right protect us?
  - Gospel Shoes of Peace
    - How does telling others about Jesus bring about peace and defeat our enemy?
  - Shield of Faith
    - What are some ways our faith or trust in God can be attacked?
    - How do we protect our faith?
  - Helmet of Salvation
    - Why is it important to protect our mind and thoughts?
    - What helps you keep your mind focused on God?
  - Sword of the Spirit
    - In what way is God's Word like a sword that can be used to attack our invisible enemies?
- Encourage kids by reminding them that the armor of God is the protection God has given us to fight the invisible battles that go on in our heart and mind as we live for Jesus.
  - Satan is trying to mess with what God loves most—people.
  - But we know that God is more powerful than the evil schemes of His enemy and has provided us all that we need to win as we follow Jesus.

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(2. BIBLE STORY EXTENSION, CONTINUED)

- Wrap up:
  - Followers of Jesus fight an invisible battle. What are some of the unseen enemies that we need God's help to conquer? (Steer kids away from focusing too heavily on satanic areas. Turn them toward things like our enemies of pride, selfishness, bad attitudes, laziness, disrespect, fear, doubt, unkindness, etc.)
  - How do we "gear up" or put on the armor of God?
  - When do you think it might be hard for you to stand strong this week? What part of the armor would be most helpful?
- Keep the potatoes intact and "dressed up" for use again in the "Verses to Take with You" activity.

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO CONNECT

an activity that invites kids to share and collaborate with others while growing their understanding

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3. DISCUSSION QUESTIONS

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

Ask:

- What part of the armor of God do you think is most helpful?
- How does the armor of God give you confidence?
- As you get dressed this week, how can you remind yourself to "put on your armor"?

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4. VERSE TO TAKE WITH YOU

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Bibles, sweet potatoes used in "Bible Story Extension"

WHAT YOU DO:

- Invite kids to look up and read Philippians 4:13 together.
- Ask:
  - How would you finish the following sentences?
    - This verse means I can . . .
    - This verse does not mean I can . . .
  - What's the difference between being confident and being proud?
  - How does learning to see ourselves as God sees us give us confidence?
- Remind kids that seeing ourselves as God sees us means that we recognize our need for Him and invite Him into our life.
- Memorize Philippians 4:13 by saying it together several times.
- Bring out the sweet potatoes kids worked on in "Bible Story Extension."
- Let kids hold their "army of warriors" in front of a smartphone and record the group reciting Philippians 4:13 together in their fiercest warrior voices.
- Let kids watch the video. Consider posting it to your church's social media sites (after making sure proper parental/guardian permission has been obtained).

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PHILIPPIANS 1:6, NIV

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space for personal processing and application

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5. MAKE IT PERSONAL WITH PRAYER

[PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

- Lead kids through a prayer that focuses on each aspect of the armor of God.
- Pause after each section and invite kids to interject a sentence prayer of their own or to pray silently.

"Dear God, thank You for giving us what we need to confidently live for You. Thank you that we never fight alone—You are always with us.

Help us put on the *BELT OF TRUTH* and follow what You say is right and good.

Help us put on the *CHEST ARMOR OF GODLINESS* to protect our hearts from loving ourselves more than You and others.

Help us put the *GOSPEL OF PEACE* on our feet, so we're ready to take the message of Your love wherever we go this week.

Help us take up the *SHIELD OF FAITH* and choose to trust in You no matter what.

Help us put on the *HELMET OF SALVATION* and remind us that Jesus came to rescue and save us. Guard our minds and our thoughts from doubts, fear, and pride.

Help us take up the *SWORD OF THE SPIRIT* by trusting Your promises and obeying your commands.

Remind us every day as we get dressed to put on the invisible armor You've given us so that we have all we need to stand strong. In the powerful name of Jesus, Amen."

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