

## 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=3JzPkPeaWAM>

### Talk about:

In Bible times the soldiers wore heavy armour, do you remember when David went to fight the giant Goliath he couldn't wear the armour because it was so heavy? God gives us his special armour which we can put on every day to help us. You may like to find some props or even make some armour (see this link for some ideas - <http://flamecreativekids.blogspot.com/2013/06/quick-and-easy-wearable-armour-of-god.html>)



The **helmet of salvation** (find a hat) goes on our head and keeps our mind from fear, reminding us that no matter what happens we are safe because God loves us.

The **belt of truth** (find a belt or something to tie around your waist) helps us to remember the truths we know about God, from reading the Bible and learning from others.

The **breastplate of righteousness** (find a vest or cut holes in a carrier bag) protects our heart and reminds us of the perfect life that Jesus lived and how as friends of Jesus he is with us all the time.

We hold the **shield of faith** (find a cushion to hold) to protect us, when we are scared or thinking we're not loved the shield can remind us that God loves us no matter what happens.

The **sandals of peace** (find some flip flops or sandals) remind us that God can help us to be peaceful with others - we may need to say sorry to someone - and can bring peace when we're in difficult situations.

The **sword of the Spirit** (find a stick or kitchen roll tube) reminds us of God's words, his promises, his commands and his power which we can read about in the Bible.

Now you are ready for anything, each piece of armour helps us to remember that God loves us and is with us all the time and wherever we are and whatever we are doing or feeling we can ask God to help us.

**Ask:**

Why do you think we need God's armour to protect us?

Which bit of God's armour do you like best?

**Pray:**

You may like to light a candle and then pray together using these words or your own!

Thank you Father God, that you love each one of us.

Thank you Jesus, for being our friend.

Holy Spirit please help us when we find things difficult.

Amen

**Something extra:**

Draw a picture of yourself wearing the armour of God. Can you remember all the different parts?

Or print off and colour in this picture.

