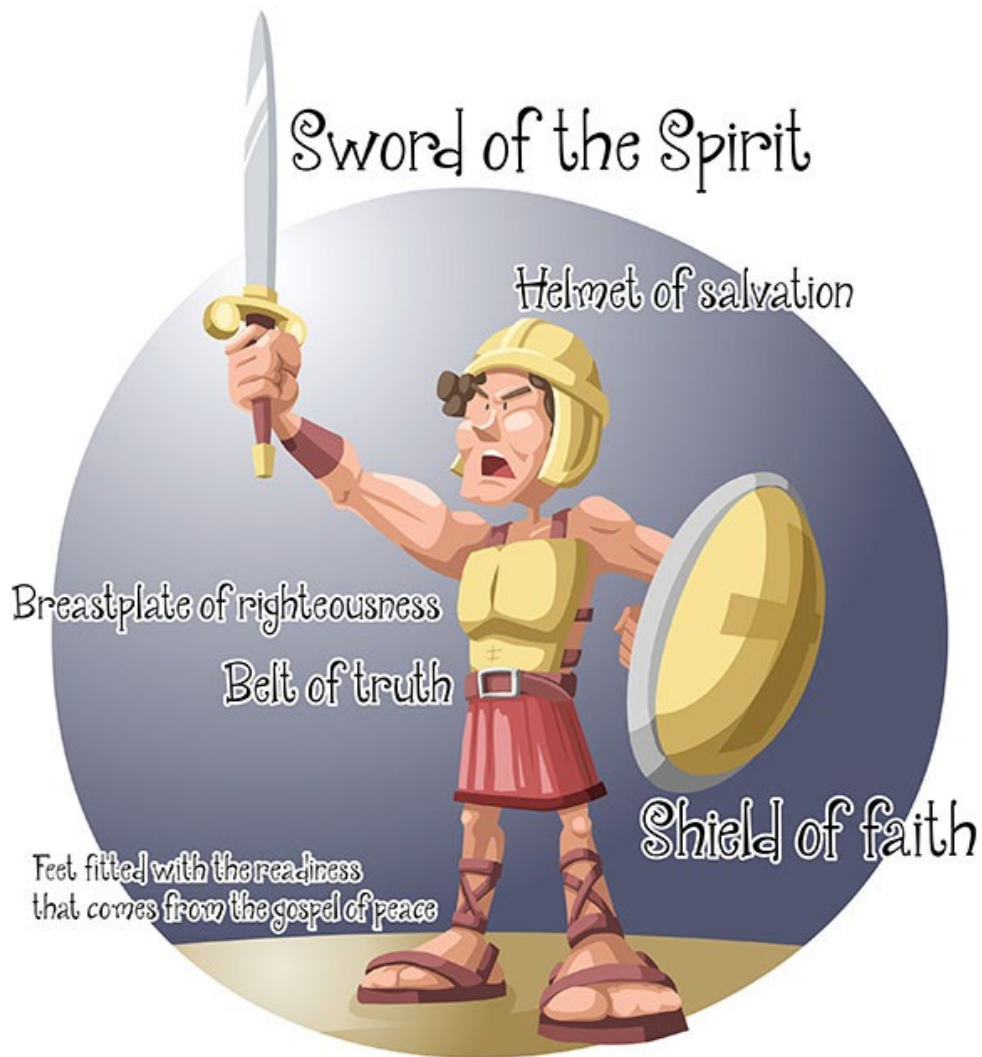


# ***"The Armor of God"***

Ephesians 6:10-20 KJV

Bible Lesson & Activities for Children



THE **SUNDAY SCHOOL** STORE

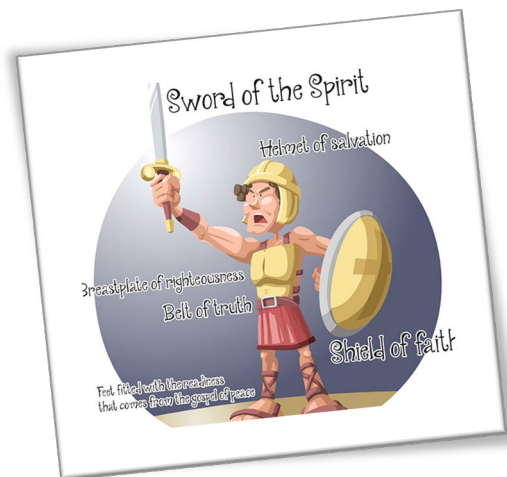
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# The Armor of God

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Children can relate to the concept of admiring soldiers...whether the idea of armor comes from ancient Roman days, Medieval knights, or modern-day military and police, donning a protective uniform is something kids appreciate. Wearing defensive gear offers a visual analogy to spiritual armor. It's important to share

with students that there is spiritual warfare going on around us. This might seem like an uncomfortable or frightening thought. However, when we know that God is on our side, we can be reassured with the peace of His power and presence. Nothing can hurt us when we have God's armor!



**Lesson focus:** This lesson explains to students what the Armor of God is, and briefly describes the meaning and significance of each component of it. Children will grow to value the importance of spiritually protecting themselves with faith in Christ. God provides us with all we need to stand firm against the powers that go against us!

**Law/Gospel Theme:** God promises to protect us and be present with us in all things. Because of the salvation we have in Jesus, we know that we are kept safe even in the midst of spiritual attack. The blood of Christ covers us and our faith in Him shields us from all harm. Jesus guides and guards our hearts when we trust in Him. We gain the other pieces of "armor" (truth, righteousness, etc.) when we place our lives in His hands.

**Passage:** Ephesians 6:10-20

**Target Audience:** Kindergarten-6<sup>th</sup> grade

**Materials Needed:** Construction paper, markers, stickers, scissors, tape/glue, paper towel tubes, aluminum foil, paper plates, yarn, sandals, clothing items, bean bags, pipe cleaners (all optional, depending which activities you choose to use). Object lesson props can include protective gear, such as helmets, oven mitts, eyewear, cold weather clothing, hard hats, etc.

## More Resources Online

- Watch the [video demonstration of the object lesson](#)
- Watch the [video example for the craft projects](#)
- Watch the [video Bible Story "God's Story: The Armor of God"](#) from the Crossroads Kids Club
- Watch the [video song "Armor of God"](#) from the Sunday School Store
- For more free Bible illustrations, we recommend [Christian Clip Arts](#).

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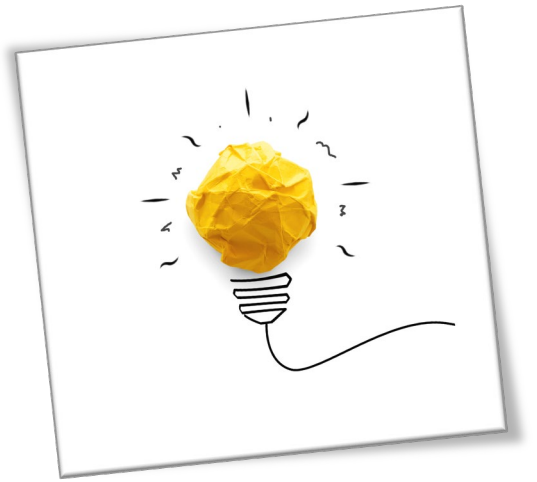
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## Object Lesson (5 minutes)

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*Greet the children, wearing a variety of examples of “protective” attire...*

Hello, children of God! Now, you might notice I have some interesting items with me today...I am very prepared! In fact, I am prepared and protected for pretty much anything. I have my helmet, to keep my head safe. And I’ve got gloves to protect my hands. If it’s extra cold, I have this scarf here to keep warm. If it’s sunny, I’ve got sunglasses to shield my eyes. All these things might be used in a few different types of circumstances, but they will all protect my body from physical harm in some way.

Here’s a question though: how might I protect myself spiritually? What might it mean to have spiritual protection? The Bible tells us that, unfortunately, there are evil powers out there who don’t like it when God wins. We know the Lord is on our side and will always keep us from harm, but we must put on spiritual “armor” to trust and rely on that. God will always keep us safe, no matter what else comes our way. But we need to remember to ask Him for help, to believe He will provide and protect, and to study His word for counsel. *Continue the chat by describing the various components of the Armor of God...*

The book of Ephesians (a letter from the apostle Paul) tells us to put on “God’s Armor”, the protection our faith provides. This armor consists of a helmet of salvation. Just as a helmet keeps our heads safe and protected, Christ’s blood protects our lives in all ways. The armor also includes a belt of truth. Truth holds our lives up, just as a belt holds up our pants! We also need “shoes of the gospel and peace”, which reminds us that we need to

go into the world and share God's Word. A Shield of Faith is a reminder that our trust in Jesus can protect us and keep away things that might do us harm, just as a shield protects a soldier. A breastplate is what guards the heart...the "breastplate of righteousness" means our hearts are guarded by living lives in righteous (pure, good) ways that God would have. Lastly, the only piece of God's armor that is more a weapon is the SWORD of the spirit. Our sword is the Word of God, the Bible! That means the Bible is not only a guide, but a powerful weapon for us to use.

So let's put on that "armor." Protect yourself by asking for God's help in understanding this "armor." It isn't about things we wear or carry around. It's about praying and resting in the truth that God will provide for and protect us! His armor covers us from anything around us. Believe it and have faith in it. We are all in the Lord's army!

Let's say a prayer to thank God for protecting us and giving us His armor:

**Prayer:**

(Have kids repeat each line)

Dear God,

Thank you for protecting us in every way

Help us to put on your armor

So that we can be strong and secure

Thank you that our faith shields us

And your word is our weapon

Thank you for your love

We love you, God!

In Jesus name, Amen!

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## Game & Activities Suggestions (10 minutes)

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This lesson reminds us to put on God’s armor to protect ourselves from evil. Use an opening game or activity that features clothing, protective gear, or a mini “battle” for fun. To get started, select from one of the following openers, or select another of your own choosing!

- **Armor up relay:** Split students into two teams. Have each team designate a “soldier” to dress. One at a time, have kids run down to a large pile of clothing, pick up a piece, and come back to adorn the soldier. Continue until all students have a chance to run (depending on student number, kids might need to go twice). If you have some sort of uniform or sporting gear available, even better! Judge based on speed or “best dressed” soldiers to determine a winner.
- **“Jousting tournament”:** As you lead into a discussion of armor and soldiers, start with a fun “fight” ...have students pair up, and provide each child with a beach ball and a pool noodle. Have kids hold the noodle in one hand and ball in the other. The goal of the game is to knock the opponent’s ball out of his/her hand using the pool noodle, without losing the ball in hand. If time allows, play multiple rounds to establish a tournament winner. Or just play for fun!
- **Modern armor:** Bring in several examples of protective gear, such as helmets, elbow/knee pads, gloves, or even (if you can borrow one) a bullet-proof vest. Discuss how different items help to protect us from harm in various ways.

- Shoe swap...one of the elements of God's armor is the "shoes of the gospel of peace." Have students each take off one shoe and place in a pile. Mix up the shoes, and have kids take turns finding someone else's shoe. When they return the shoes to the original owners, have them provide an encouraging word or compliment.
- "Dress the soldier" activity... have a large soldier picture hung on a wall. Allow students to select pieces of the armor of God, and one at a time have them place their pieces where they should go on the "soldier."
- Practice singing the song "I'm in the Lord's Army."
- Write a special thank you letter to send to troops of veterans.

Transition into the Scripture study component and discuss what spiritual armor means. We need to protect our souls and spirits, just as we need to protect our bodies. The Bible tells us how we can put on God's armor to guard our hearts.

**Ask:** What does armor do? What might it mean to have armor from God?

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## Main Bible Teaching (15 minutes)

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Jesus wants us to be prepared for any spiritual battle.

This powerful scripture passage is a great place to start. Have older students take turns reading verses. If

you have younger students, encourage them to act-out the act of “putting on” each component as it is described.



*Ephesians 6:10-12 KJV Finally, my brethren, be strong in the Lord, and in the power of his might. (11) Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. (12) For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.*

Start off by describing a little bit about what this means... (especially quality conversation with older students): this passage talks about “wrestling against forces of evil”. It sounds a little scary, but there are forces out there that don’t want God to be powerful. Sometimes it might seem hard to pray or trust God. But He promises to protect us and provide for us! There are dangerous things out there, but God is more powerful than anything else.

**Ask:** What does it mean to be strong if it’s not in your own power? What do you think God wants us to do to be strong?

*Ephesians 6:13 KJV Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.*



This is a great verse to use for memorization or as a central verse, if discussing the parts of God's armor separately. But does that armor consist of, anyway???

*Ephesians 6:14-15 KJV Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; (15) And your feet shod with the preparation of the gospel of peace;*

Discuss what these things might do. A belt has several important uses: it holds up the rest of a uniform or armor (or pants!). It can also be used to hold items in pouches or pockets. Truth is essential to hold up anything else we say or do.

What about shoes? Shoes protect our feet and help us move safely and quickly. The same is true of the gospel, God's good news for us. When we share His word with others, peacefully, God's word spreads with the speed of a royal messenger!

**Ask:** Why is truth important? What are other essential elements of our Christian faith?

*Ephesians 6:16-17 KJV Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. (17) And take the helmet of salvation, and the sword of the Spirit, which is the word of God:*

Remind students of the importance of faith. The Holy Spirit helps us to have faith, and that equates to believing in things, whether or not we see them. We can be certain because we trust in God's promises. A shield blocks potential attack, and faith always helps us by protecting us. It is, indeed, an arming shield.

Now, a helmet protects our most valuable and essential asset: our brains! Without protected heads, we wouldn't be able to do anything. Without salvation, we are spiritually lost and unable to do anything. Salvation is critical.

Lastly, the sword is the only piece of God's armor that does not describe a defensive mechanism. A sword is made to strike against the enemy. Explain that God's Word, the Bible, is our best weapon against any kind of evil. It is powerful!

Finish off with the conclusion of the passage Paul so beautifully described...

Ephesians 6:18-20 KJV Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; (19) And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, (20) For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

**Ask:** How can we remember to always pray and in all places?

The best weapon and protection we have in life is prayer. When we pray and read God's word, we have direct access to understanding who He is and what He wants us to do. Prayer allows us to fully embrace and adorn ourselves with God's armor. It is a "package deal", like the fruit of the spirit. We don't just pick one or two components to grab. We put on the FULL armor of God, resting assured that He goes with us always and will never leave us!

**Pray:** Say a prayer of thanksgiving to God for His armor and spiritual protection. Ask the Lord to continue guarding and guiding us in His love and patience.

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## Craft Activities (15 minutes)

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How do we protect ourselves spiritually? What is God's Armor, and how do we clothe ourselves with it? These crafts are just a few fun examples of how to make great visual reminders of the elements that make up the Armor of God. A paper plate serves as the base for a "shield" of faith; a headband makes a "helmet" of salvation, and a paper towel tube offers a great start to a "sword" of the spirit. Aluminum foil highly recommended!

### **Verses or Captions to Consider... (Ephesians 6:10-20)**

- *Put on God's Armor!*
- *Suit up...with God's protection!*
- *Shield yourself with FAITH!*
- *Put on the helmet of salvation...*
- *Use the Sword of the Spirit! It's God's word!*

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## Craft one: "Helmet of Salvation"

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### You will need:

- Construction paper or cardstock
- Glue, tape, or staples
- Aluminum foil
- Popsicle sticks (optional)
- Scissors
- Markers, crayons, etc.
- Other decorations (jewels, stickers, etc.)



### Procedure:

1. Cut paper into strips, and staple or tape together to make a head band.
2. Decorate the paper with verses, captions, and stickers or decorations as desired.
3. Use popsicle sticks, paper, or stickers to add a cross shape to the headband.
4. Measure the papers to fit the student's head, and staple, glue, or tape to create the "helmet".
5. Optional: add aluminum foil for extra helmet flair!

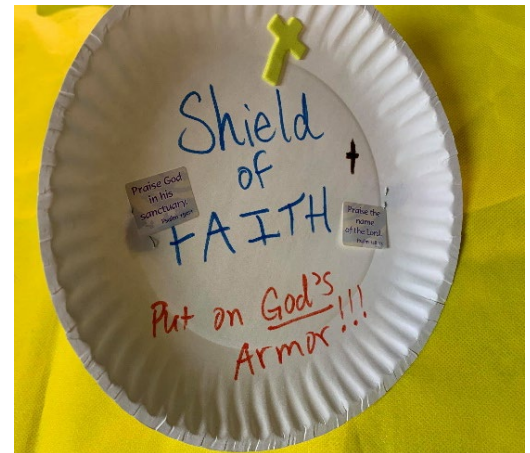
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## Craft Two: "Shield of Faith"

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### You will need:

- Paper Plates
- Aluminum foil
- Pipe cleaners (optional)
- Stickers/decorations
- Markers/crayons
- Cardstock/paper
- Glue
- Scissors
- Captions/verses



### Procedure:

1. Use verses, captions, stickers, and more to decorate the paper plate as a "shield of faith".
2. Place aluminum foil on the back side of the plate, with or without a pipe cleaner base.
3. Add additional decorations or colors as wished.
4. Enjoy using the foil/pipe cleaner handle to wield your "shield"!

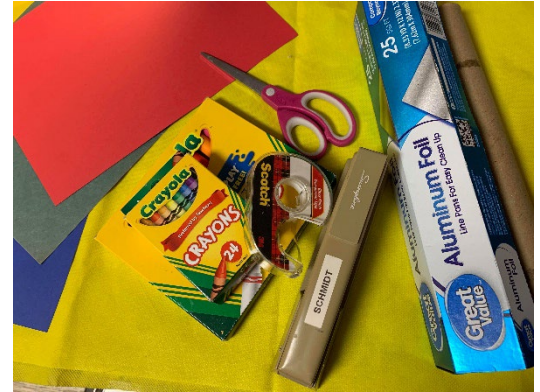
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## Craft Three: "Sword of the Spirit"

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### You will need:

- Paper towel tube
- Aluminum foil
- Stickers/decorations
- Markers/crayons
- Glue, staples, or tape
- Construction paper/cardstock
- Scissors
- Captions/verses



### Procedure:

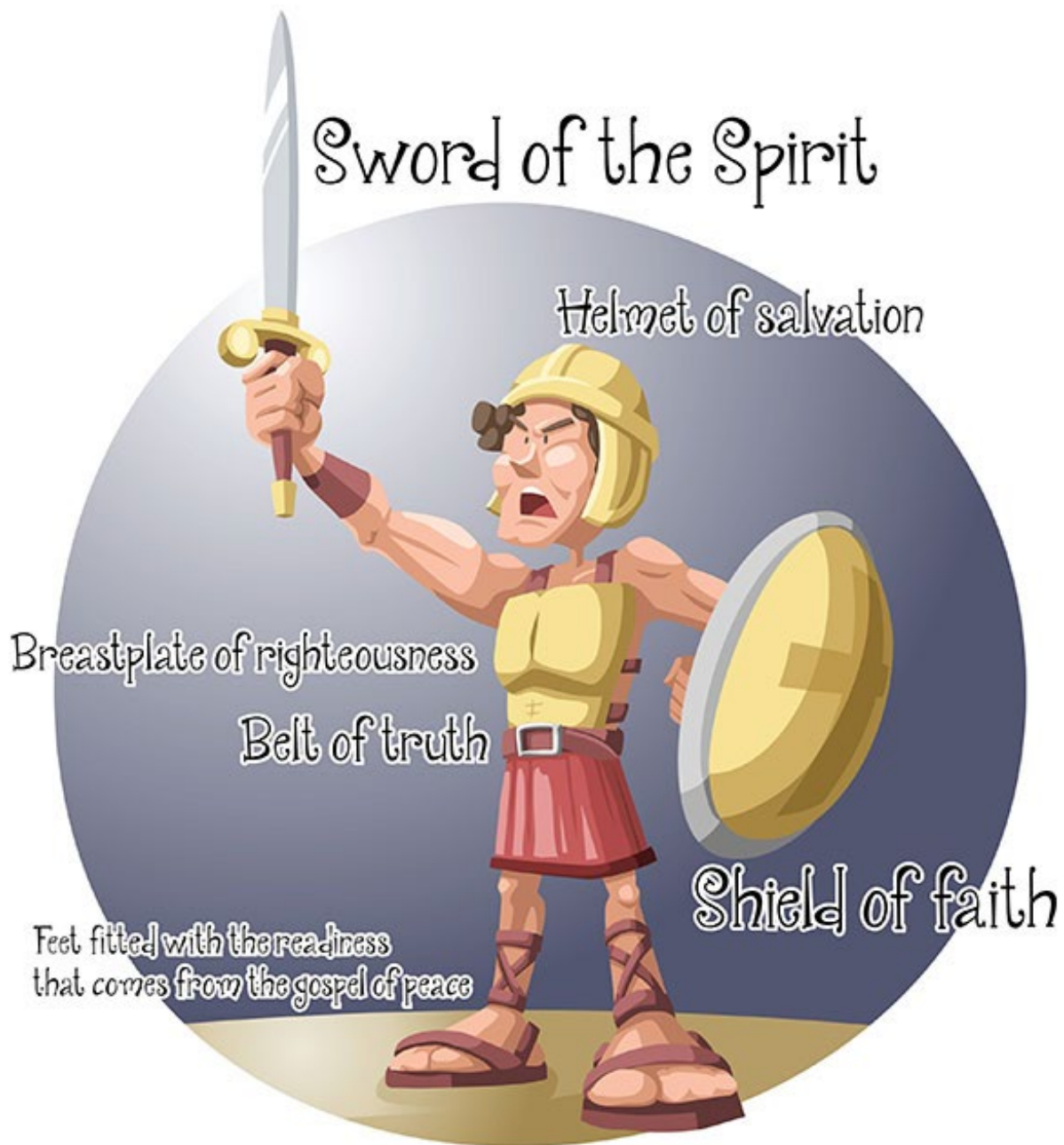
1. Cover the toilet paper tube with aluminum foil.
2. Shape or fold the ends to appear as a "sword" shape.
3. Write captions or verses onto paper and attach as a "hilt" on the top of the sword.
4. Decorate with stickers or gems as desired.
5. Use your "sword" for (non-violent) fun to remember that God's word is our weapon!

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## Ephesians 6:10-11 KJV

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Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

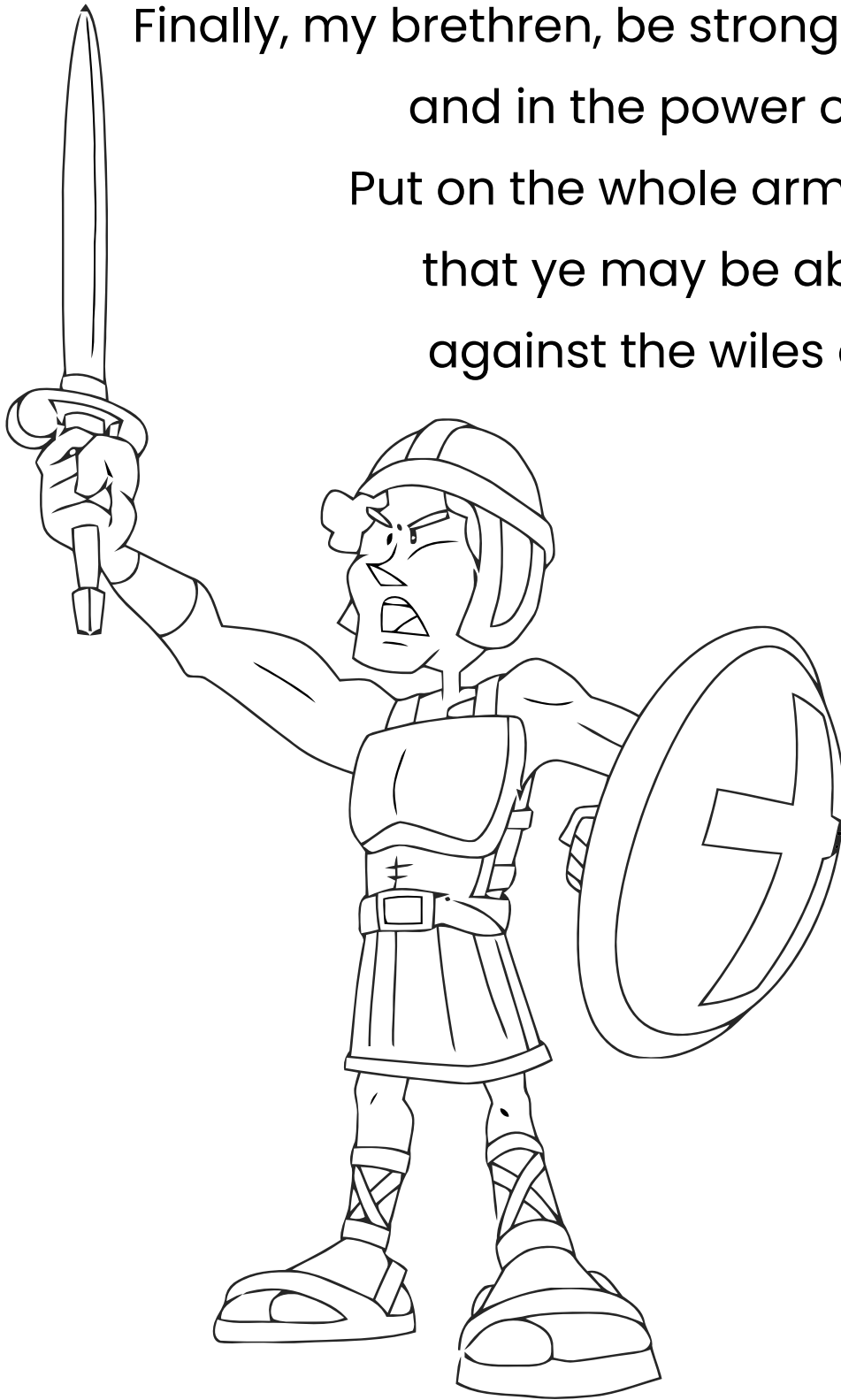


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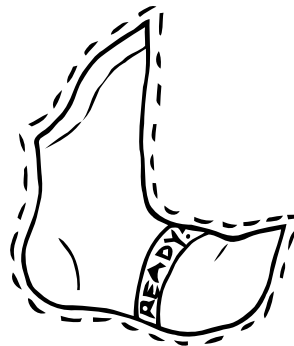
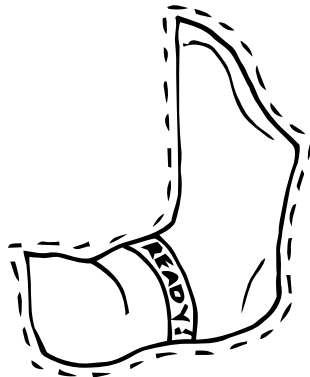
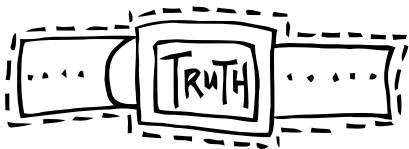
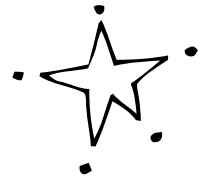
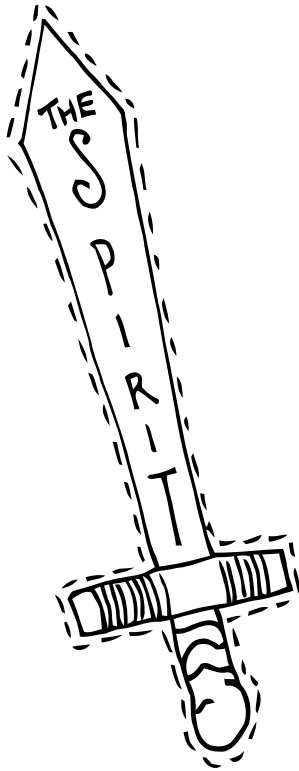
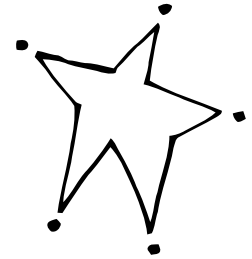
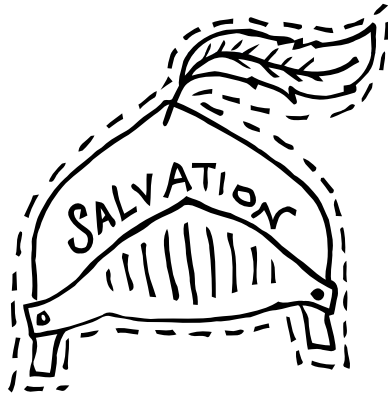
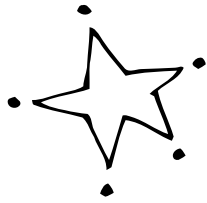
## Ephesians 6:10-11 KJV

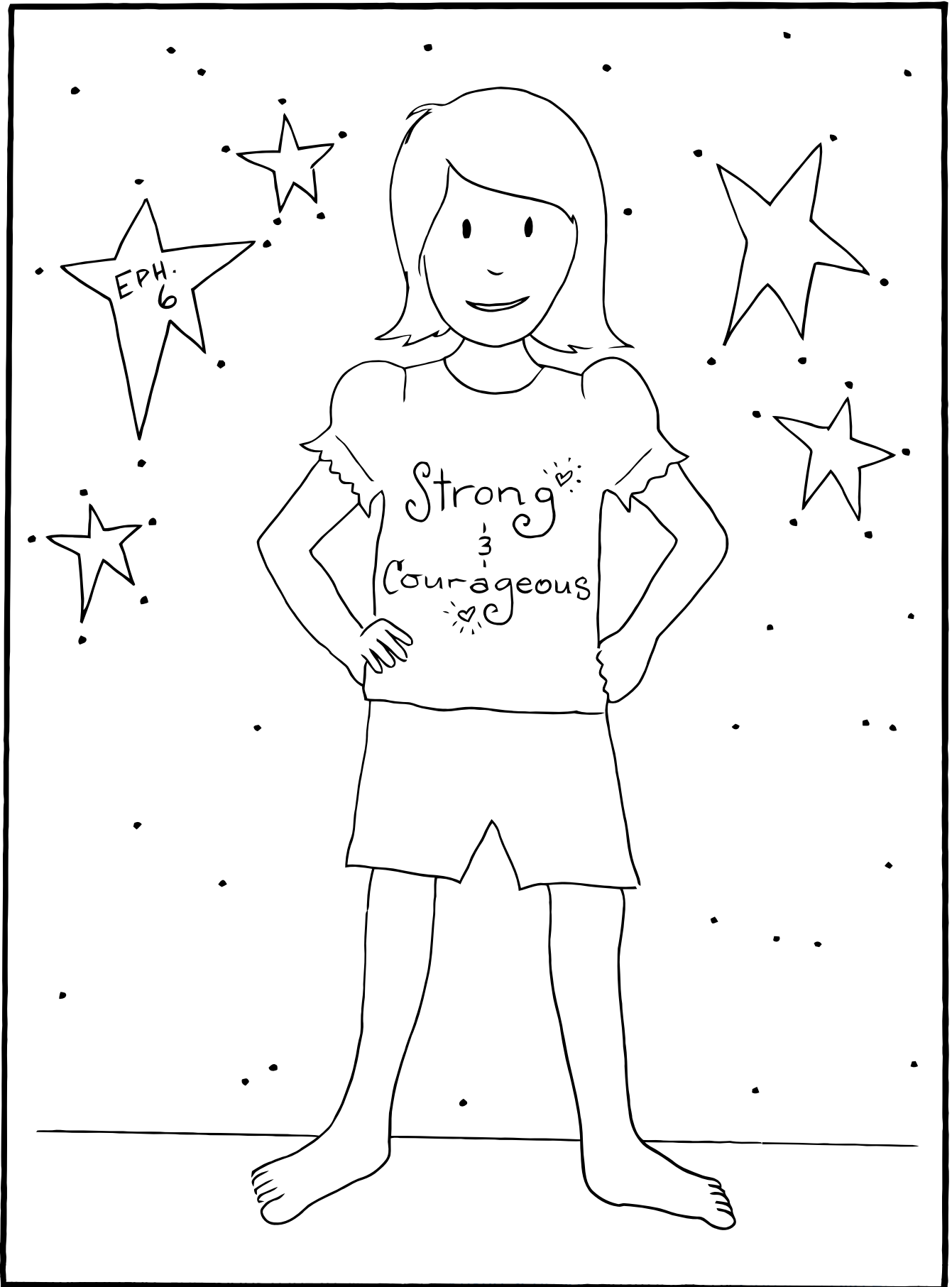
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Finally, my brethren, be strong in the Lord,  
and in the power of his might.  
Put on the whole armour of God,  
that ye may be able to stand  
against the wiles of the devil.









Mandy Groce '10

ministry-to-children.com



THE ARMOR OF GOD

# COLORING FUN!

Directions: Read the verses and color the picture.

Ephesians 6:10-11 KJV Finally, my brethren, be strong in the Lord, and in the power of his might. (11) Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.



THE ARMOR OF GOD

# COLORING FUN!

Directions: Read the verses and color the picture.

Ephesians 6:13 KJV Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.



THE ARMOR OF GOD

# COLORING FUN!

Directions: Read the verses and color the text and the picture.

Belt of Truth, Breastplate of Righteousness, Shoes of Gospel Readiness.

RIGHTEOUSNESS



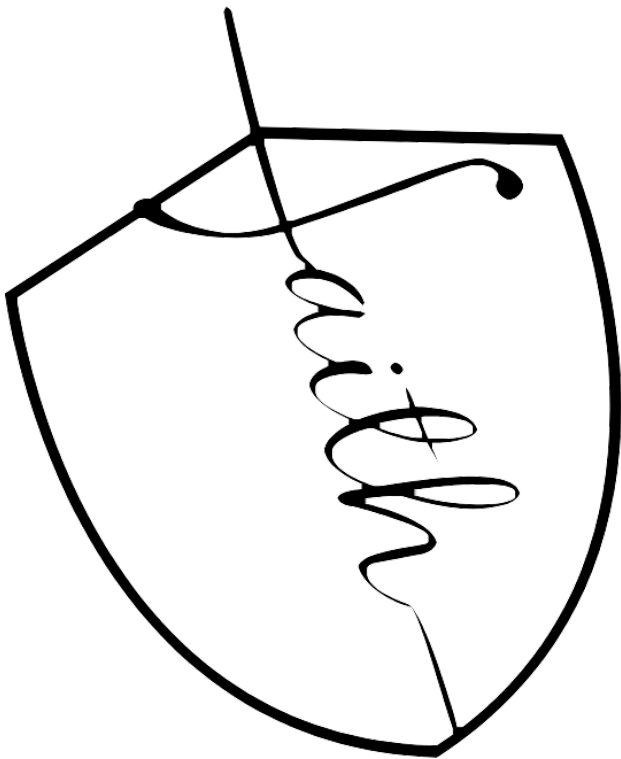
TRUTH

THE ARMOR OF GOD

**COLORING  
FUN!**

Directions: Read the verses and color the text and the picture.

Shield of Faith, Helmet of Salvation, Sword of the Spirit.



THE ARMOR OF GOD

## WORD SEARCH

Directions: Find and circle the words given in the word search.

**Ephesians 6:10-11 KJV** Finally, my brethren, be strong in the Lord, and in the power of his might.

**(11) Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.**

J	F	S	H	P	O	D	C	B	T	D	G	Y	J	X	P	S	R	Z	W
M	J	E	T	J	G	R	N	P	W	Z	J	Z	G	Q	H	A	E	G	O
M	I	C	D	R	V	T	N	X	B	H	R	L	U	O	T	U	I	B	S
X	N	G	V	L	O	G	X	Z	X	C	Z	X	U	N	D	B	E	R	T
N	Q	J	H	M	B	N	D	L	Q	E	U	D	H	A	J	T	U	B	R
B	N	H	W	T	K	N	G	O	S	A	T	W	N	O	B	F	J	I	E
T	D	Q	Z	E	S	H	M	R	Z	M	J	I	S	T	A	N	D	D	N
M	R	E	E	W	D	N	S	D	N	S	C	A	F	B	H	S	B	Y	G
N	S	R	V	N	P	U	E	O	T	V	X	G	N	I	W	C	C	B	T
M	T	L	Y	I	E	X	Z	H	S	E	P	Z	F	F	D	H	F	E	H
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D	C	P	X	U	I	G	R	F	R	D	I	Q	H	C	N	M	O	U	W
O	Z	D	K	R	Q	E	M	Y	R	K	M	W	V	Y	N	E	N	N	K
Y	F	C	V	K	H	Y	O	S	Z	I	E	Z	K	X	Y	S	C	V	B
I	Z	O	X	U	E	S	R	H	W	K	T	W	B	L	L	C	K	R	B

### WORD BANK

STRENGTH

DEVIL

MIGHT

SCHEMES

STAND

LORD

STRONG

ARMOR

GOD



THE ARMOR OF GOD

## WORD SEARCH

Directions: Find and circle the words given in the word search.

Ephesians 6:13 KJV Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Y H Q D T D D N C C J A D G F N B E S R  
N P M X D H V E S U Q W X W T H D I E P  
L J T B J A E C L T V K I W W F O A G W  
W L F G C W R R K A U O D I E J I R R G  
M H G O V D A M E M O T X T K M H R A O  
I J O U W G S I O F C S J H U B Q U M D  
X T P L M X B T K R O S S S T K C O J Y  
F Z B M E C L T H J U R G T T S O S V C  
Q G K A A H J Z U T U W E A T A T G A K  
D N O N Z N B H D S O A L N W E K A S A  
Y O Y L C L Q C E D H W N D Q P N E N V  
N N A P J C V F X B M L O D P V U R U D  
C Y L O S I F G L I N U V J B K Q Q L P  
M M X Z V T B J E Q B M Q E E V I L D C  
H F N T Y H L L U G K E E V H S H Q J L

### WORD BANK

THEREFORE

EVIL

STAND

WITHSTAND

WHOLE

FIRM

TAKE UP

ARMOR

GOD

THE ARMOR OF GOD

TEXT MAZE

Directions: Find the words given in the word finder maze.

Shield of Faith, Helmet of Salvation, Sword of the Spirit.

h d l d o F F a i t v a t i o n  
→ S h i e l d o f a i t h l v a t i o  
h i e l d f o f i t , a l v a o n  
i e l d f F t e H S a n t i o  
d l d i a F t e m l e H n o i o n  
d o i t o t e m l e f , n , n ,  
o o h t h , o t e m l o S w o r  
f o f , i h f o o m S w o r d  
f S . S i t S f t e t w o r o  
i e S . t . r i p f o t o r d o  
h S . t i t . p S S h o r d o f  
S . t i r i p S e h t f d t h S p  
← . t i r i p S e h t f o t S  
S . t . r i p S e h t f o f h e  
h S . t i r i p S p e h t f t h e  
l h S . t i r i p i e t t e  
e i h S h t i r i r S p i h e h S S

THE ARMOR OF GOD

TEXT  
MAZE

Directions: Find the words given in the word finder maze.

Belt of Truth, Breastplate of Righteousness, Shoes of Gospel Readiness.

Word finder maze grid with arrows indicating search directions:

B	e	s	s	.	B	e	l	t	o	f	T	r	u	t		B	r	n
e	n	e	s	s	e	l	t	o	f	l	R	t	h	,	a	d	i	
l	i	n	e	s	s	.	G	o	s	p	e	l	h	R	e	a	n	
t	d	i	n	e	s	f	G	p	e	l	s	R	e	l	R	e	a	
a	d	i	n	s	f	o	o	f	G	o	s	p	e	l	R	e		
o	e	a	d	f	o	s	o	f	G	p	e	p	e	R	R			
f	R	e	o	f	o	e	s	e	s	o	f	G	o	s	p	e	l	
a	s	o	h	o	e	s	o	G	o	s	p	e	l	R				
T	l	R	e	o	h	S	h	o	e	s	f	f	p	e	l	R	e	
r	e	l	o	f	o	S	h	o	o	o	G	o	s	l	R			
u	p	e	o	s	e	,	S	h	o	e	s	G	p	e	l			
t	s	o	G	s	s	,	S	h	s	o	f	o	s	p	e	l		
h	o	G	f	o	s	s	,	h	o	e	o	f	G	o	s	p		
,	s	e	o	f	e	s	s	,	S	f	G	o	s	p	e	R		
B	t	e	f	h	R	n	e	s	s	,	h	o	G	o	s	p	G	o
B	t	a	t	g	i	s	n	e	s	s	S	h	o	e	p	f	G	o
r	a	l	a	t	h	g	u	e	s	s	,	o	e	s	o	f	G	
e	a	p	l	u	t	h	o	u	e	s	s	S	h	o	o	f	G	o
a	s	t	u	o	e	t	e	s	n	s	,	o	e	s	o	f	G	

THE ARMOR OF GOD

# WORD SEARCH

## ANSWER KEY

Directions: Find and circle the words given in the word search.

Ephesians 6:10-11 KJV Finally, my brethren, be strong in the Lord, and in the power of his might. (11) Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.



### WORD BANK

STRENGTH

DEVIL

MIGHT

SCHEMES

STAND

LORD

STRONG

ARMOR

GOD

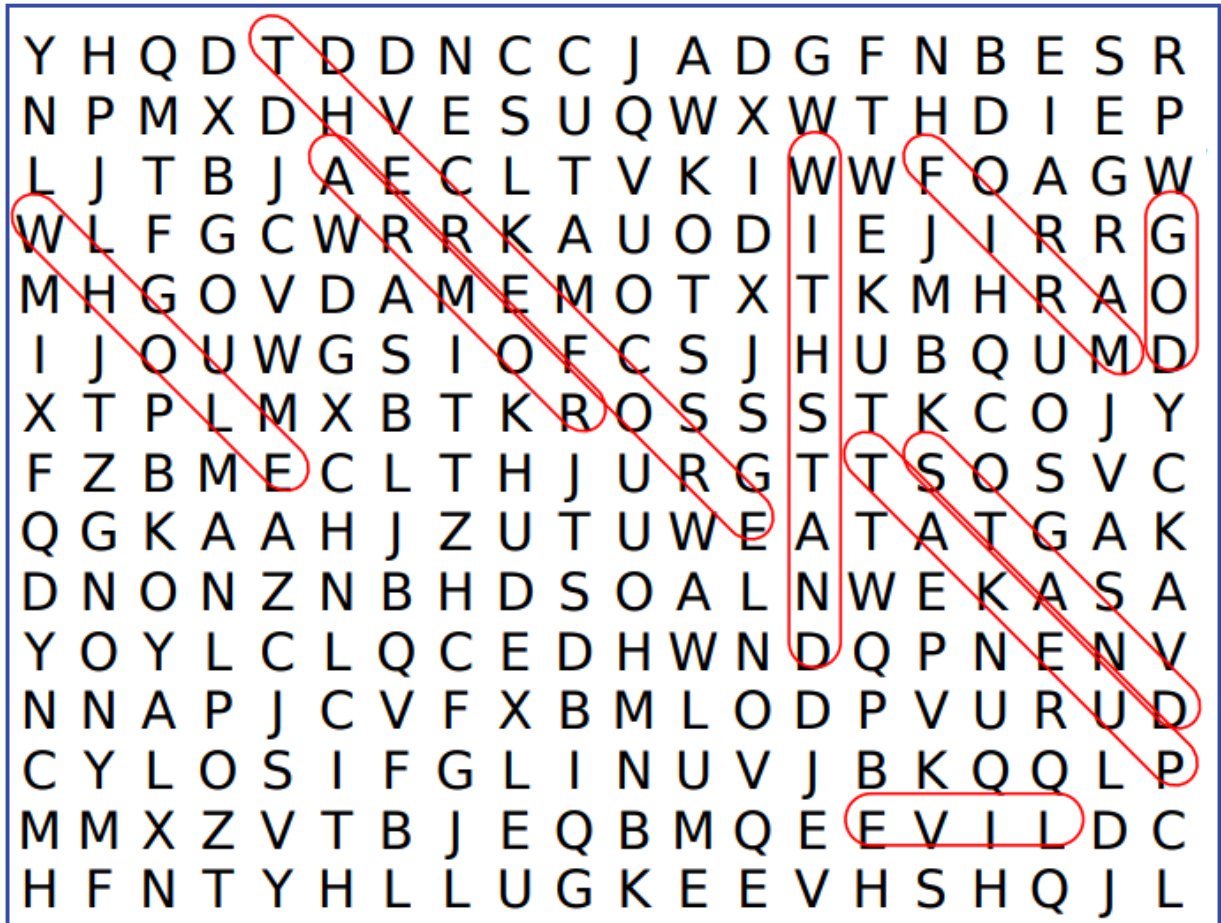
THE ARMOR OF GOD

# WORD SEARCH

## ANSWER KEY

Directions: Find and circle the words given in the word search.

Ephesians 6:13 KJV Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.



### WORD BANK

THEREFORE

EVIL

STAND

WITHSTAND

WHOLE

FIRM

TAKE UP

ARMOR

GOD

THE ARMOR OF GOD

# TEXT MAZE

## ANSWER KEY

Directions: Find the words given in the word finder maze.

Shield of Faith, Helmet of Salvation, Sword of the Spirit.

The maze grid contains the following text:

h	d	l	d	o	F	F	a	i	t	v	a	t	i	o	n		
S	h	i	e	l	d	o	f	a	i	t	h	l	v	a	t	i	o
h	i	e	l	d	f	o	f	i	t	,	a	l	v	a	o	n	
i	e	l	d	f	F	t	e	H	S	a	n	t	i	o	n		
d	l	d	i	a	F	t	e	m	l	e	H	n	o	n	n		
d	o	i	t	o	t	e	m	l	e	f	,	n	,	n	,		
o	o	h	t	h	,	o	t	e	m	l	o	S	w	o	r		
f	o	f	,	i	h	f	o	o	m	S	w	o	r	d			
f	S	.	S	i	t	S	f	t	e	w	o	r	o				
i	e	S	.	t	.	r	i	p	f	o	t	o	r	d	o		
h	S	.	t	i	t	.	p	S	S	h	o	r	d	o	f		
S	.	t	i	r	i	p	S	e	h	t	f	d	t	h	S	p	
.	t	i	r	i	p	S	e	h	t	f	o	t	S				
S	.	t	.	r	i	p	S	e	h	t	f	o	f	h	e		
h	S	.	t	i	r	i	p	S	p	e	h	t	f	t	h	e	
l	h	S	.	t	i	r	i	p	i	e	t	t	e				
e	i	h	S	h	t	i	r	i	r	S	p	i	h	e	S	S	

The red path traces the words: Shield of Faith (row 2, col 1 to row 2, col 10), Helmet of Salvation (row 2, col 10 to row 2, col 16), and Sword of the Spirit (row 10, col 1 to row 10, col 10).