

Ephesians 6:10-20 The Armour of God

For parents: Paul wrote this while he was in prison and even though he was in prison he prayed for people, wrote letters and spoke about God. His guard's armour and weapons became an inspiration to Paul and these words show how each of us can be filled with God's light and hope even in the difficult circumstances in which we currently find ourselves. Each part of the armour symbolises a spiritual value or godly strength that enables us to stand firm against enemy attacks (little white lies, being selfish, not believing God's truths about ourselves) so today let us be encouraged that God is with us and we have his armour to help us as we journey together over the next weeks and months.

Watch:

https://www.youtube.com/watch?v=o7eC-W_XNyw

Talk about:

Have a look at the Bible passage and see if you can find the different parts of the armour of God. Chat about each piece and what you think it means to wear the armour of God. You may find the following thoughts helpful and you may like to use some props (suggestions given!)

Soldiers today don't wear heavy armour, but in Bible times soldiers would wear very heavy armour. In fact, when David went to fight the giant Goliath he couldn't wear the armour because it was too heavy for him! And when Paul was in prison, writing this letter, he would have seen the guards around him wearing heavy armour and this inspired him to describe the armour of God which we can put on every day.

We are going to start with the **Belt of Truth** (find a belt or a tie, something you can tie around your waist). We need to put this on first to be truthful and remember the truth we know about God. We can know the truth by reading the Bible, the Spirit telling us (giving us a conscience), or learning from other people who believe in God the same as us.

Next is the **Breastplate of Righteousness** (find a vest or cut holes in a large carrier bag) If you play hockey you probably have something that protects the part between your neck and tummy. This piece also protects your heart. Jesus lived a perfect life, he didn't do anything wrong and when we are friends with him we share in his righteousness by saying sorry to God for things we've done wrong and receiving his forgiveness.

Now we put on the **Sandals of Peace** (find some flip flops or sandals). First, we need to protect our feet and go where God would want us to go. Our feet

would get sore if we walked around with no shoes on, so we need to avoid places we know we shouldn't go to keep our protective sandals on. Second, we need to be peaceful with others. If there is someone you're fighting with or if you've hurt someone's feelings you need to go ask for their forgiveness, or forgive those who have wronged you. Third, if you find things are a little hectic God is the peacemaker, and if you ask He can give you all the peace you need.

The next piece of armour you don't have to wear; instead, you hold it. It's the **Shield of Faith** (use a pillow or a cushion). Just think of what you could do with a real shield. If someone throws a snowball at you, you can lift the shield so it doesn't hit you at all. We can use the shield in the same way when bad things come our way like temptations or doubt. Sometimes the devil will try to make us think that there isn't a God, or that he doesn't love us because we've done something wrong. We need to hold up our shield and stop these thoughts when this happens and remember that God loves us no matter what.

The **Helmet of Salvation** (find a hat or bike helmet) is the next piece. This is what we use to protect our minds. Sometimes we need to remember that we're God's children and He loves us and will help us. We also need to remember what we've read in the Bible and learned from our parents and church about God. That will help us make the right decisions.

The next piece of armour that we hold is the **Sword of the Spirit** (find a stick or cardboard tube) The sword is both the Bible and having the Spirit of God work in us. We can cut anything off that isn't good in our lives. By remembering God's word (the Bible) we will be able to tell what is good and what is bad.

Prayer is the last piece of armour. This isn't a particular piece of armour but kind of holds all our armour together. By talking to God we can do amazing things. Nothing is too big or impossible with prayer because God can do anything that He wants to. That doesn't mean that he will always answer the way we want him to, but he will answer the way He knows is best.

When we pray, we need to remember that we don't always need to ask for things. God also wants us to pray for others (for people that don't know Him, for people we don't like, for people that are sick, etc.). He also wants us to thank Him for whatever we are thankful for (being good at something, family, friends, toys, etc.) He blesses us with these things so we should thank Him.

You may like to say this prayer together:

Father God,

I put on the belt of truth around my waist. Help me to listen to and act on your truth alone.

I put on the breastplate of righteousness. Thank you that because of the cross I can be righteous in your sight. Help me live my life in a way that honours you.

I put on the sandals of peace. Lord, I am willing to go anywhere you ask and do anything you ask of me.

I stand behind the shield of faith, secure in the knowledge of your goodness, love and power.

I place the helmet of salvation on my head. Thank you that all the riches of heaven are mine in Jesus.

I take up the sword of the Spirit. Bring your word to my mind as I need it for the glory of your name.

Amen.

Extra ideas:

If you are feeling really adventurous and would like to make your very own armour of God have a look at this page from Flame Creative Kids for some great ideas!

<http://flamecreativekids.blogspot.com/2013/06/quick-and-easy-wearable-armour-of-god.html>

Make a prayer pot to help the family pray together!

Find a cup or box, decorate it and collect the following to represent different sorts of prayers (add any ideas of your own too) and then take it in turns to pull out an item and use it as a reminder for prayer.

- A wrapped sweet to remind us that some prayers are about listening not talking
- A piece of card with 999 on it to remind us about 'emergency help' prayers
- Something heart shaped (heart shaped sweets?) to remind us to say thank you to God
- A knotted piece of string to remind us about bringing our problems to God
- A piece of card cut as a teardrop to remind us to bring sadness and sorrow to God
- A piece of card with a question mark on it to remind us to bring our questions to God
- A cut-out heart to remind us to express our love for God

How many words can you make out of the letters in SHIELD OF FAITH?