

How to Win Against Sin

Lesson One: Our Enemy, Our Hero

Scripture References:

- Ephesians 6:11, 12
- Psalm 121

Teacher Preparation:

Read the lesson beforehand and familiarize yourself with it. You do not have to read it word for word. Feel free to make it your own, just be sure to get the theme across. Pray for your class. Gather the following supplies:

- A picture of a Roman centurion. (Look online and print one.)
- Plastic cups. You will need six cups for every three to six kids. You will also need a small ball, bean bag, or crumpled paper for every three to six kids.
- Bible.
- This lesson and enough of the coloring pages for each child. (The armor of God paper dolls from the Ministry-To-Children website.)
- Coloring tools, scissors and glue sticks for each child.
- Poster, pieces and glue stick or tape.
- “Our Enemy, Our Hero” activity page.

For further information on spiritual warfare and the armor of God, study the following passages. As you study these, allow the Holy Spirit to work these truths into your life so you can share them with the students.

- Isaiah 14:12-14 and Ezekiel 28 (Describing Satan and his fall)
- Genesis 3 (the temptation and fall of man- Satan’s first act to destroy humanity.)
- Job (Satan gets permission to tempt him)
- 2 Kings 6 (Elisha and God’s army)
- Matt 4:1-11, Luke 4:1-13 (Temptation of Christ)
- Acts 5 (Ananias and Sapphira lie to the Holy Spirit)
- James 4:6-8 (resist the devil)
- 1 Peter 5:8-9 (resist the devil)
- “The devil made me do it” is never a valid excuse. (James 1:13-14)
- We have all the tools we need to resist the devil if we are in Christ. We put on the same armor as our Lord and we literally put on Christ. (Is. 59:16-20, Rom 13:11-14)

Theme:

Satan hates God and wants us to hate God too. He tries to get us to turn against God by getting us to sin. God loves us and gives us the tools (the armor of God) we need to fight against Satan and WIN AGAINST SIN.

Memory Verse:

Ephesians 6:11 (ESV) “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”

Game:

Set up pyramids out of plastic cups. (Three on the bottom, use 6 cups in all.) Set up as many pyramids as you would like. This game should not take more than ten minutes, so have enough pyramids set up for the kids to move through them rather quickly.

Explain to the kids that they have to use a ball or beanbag (or crumpled paper) to knock over the pyramid. Let them each have a couple of turns, so everyone has a chance to knock over the pyramid. Let them stand from whatever distance works for them.

Discuss. Say that it was pretty easy to know it over. Now have one volunteer to stand in front of each pyramid. (Or cover the pyramid with a box.) Let children try to knock down the pyramid. Once everyone has tried and failed, explain that we are like that little pyramid. Satan is always trying to knock us down, but God is our Protector, and we will not let us get knocked down by sin.

Lesson:

Open in prayer.

Ask who has seen the Incredibles. (Or any other movies with a clear hero and villain, like Kung Fu Panda.) *Who was the good guy? Who was the bad guy?* Discuss the movie for a few minutes with the kids. Define that a good guy is the hero and the bad guy is the enemy. *Do we have an enemy in real life? In real life, our enemy is Satan. If our enemy is Satan, who is our hero? Our hero is God, Jesus. Satan hates God and is always fighting him and trying to ruin things, just like the bad guys in movies. God and Satan are at war. Do you know what they are fighting for? They are fighting for us! Satan hates God and wants us to hate God too. Satan tries to get us to turn away from God by tempting us to sin. But God doesn't want that! He loves us and wants us to be with him. If we love God and want to be with him too, then we are in a fight, too. We are in a fight against sin, because sin takes us away from God. Does it sound scary to be in a war? But we don't have to worry, because God is on our side. God is fighting for us. The Bible says that God is our Protector and that he won't let any harm come to us (Psalm 121). All we have to do is trust that God is in control. God is our hero in our war against sin, and when we turn to Jesus and ask for forgiveness from the things that we have done wrong, then we can begin to win against sin. Say this with me: With Jesus, I can win against sin! Since God is our Protector, he has given us something very special to protect us. The Bible tells us to put on the armor of God. Have any of you seen pictures of a Roman soldier? (Show picture of a Roman centurion in armor.) Why do they wear all that armor? It keeps them from getting hurt when they are attacked by their enemy. The armor of God will protect us when we are tempted to sin.*

Over the next few weeks, we will all work together to memorize a verse from the Bible. If you have a Bible, please turn to Ephesians 6:11. You turn there too. Wait for everyone to look up at you, so you know they found it. Ask a student to read the verse or read it to them. Spend a few moments discussing what it means. Explain that a scheme is a plan, usually an evil one.)

We will work on memorizing that more together next week. Now, we are going to learn a song to help us remember all six pieces of the armor of God. This song is to the tune of “head, shoulders, knees and toes.” Have the kids stand with you. Demonstrate the song once, then have them join you in singing and motions. Pretend to put on each piece of armor as you sing it. Hold the sword up high. When you sing “this is the armor of our Lord,” march in place.

Belt, breastplate, shoes and shield,
Helmet and sword,
Belt, breastplate, shoes and shield,
Helmet and sword,
This is the armor of our Lord,
Belt, breastplate, shoes and shield,
Helmet and sword.

We will sing this song at the beginning of class every week to help us remember all the pieces of armor. Next week, we will start to learn what each piece of armor means. To help us remember everything we learn, we are going to make a poster.

Poster

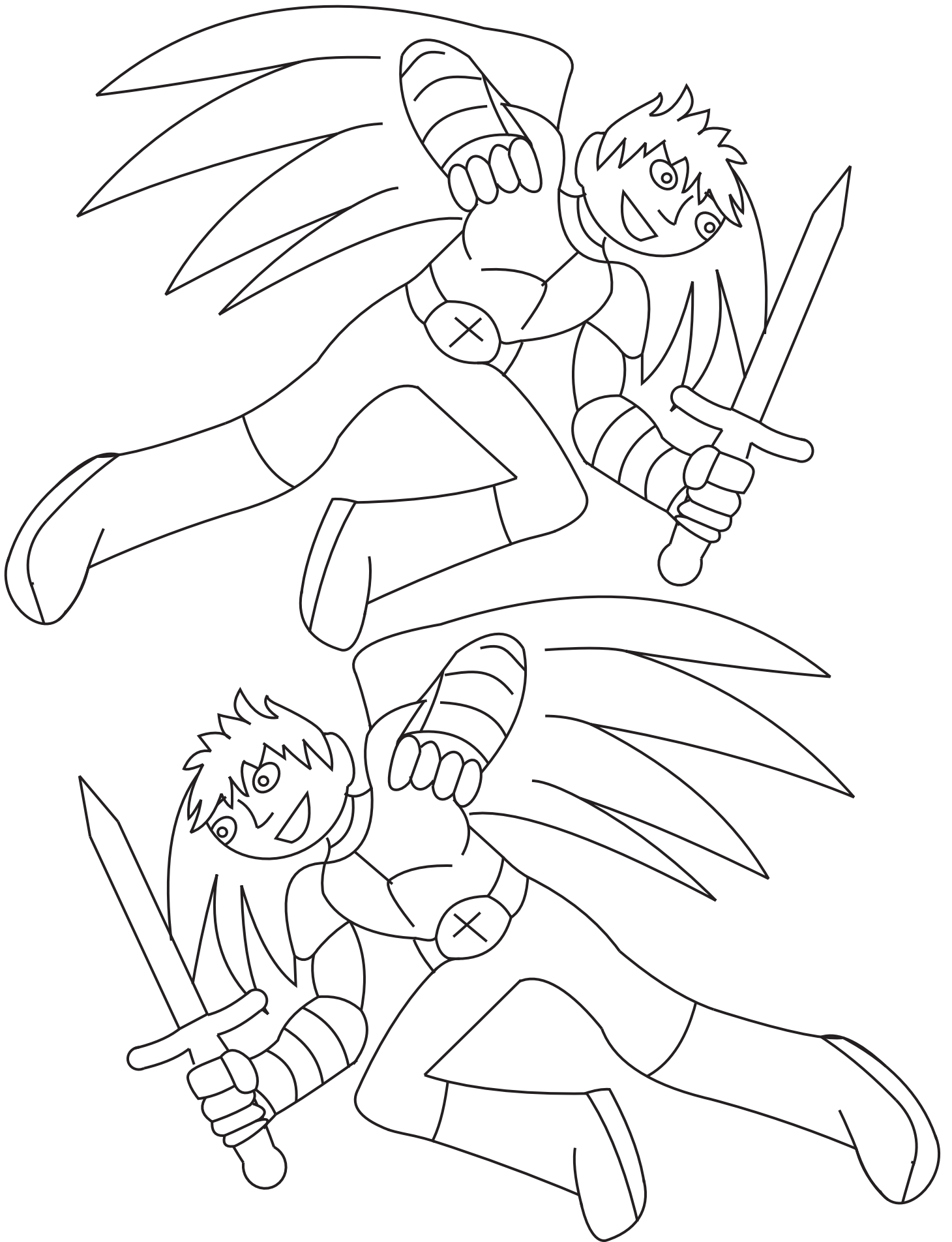
Display the poster board. Right now, it is just a blank landscape. Explain to the class that you will add a new piece to the poster every week. Today, you will add a few pieces. Start with the angels, as a reminder that there is an invisible war going on all around us. Next add the boy and girl in their shorts and t-shirts. (In the following weeks, you will add their armor.) Last, add the sign, “With Jesus, I can WIN AGAINST SIN!” Explain each piece to the kids as you go. If you want, have the kids put the pieces on the poster.

Pray with the kids now, and then pass out the Armor of God coloring pages (found on this website.) As the children color and glue on the pieces of armor, you can briefly introduce each piece if you desire. Work on the “Our Enemy, Our Hero” activity page, or send it home as homework to reinforce the lesson.

WIN AGAINST SIN!

With Jesus, I can







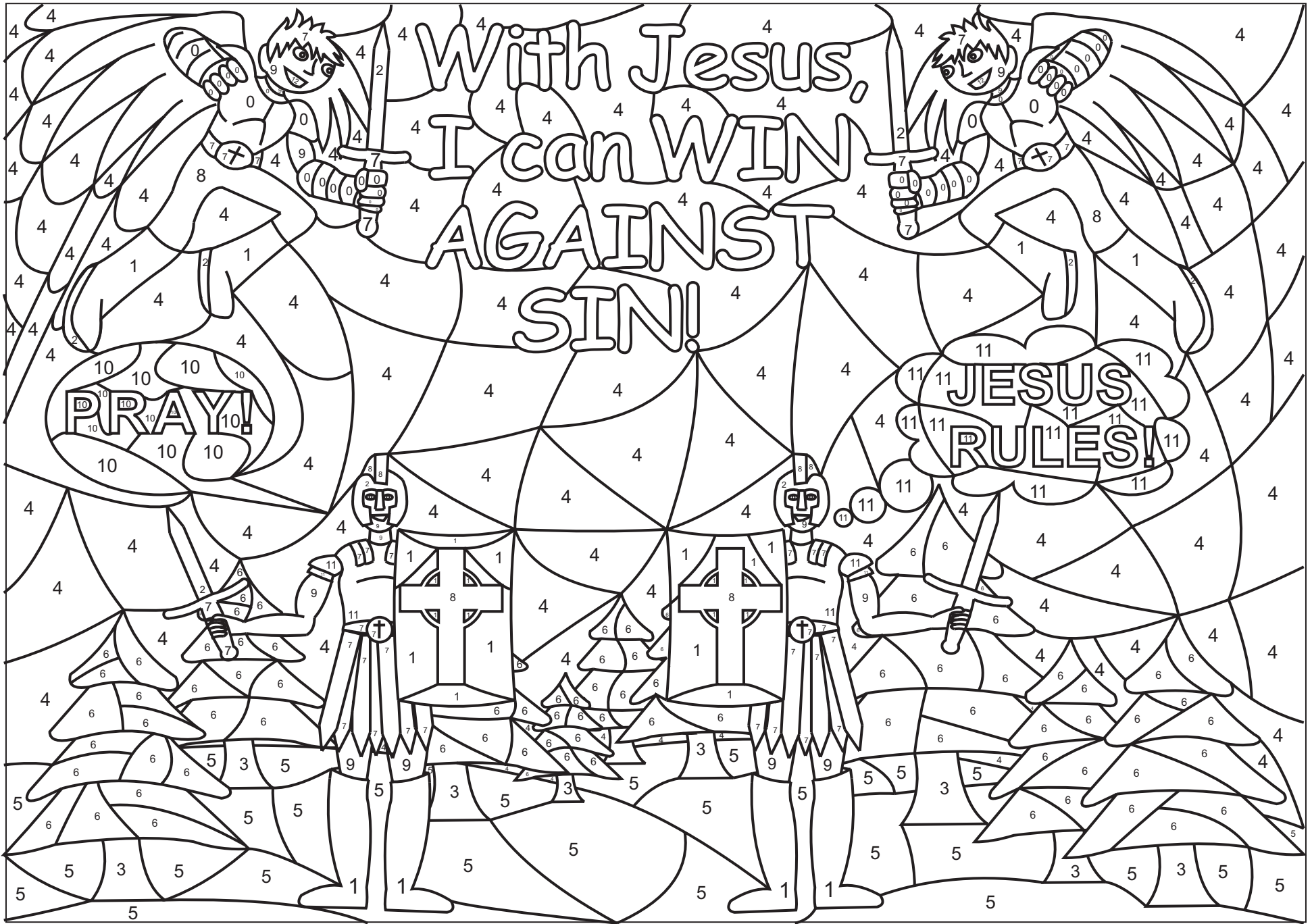
With Jesus,
I can WIN
AGAINST
SIN!



PRAY!

JESUS
RULES!





0 Dark Blue 1 Black 2 Grey 3 Brown 4 Blue 5 Light Green 6 Green 7 Yellow 8 Red 9 Flesh 10 Purple 11 Orange 12 Pink

How to Win Against Sin

Lesson Two: The Belt of Truth

Scripture References:

- Ephesians 6:11-14a
- John 14:6

Teacher Preparation:

Read the lesson beforehand and familiarize yourself with it. You do not have to read it word for word. Feel free to make it your own, just be sure to get the theme across. Pray for your class.

Gather the following supplies:

- Bible.
- Poster and pieces.
- Belt of Truth activity page for each child.
- Two large (12X18) sheets of construction paper per child. (For younger kids, precut these into parts of a belt of truth. Follow steps one through three in the directions.)
- Ribbon or yarn.
- Handheld hole punch.
- Crayons, scissors.

For further information on spiritual Truth, study the following passages. As you study these, allow the Holy Spirit to work these truths into your life so you can share them with the students.

- John 14:6
- Psalm 26:3
- 2 Corinthians 13:8

Theme:

The first piece of armor we read about is the belt of truth. The belt of truth is like a tool belt, it is where we store all of our knowledge of God.

Memory Verse:

Ephesians 6:11 (ESV) “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”

Game:

- Tell the students that you will ask them a series of true or false questions. For each question they get right, they take one giant leap towards the finish line. (The end of the room.) If they miss a question, they stay where they are. The first one to cross the finish line wins.
- Have them line up at the starting line.
- All the children answer every question, all at the same time. Those who get it right move forward. Those who do not get it right stay put.
- Continue in game play until every child has crossed the finish line. (Or reached the other end of the room.)
- Feel free to make up your own questions. You know your students and their interests, so make up questions they would like!

Questions:

1. True or **false**: Polar bears live in the Amazon.
2. **True** or false: Jesus was born in Bethlehem.
3. True or **false**: Birds live underwater.
4. **True** or false: Genesis is the first book in the Bible.
5. True or **false**: The Bible was originally written in Latin.
6. True or **false**: Moses built the ark.
7. **True** or false: In the painting of Mona Lisa, she has no eyebrows.
8. True or **false**: It took God a month to create the Universe.
9. **True** or false: Jesus Christ died for the sins of the world.
10. True or **false**: It always snows in the summer.
11. True or **false**: Halloween is when we celebrate the birth of Christ.
12. **True** or false: The sky is blue.
13. True or **false**: Jesus isn't the only way to get to Heaven.
14. True or **false**: Libraries are where you buy groceries.
15. **True** or false: Disney characters Pluto and Goofy are both dogs.
16. **True** or false: Koalas have fingerprints.
17. **True** or false: Almonds are part of the peach family.
18. True or **false**: Albuquerque is the capital of New Mexico.
19. True or **false**: Las Angeles, California is the capital of the USA.
20. **True** or false: A cockroach can live a week without its head.
21. True or **false**: Elephants have no sense of smell.
22. **True** or false: Camels can walk 100 miles without drinking water.
23. True or **false**: The Bible was written by Moses.
24. **True** or false: In some countries, it is illegal to own a Bible.
25. True or **false**: Roses are always red.

Lesson:

Pray with your class.

For those of you who were not here last week, let's review quickly. Last week we learned that we are all in a battle against sin. Satan hates God and tries to get us to stop following God by trying to get us to sin. But since we love God, we have to fight our temptation to do wrong. But God is our Protector and he will never let serious harm come to our lives. So with Jesus, we can WIN AGAINST SIN! Say that with me everybody, with Jesus, we can WIN AGAINST SIN!

Since we are in a war against sin, God gave us special armor to wear. This is called the armor of God. Last week we learned a song to help us remember all the pieces of armor. Let's sing that song together now.

Pretend to put on each piece of armor as you sing it. Hold the sword up high. When you sing "this is the armor of our Lord," march in place.

Belt, breastplate, shoes and shield,
Helmet and sword,
Belt, breastplate, shoes and shield,
Helmet and sword,
This is the armor of our Lord,
Belt, breastplate, shoes and shield,

Helmet and sword.

We can read about God's armor in Ephesians 6. If you have a Bible, turn there now. (Try to get a kid to volunteer to read Ephesians 6:13-14a, or read it out loud to them.)

So what is the first piece of armor we read about? The belt of truth. Who can tell me what a belt does? Belts hold up your pants and keep them from falling down, that's right. The belt of truth is more like a tool belt. What are tool belts used for? We use tool belts to store our tools when we are building something. The belt of truth is not something we can actually go to the store and buy. God's armor is something that we have to learn to put on every day by learning new things about God and changing our attitudes, how we think about life and other people. So when we put on the belt of truth, that means we learn about the truth of God and we keep it close to us, like we wear a belt close to our bodies. The belt of truth is kind of like Batman's utility belt. Everything he needs to fight evil is on that belt. Everything we can ever need to know to fight evil is the Truth, and we wear the Truth tight around us just like Batman wears his belt.

So, who can tell me some true things about God? (Write these on the board, keeping as close to the child's wording as you can. If you feel confident enough, draw pictures next to the sentences for the younger children. Stick figures are great.)

A few important truths that should end up on the board:

- Jesus Christ is God.
- God loves us so much that he sent his Son to die for us.
- We are all sinners and we all need salvation, which only comes from Jesus.
- All we have to do to be forgiven of our sins is say sorry to God, love him, and try to do what he tells us to do in the Bible.
- Jesus is the way, the truth and the life. No one comes to the Father but through him. (John 14:6)

When we remember these truths about God, we are putting on the belt of truth. Now let's all practice our memory verse together. I will say it once, and then we will learn some motions to help us remember it. "Put on the whole armor of God, that you may be able to stand against the schemes of the devil." Now stand up and we will learn a few motions to help us learn this Bible verse. "Put on the whole armor" As you say this, pretend to get dressed. Put on your pants and a jacket. "of God" Sign God. (With right hand, thumb facing you, bring your flattened palm downward from your forehead to your chest.) "So that you may be able to stand against" Stand with your feet slightly more than shoulder width apart with your hands on your hips, like a super hero. "against the schemes" Rub your hands together like an evil villain. "Of the devil." Sign devil. (Put your thumbs to your temples, and your forefingers and middle fingers straight in the air. Bend them twice, like air quoting. Repeat the entire verse with the children, leading them in doing the motions.

Poster

Review the pieces from last week. Add (or have the children add) a belt to the boy and girl on the poster.

Craft

Make Belts of Truth with the students. Pass out two sheets of construction paper (or the belt pieces, for younger kids,) scissors and crayons. Show the picture of the Roman centurion. Explain that Paul, who wrote about the armor of God, would have been picture this kind of soldier. So that's the kind of belt you will be making.

1. Start by folding each piece of construction paper in half, long side to long side. (Hot dog style.) Unfold and cut along the crease. You now have four long pieces.
2. Cut one short side of each piece into a point. Do this by cutting away each corner and having your cuts meet in the middle. (Refer to the picture, that will make more sense.)
3. Along the other end, the flat side, punch two holes a couple of inches apart. (For younger kids, do these steps first, so they can just focus on the important parts, thinking about the Truth.
4. Now write a Biblical truth that matters to you on each piece. Add a picture if desired. (For example, "God loves me no matter what." Draw a heart.)
5. String all four pieces onto a long length of yarn. Cut the yarn and tie the belt around your waist. You now have a Belt of Truth!

Pray with the class. Then pass out the Belt of Truth activity page. Work on it until parents come, or send it home as homework to reinforce the lesson.

Belt of Truth

Match the “truths” with the correct tool belt. (Spiritual truths in the Spiritual tool belt and worldly truths in the World tool belt.)

Jesus died for our sins.

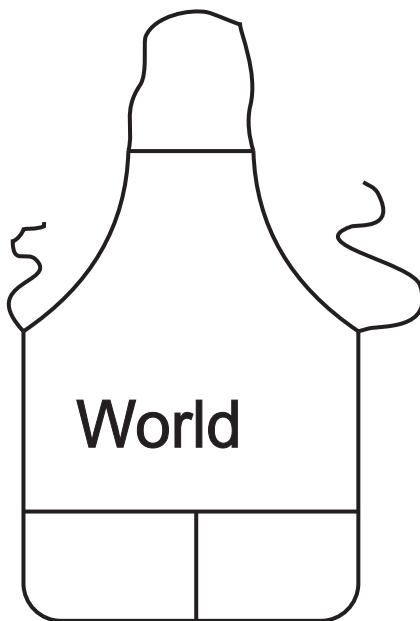


The Armor of God passage is found in Ephesians chapter 6.

Being good gets you into Heaven.

The Ten Commandments are in the book of Romans.

Moses built the Ark.

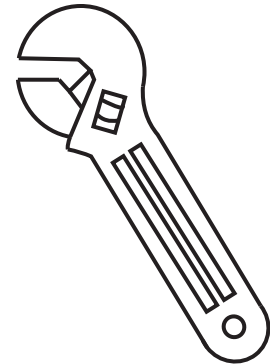
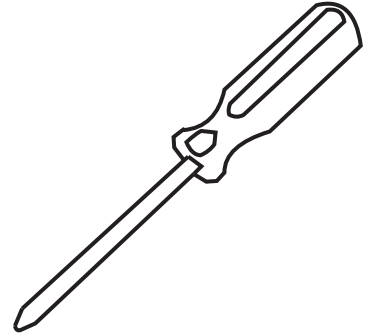
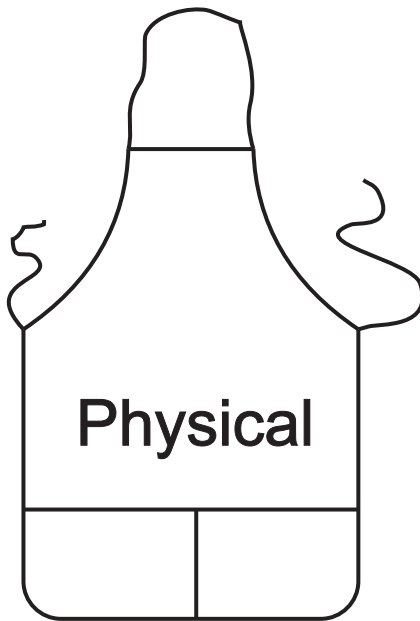
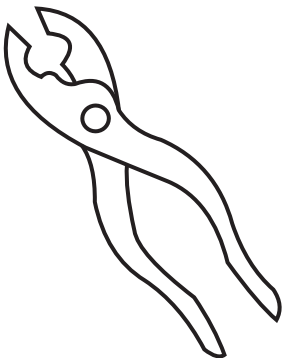
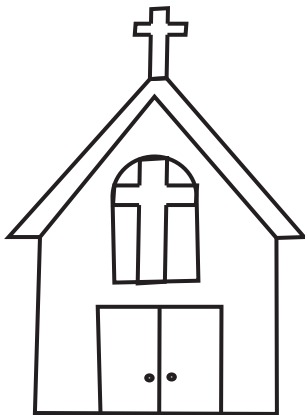
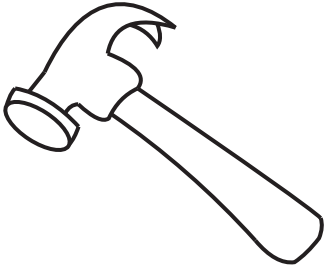


Write your own Spiritual truth:

1 Corinthians 13 is often called the Love Chapter of the Bible.

Belt of Truth

Draw a line from each object and match it to the correct tool belt.



Lesson: The Breastplate of Righteousness

 ministry-to-children.com/lesson-the-breastplate-of-righteousness/

Tara Tegard

12/20/2012



This is the third lesson in our series called “How to Win Against Sin.” It’s based on the Armor of God teaching found in Ephesians 6. [Click here](#) to see more Bible lessons in this unit.

Like all our resources, this material is 100% free to use in your ministry. Please leave a [comment below](#) to share your own thoughts and offer hints to other readers.

How to Win Against Sin, Lesson Three: The Breastplate of Righteousness

Scripture References:

- Ephesians 6:11-14
- Psalm 119:9-11

Teacher Preparation: Read the lesson beforehand and familiarize yourself with it. You do not have to read it word for word. Feel free to make it your own, just be sure to get the theme across. Pray for your class. Gather the following supplies:

- Bible.
- Poster and pieces.
- Breastplate of Righteousness [activity page](#) for each child. (page)
- One large (12X18) sheets of construction paper per child. (For younger kids, precut the breastplate.)
- Ribbon.
- Buttons with two holes. (Heart shaped ones would be great.)
- Handheld hole punch.
- Crayons, scissors, glue sticks
- Scrap paper, other collage materials

For further information on righteousness, study the following passages. As you study these, allow the Holy Spirit to work these truths into your life so you can share them with the students.

- Psalm 119:9-11
- Deuteronomy 6:25
- Romans 3:21-22

Theme: The second piece of armor we read about is the breastplate of righteousness. We put on the breastplate of righteousness when we do what God wants us to do instead of sinning.

Memory Verse: Ephesians 6:11 (ESV) “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”

Game: Read a series of tricky situations that children might find themselves in. Have them run to one corner of the room or the other to show what they would do in a given situation.

For example, say, "Your friends want you to stay out later than your parents say you can. Do you (a) stay out with your friends for just a few more minutes or do you (b) tell your friends that you have to go home because your parents told you to." When you say go, have the children run to corner a or b. Have a few children explain their reasons. Make the questions appropriate for the age and situations your students may find themselves in. After a couple or rounds, you can have children come up with situations, too.

Lesson:

Pray with your class.

Who remembers what we have been learning about? That's right, we are learning about the armor of God and how to WIN AGAINST SIN! Say this with me: With Jesus, I can win against sin! Just like knights and soldiers wear armor to protect themselves from being attacked, we wear the armor of God to protect us from being attacked by Satan.

Last week we learned a song to help us remember all the pieces of armor. Let's sing that song together now.

Pretend to put on each piece of armor as you sing it. Hold the sword up high. When you sing "this is the armor of our Lord," march in place.

Belt, breastplate, shoes and shield,

Helmet and sword,

Belt, breastplate, shoes and shield,

Helmet and sword,

This is the armor of our Lord,

Belt, breastplate, shoes and shield,

Helmet and sword.

Satan tries to get us to sin, but since we love God, we don't want to sin. We want to live righteous lives. Who can tell me what righteous means? Righteous means being right with God. We are righteous when we follow God and don't let any sin into our hearts. What piece of armor protects the heart? Point to the knight's breastplate. That's right, the breastplate. The breastplate on a knight protects his heart. Our armor from God comes with a breastplate too. The breastplate we get from God is called the breastplate of righteousness. This means that when we put on the breastplate of righteousness, we are protecting our hearts from sin and learning to be righteous- right before God.

Now, is the breastplate of righteousness something we actually wear, like we might wear a jacket? Do we keep our breastplates of righteousness hanging up in our closets? No! So how do we put on the breastplate of righteousness? Let a few children answer. That's right. We pray that God would make us right before him by forgiving us of our sins, we read our Bibles, and we do our best to do what we know is right. o a sword drill with the following verses. You tell them the verse to look up, they do. Have a student read the verse and discuss it briefly. Let's have a sword drill.

Look up Psalm 119:9-11. What do these verses have to do with righteousness? Verse 9 talks about keeping our way pure. That means righteous. What do the following verses tell us to do to stay righteous? That's right, we seek the Lord with our whole heart, we keep his commandments, and we store up his word in our heart. We memorize Bible verses to remind us how to be righteous.

When we do what is right before God, we are putting on the breastplate of righteousness. Now let's all practice our memory verse together. I will say it once, and then we will practice our motions to help us remember it. "Put on the whole armor of God, that you may be able to stand against the schemes of the devil." Now stand up and we will learn a few motions to help us learn this Bible verse. "Put on the whole armor" As you say this, pretend to get dressed. Put on your pants and a jacket. "of God" Sign God. (with right hand, thumb facing you, bring your flattened palm downward from your forehead to your chest.) "So that you may be able to stand against" Stand with your feet slightly more than shoulder width apart with your hands on your hips, like a super hero. "against the schemes" Rub your hands together like an evil villain. "Of the devil." Sign devil. (Put your thumbs to your temples, and your forefingers and middle fingers straight in the air. Bend them twice, like air quoting.) Repeat the entire verse with the children, leading them in doing the motions.

I don't want you to answer out loud, but can any of you think of a time when you sinned? Think to yourself how you

felt after you sinned. (Give time for students to think.) At first it may have felt really good, but after a while, you probably felt pretty bad, huh? That's because when we sin, we aren't wearing the Breastplate of Righteousness. This makes it even easier for Satan to come in and help us to sin more. Remember, we make the choice to let Satan lead us to sin. If we work to put on the Breastplate of Righteousness every day, then it will be really hard for him to lead us into sin because we will be focused on following the commandments God gives us. Make a list of some of the commandments that God wants us to follow. Discuss that righteousness is not based on what we do, but on God's gift of the crucifixion to us. We follow his commandments because we love Him.

Poster: Review the pieces from last week. Add (or have the children add) a breastplate to the boy and girl on the poster.

Craft: Make breastplates of righteousness with the children.

1. Cut out a breastplate shape. (Make an inward curve at the neck, the armpits, and the stomach.)
2. Punch a hole in each shoulder.
3. Decorate with scraps of paper. Include a heart on the center.
4. Add the words "Right with God" to the breastplate.
5. Measure a piece of ribbon to about a yard per child. String a button through it, then tie each end of the string through a hole in the shoulder. This makes an apron-like breastplate.

Pray with the class. Then pass out the Breastplate of Righteousness activity page. (Circle the things that belong in a righteous heart and cross out the things that do not belong in a righteous heart.) Work on it until parents come, or send it home as homework to reinforce the lesson.

Related



Lesson: The Shoes of the Gospel of Peace

In "Lesson Plans"



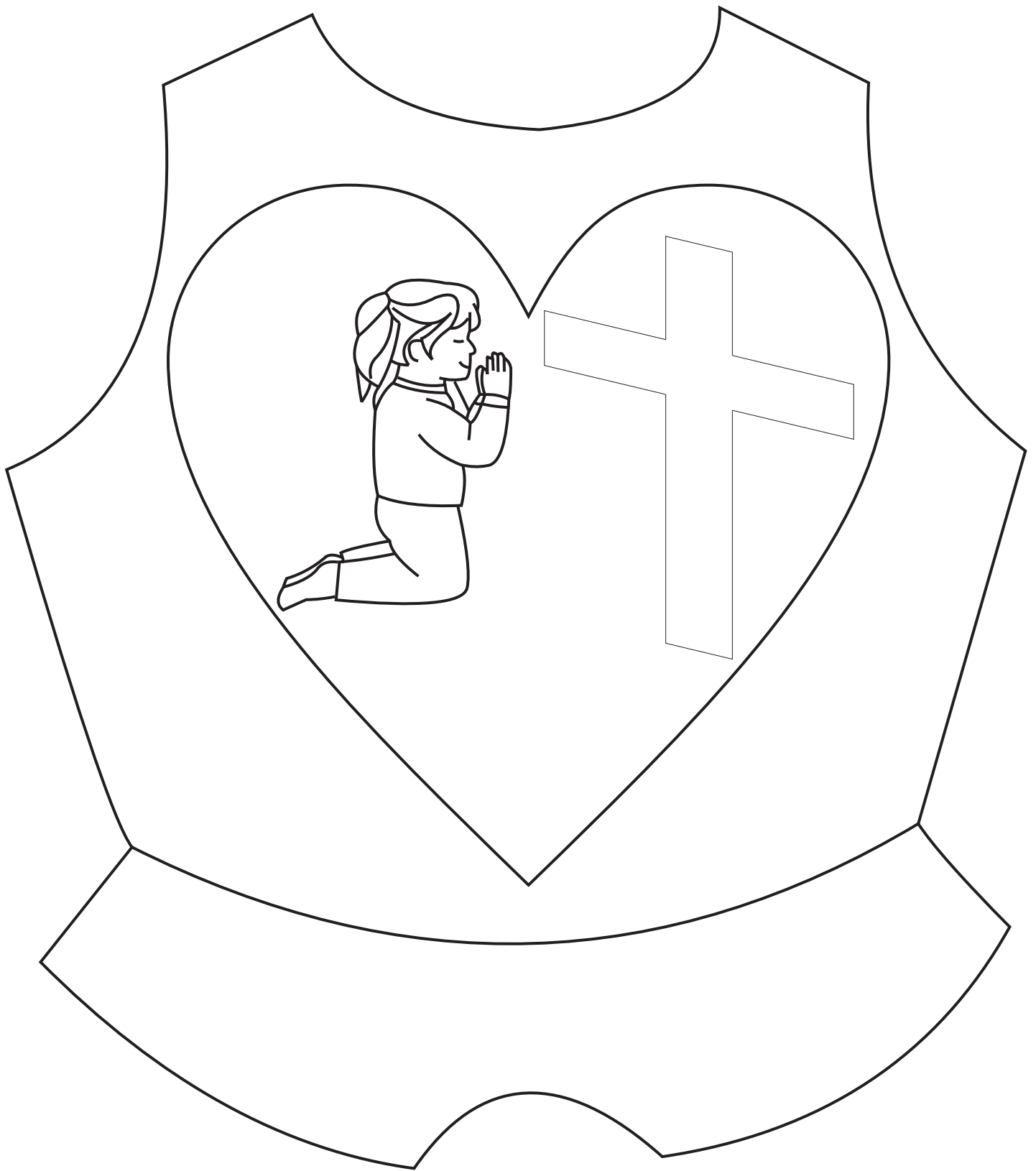
Lesson: The Sword of the Spirit

In "Lesson Plans"

Lesson: The Shield of Faith



In "Lesson Plans"



I am right with God because I follow Jesus!

I read my Bible.

*I obey my
parents.*

I lie when I'm scared
that I'll get in trouble.

I play during church.

I am friendly, even
when others are not.

I don't act like a Christian
with my friends who don't
believe in Jesus.

I pretend I don't
hear my parents
when they talk
to me.

I listen
during
church.

I steal.

I pray.

Lesson: The Shoes of the Gospel of Peace

 ministry-to-children.com/lesson-the-shoes-of-the-gospel-of-peace/

Tara Tegard

12/31/2012



This is the fourth lesson in our series called “How to Win Against Sin.” It’s based on the Armor of God teaching found in Ephesians 6. [Click here](#) to see more Bible lessons in this unit.

Like all our resources, this material is 100% free to use in your ministry. Please leave a [comment below](#) to share your own thoughts and offer hints to other readers.

How to Win Against Sin, Lesson Four: The Shoes of the Gospel of Peace

Scripture References:

- Ephesians 6:11-15
- 1 Peter 3:15

Teacher Preparation: Read the lesson beforehand and familiarize yourself with it. You do not have to read it word for word. Feel free to make it your own, just be sure to get the theme across. Pray for your class.

Gather the following supplies:

- Bible.
- [Poster and pieces](#) (download & print) activity page for each child.
- One large (12X18) sheets of construction paper per child.
- Tape.
- Crayons, scissors, glue sticks

For further information on peace, study the following passages. As you study these, allow the Holy Spirit to work these truths into your life so you can share them with the students.

- Ephesians 6:11-15
- 1 Peter 3:15
- John 16:33

Theme: The third piece of armor are the Shoes of the Gospel of Peace. When we put on these shoes and remember the gospel every day, we are able to follow Jesus instead of Satan and tell everyone we meet about God’s love.

Memory Verse: Ephesians 6:11 (ESV) “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”

Game: Shoe Soup

Have all the kids take off their shoes and place them in a pile on one side of the room, then have them all stand on

the opposite side. When you say go, they all have to run to the shoes, grab a pair that does not belong to them, find the person they belong to and put their shoes on them. As you help them put on their shoes, ask them questions until you find out something you did not know about them. You must take turns putting on shoes and having someone put your shoes on you. This is not a race with just one winner. All the students need to work together and make sure everyone has their shoes on right and makes it back safely. Just like in the Christian race, they are not supposed to run on their own, only looking out for themselves. Encourage the older students to help the younger ones. When everyone gets back with their shoes on, discuss what you learned about each other.

Present the Bible Lesson

Pray with your class.

So far we have learned that we are in a war with Satan, but God gives us armor to protect us. We know that with Jesus we can WIN AGAINST SIN! We know how to put on the belt of truth and the breastplate of righteousness. Let's sing our song to help us remember which piece of armor comes next.

Pretend to put on each piece of armor as you sing it. Hold the sword up high. When you sing "this is the armor of our Lord," march in place.

Belt, breastplate, shoes and shield,

Helmet and sword,

Belt, breastplate, shoes and shield,

Helmet and sword,

This is the armor of our Lord,

Belt, breastplate, shoes and shield,

Helmet and sword.

Now let's all practice our memory verse together. I will say it once, and then we will practice our motions to help us remember it. "Put on the whole armor of God, that you may be able to stand against the schemes of the devil." Now stand up and we will learn a few motions to help us learn this Bible verse. "Put on the whole armor" As you say this, pretend to get dressed. Put on your pants and a jacket. "of God" Sign God. (with right hand, thumb facing you, bring your flattened palm downward from your forehead to your chest.) "So that you may be able to stand against" Stand with your feet slightly more than shoulder width apart with your hands on your hips, like a super hero. "against the schemes" Rub your hands together like an evil villain. "Of the devil." Sign devil. (Put your thumbs to your temples, and your forefingers and middle fingers straight in the air. Bend them twice, like air quoting. Repeat the entire verse with the children, leading them in doing the motions. Raise your hand if you are wearing shoes today. Well, why? Of course you wore shoes today so you would be able to run around and not hurt your feet. Why do you think shoes are included in the Armor of God? We are told to prepare our feet with the preparation that comes with the Gospel of Peace. What is the Gospel of Peace? Allow a few students to answer. The Gospel of Peace is that Jesus came and died on the cross for our sins and then rose from the dead and ascended into Heaven. This means that if we believe in Jesus Christ and ask Him to forgive us of our sins, then we can live a peaceful life without worry. We don't have to worry because we know we are going to Heaven. Why do you think we have to prepare our feet with this? Let a few students answer briefly. Our job as warriors for God is to let as many people as we can know about the Gospel. One way we can do this is to tell them about the ABC's of salvation. What are the ABC's of salvation? "A" means you accept that you're a sinner and need somebody to help you out of your sins. "B" means you believe that Jesus Christ has already died for all of your sins and wants you to follow Him for the rest of your life and someday go to Heaven. "C" means you confess your sins to Jesus and ask Him to come into your heart and

forgive you of your sins. If you haven't already done this in your own life, then how can you show other people how to do this? If we say that we love Jesus, we need to act like we love Jesus. We need to walk the walk. Picture this: if you were playing basketball with someone and they said they could slam dunk, you would want to see it, right? What if they kept bragging that they could slam dunk but then never did? Would you still believe that they can slam dunk? Probably not. If they showed you a slam dunk, then you would believe them. Being a Christian is kind of the same way. When we say we love Jesus, but then we don't act like it, we are not walking the walk. The shoes of the Gospel of Peace help us to remember to follow Jesus. When we are following Jesus and doing what he wants us to do, we cannot follow Satan, and we cannot do what Satan wants us to do. It is important to put on the shoes of the Gospel of Peace every day, so we can tell others about Jesus, and keep ourselves from following Satan. How do we put on the shoes of the Gospel of Peace? Ephesians 6:15 says that we "put on the readiness that comes with the gospel of peace." This means we have to be ready to tell others about Jesus. 1 Peter 3:15 tells us how to do this. Read the verse for them.

Poster Review the pieces from previous weeks and add the shoes to the children on the poster.

Craft: Make shoes of the gospel of peace.

1. Have children trace both their feet.
2. Cut them out and decorate.
3. Cut out strips of paper to go over the top of the shoe. The strip should be long enough to tuck under the cut out of the foot. Tape the strip to the bottom, after the kids write PEACE across it.
4. Remember, these shoes are for decoration, and not really for real use. Wear them to take a picture and then leave them with the rest of your armor.

Pray with your class, then pass out the Shoes of Peace activity sheet. Go through the maze. Along the way, you must cross over every person without crossing over your tracks. As we go about our lives, we tell people about Jesus. Give the younger children the Shoes of Peace 2 activity sheet. These can be done in class or taken home to reinforce the lesson.

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Lesson: The Sword of the Spirit

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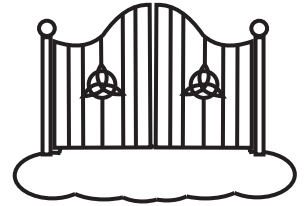
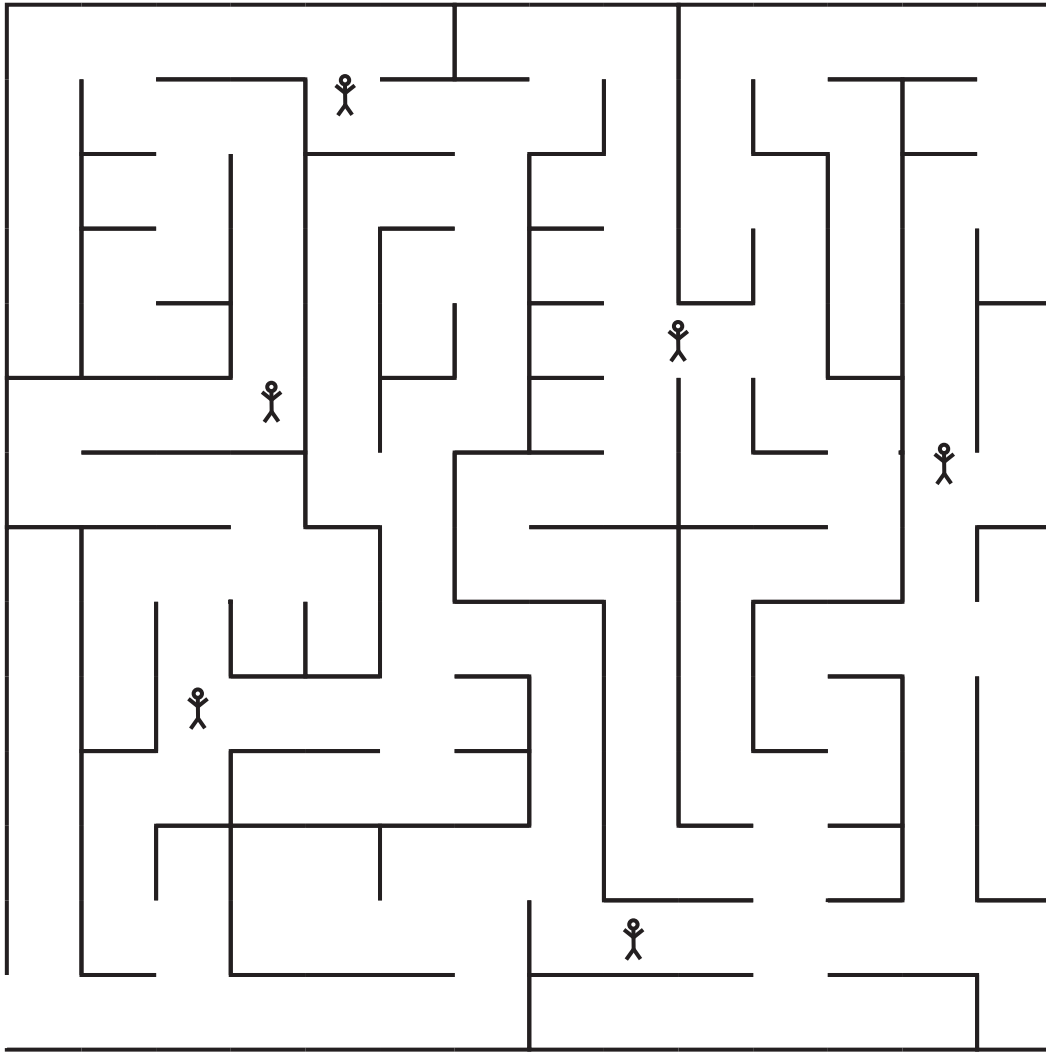
Lesson: The Shield of Faith

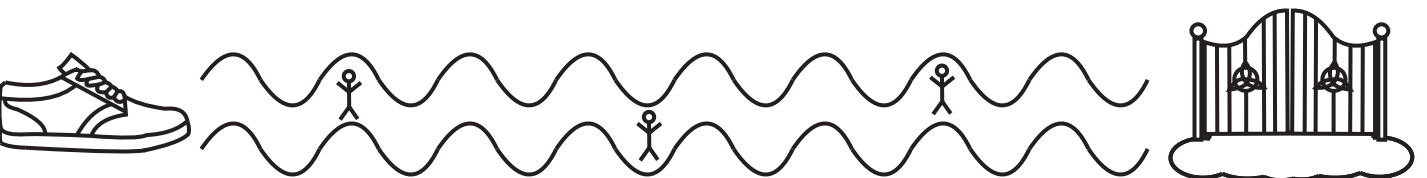
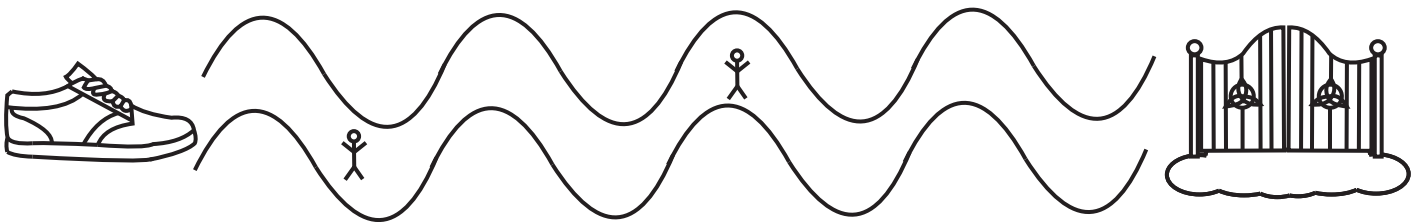
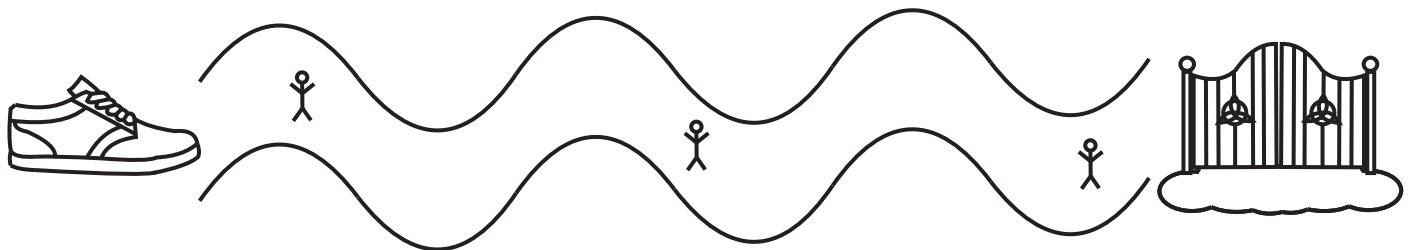
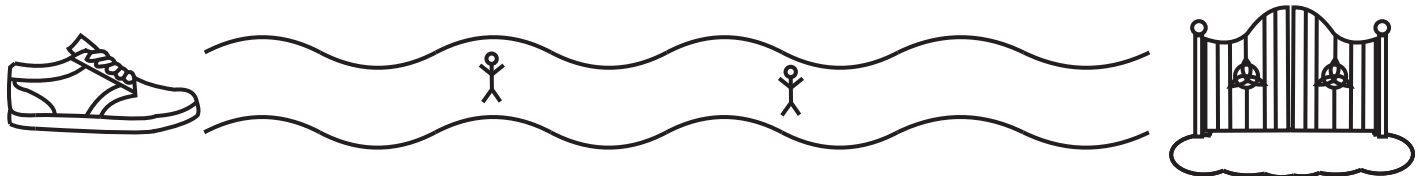
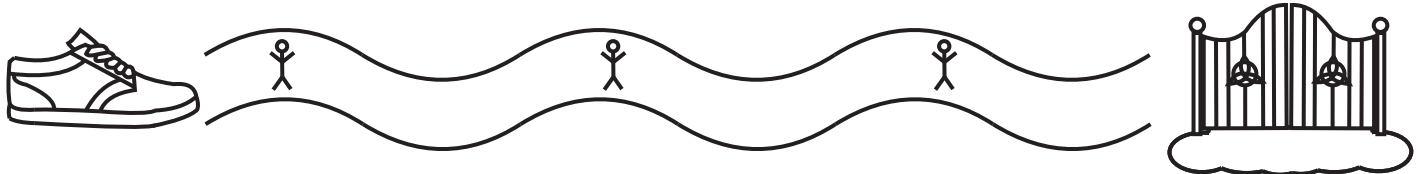
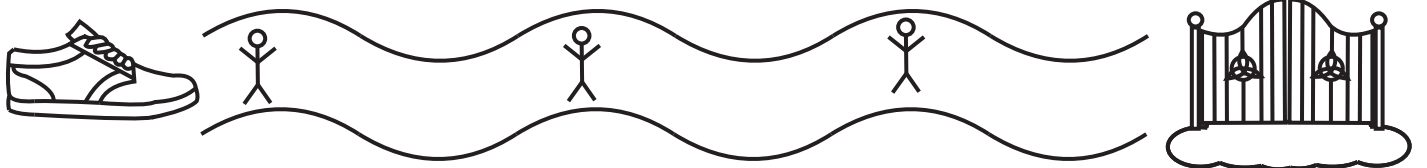
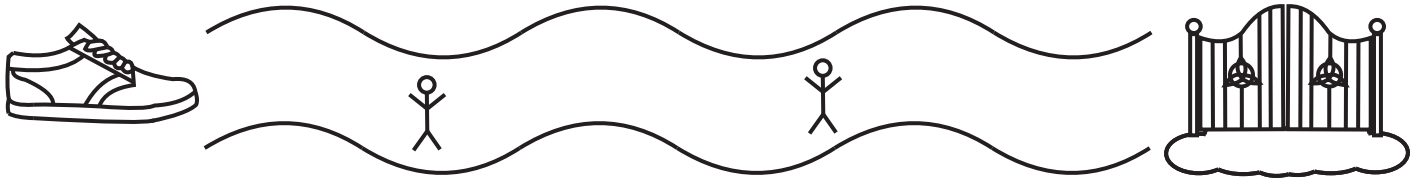
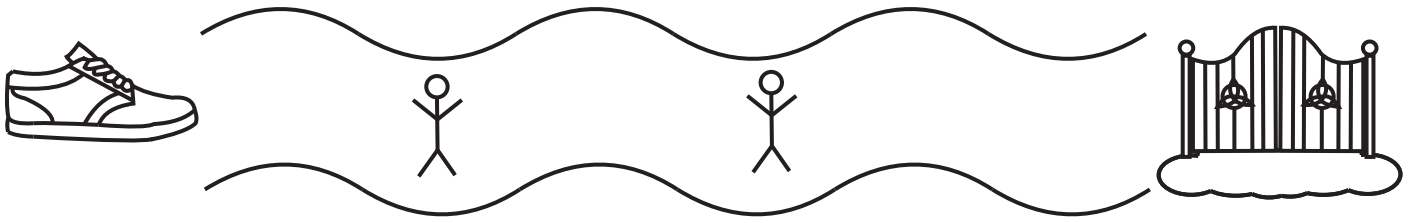
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Lesson: Helmet of Salvation

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Lesson: The Shield of Faith

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Tara Tegard

1/28/2013



This is the fifth lesson in our series called “How to Win Against Sin.” It’s based on the Armor of God teaching found in Ephesians 6. [Click here](#) to see more Bible lessons in this unit.

Like all our resources, this material is 100% free to use in your ministry. Please leave a [comment below](#) to share your own thoughts and offer hints to other readers.

How to Win Against Sin, Lesson Five: The Shield of Faith

Scripture References:

- Ephesians 6:11-16
- Hebrews 11
- 1 John 5:4-5

Teacher Preparation:

Read the lesson beforehand and familiarize yourself with it. You do not have to read it word for word. Feel free to make it your own, just be sure to get the theme across. Pray for your class.

Gather the following supplies:

- Bible.
- Poster and pieces.
- [Shield of Faith activity page](#) for each child.
- One piece of poster board for each child. (Use either a half piece or full, depending on the size of the children.)
- Masking tape.
- Paper Plates.
- Crayons, scissors, glue sticks.

For further information on faith, study the following passages. As you study these, allow the Holy Spirit to work these truths into your life so you can share them with the students.

- Ephesians 6:11-16
- Hebrews 11
- 1 John 5:4-5
- 1 Timothy 6:12

Theme: The fourth piece of armor is the shield of faith. The shield of faith moves to cover our doubts and struggles. The more faith we have in our Lord, the less likely we are to be hurt when Satan attacks. It is also important to remember that our God is always faithful to us. When we take up the shield of faith, we don’t do it through our own

strength, but through God's strength.

Memory Verse: Ephesians 6:11 (ESV) "Put on the whole armor of God, that you may be able to stand against the schemes of the devil."

Game: Faith Ball

Give every child a paper plate shield. (A paper plate with a handle made of masking tape on the back.) Have them all line up along the wall. Gently toss crumpled balls of paper at the children. (Not towards their heads, of course.) The kids have to use their shields to block the "arrows" flying toward them. Once they are hit, they are out. They can help throw things, if you want. Play until everyone is out. Once the game is over, have them all sit down on the floor for the lesson. They can hold on to the shields. They will use them later, so they can't tear them up!

Variation: Use a variety of sizes of paper plates. Give some kids dessert plates and others serving plates, for example. Consider giving a couple of kids no shields at all. This helps to demonstrate that the bigger our faith is, the harder it is to be attacked.

Lesson Presentation

Pray with your class.

So for the past few weeks we have been learning about our battle with Satan. God has given us special armor to put on to help us fight. We know that with Jesus, we can WIN AGAINST SIN! Today we are going to talk about a special piece of armor. Let's sing our song together to figure out which piece we are learning about today.

Belt, breastplate, shoes and shield,

Helmet and sword,

Belt, breastplate, shoes and shield,

Helmet and sword,

This is the armor of our Lord,

Belt, breastplate, shoes and shield,

Helmet and sword.

Knights wear a lot of armor, don't they? It doesn't seem like there is any weakness in all that metal, but they still need to carry a shield. No matter how well protected a warrior may seem, there is always a weakness somewhere. All the enemy has to do is find the weakness and they will be able to take the knight down. That's why warriors have shields. What makes the shield different from the other pieces of armor? Have a few students answer. Unlike the other pieces of armor, the shield isn't strapped on to a certain part of your body. The shield can move to cover weaknesses in a warrior's armor and keep arrows from piercing through. Great warriors know how to use their shield to protect them from danger. We need to do the same thing with the Shield of Faith. Why do you think God uses a shield to represent faith? Let children answer. Faith covers areas of our lives where we struggle with sins or where we just don't know the answer to a question. Hebrews 11 tells us of people in the Old Testament who had faith to get through difficult situations, like when Abraham and Sarah trusted that God would provide them with a child. Then when God fulfilled this promise, He asked Abraham to sacrifice his son Isaac. Now think about how you would feel if you got something you really really wanted from God, and then you were told to give it back, you couldn't have it anymore? That's exactly what God asked Abraham to do. But Abraham knew that God wouldn't break His promise. He had faith that God would pull through. That's because GOD IS ALWAYS FAITHFUL. The shield of faith is not only our faithfulness to God, but it is also God's faithfulness to us. When we are faithful, it means

we completely trust that God will protect us in our war against Satan. The problem is, when we doubt these things, we are not being faithful. That's why God is faithful to us. He will never leave us. Even when we sin and doubt God, he is still there to protect us. When we believe that, we are picking up the shield of faith. Let's have a sword drill. Look up 1 John 5:4-5. Once everyone has turned to it, have a student read it out loud. These two verses are telling us that when we have faith in Jesus Christ and follow him, we can WIN AGAINST SIN! Shout it out with me, everyone. With Jesus, I can WIN AGAINST SIN!

Now let's all practice our memory verse together. I will say it once, and then we will practice our motions to help us remember it. "Put on the whole armor of God, that you may be able to stand against the schemes of the devil." Now stand up and we will learn a few motions to help us learn this Bible verse. "Put on the whole armor" As you say this, pretend to get dressed. Put on your pants and a jacket. "of God" Sign God. (with right hand, thumb facing you, bring your flattened palm downward from your forehead to your chest.) "So that you may be able to stand against" Stand with your feet slightly more than shoulder width apart with your hands on your hips, like a super hero. "against the schemes" Rub your hands together like an evil villain. "Of the devil." Sign devil. (Put your thumbs to your temples, and your forefingers and middle fingers straight in the air. Bend them twice, like air quoting. Repeat the entire verse with the children, leading them in doing the motions.

Poster Review the pieces from previous weeks and add the shield to the children on the poster.

Craft: Make shields of faith.

1. Pass out the poster board to the children.
2. On the board, draw a few examples of shield outlines to help get the kids started. Or you can pre-draw the outlines on the poster board. Make sure they take up most of the page.
3. Allow the children to design their shields however they want, as long as they put the word FAITH on it, somewhere visible.
4. Use masking tape to make handles on the back.

Pray with your class, then pass out the Shield activity sheet. On the arrows, write some things that can challenge your faith. (Hard questions, being teased for your faith, etc.) With nonreaders, have them draw the challenges, or simply discuss them together. Color the shield. These can be done in class or taken home to reinforce the lesson.

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Lesson: The Sword of the Spirit

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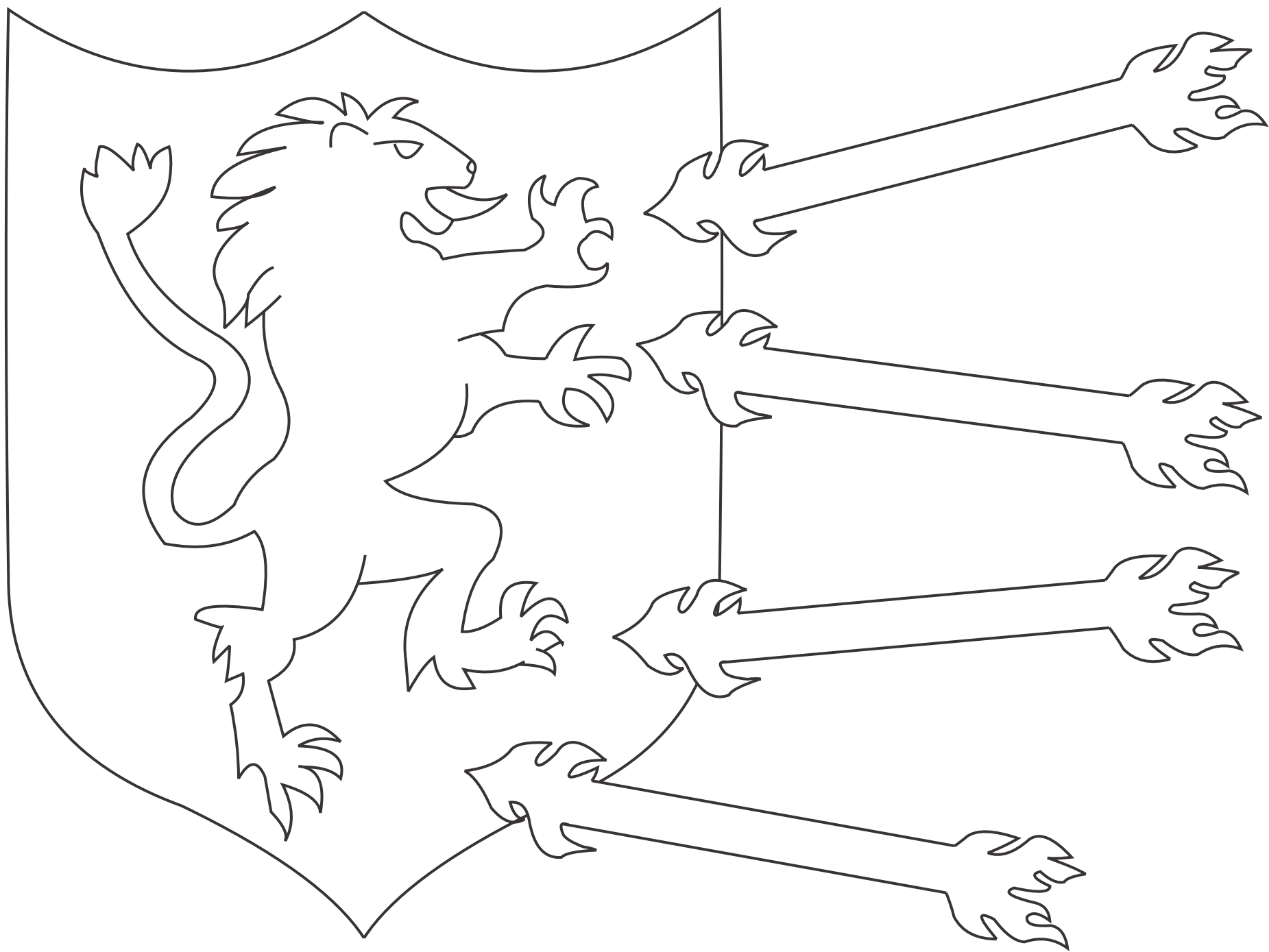
Lesson: Helmet of Salvation

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Lesson: The Shoes of the Gospel of Peace

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Lesson: Helmet of Salvation

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Tara Tegard

1/28/2013



This is the sixth lesson in our series called “How to Win Against Sin.” It’s based on the Armor of God teaching found in Ephesians 6. [Click here](#) to see more Bible lessons in this unit.

Like all our resources, this material is 100% free to use in your ministry. Please leave a [comment below](#) to share your own thoughts and offer hints to other readers.

How to Win Against Sin, Lesson Six: The Helmet of Salvation

Scripture References:

- 1 Thessalonians 5:8-9
- Romans 8:37-39

Teacher Preparation: Read the lesson beforehand and familiarize yourself with it. You do not have to read it word for word. Feel free to make it your

own, just be sure to get the theme across. Pray for your class. Gather the following supplies:

- Bible.
- Poster and pieces.
- Helmet of Salvation ([download here](#)) activity pages for each child.
- Winner tickets ([download here](#))
- One sheet of 18” X 12” construction paper, cut into six 2” wide strips.
- Masking tape.
- Stapler.
- Feathers.
- Crayons, scissors, glue.
- “Winner!” tickets.
- Candy or other small prizes.

For further information on salvation, study the following passages. As you study these, allow the Holy Spirit to work these truths into your life so you can share them with the students.

- Isaiah 12:2
- 1 Thessalonians 5:8-9
- Romans 8:37-39
- 1 Samuel 2:1-3
- Psalm 3

Theme: The fifth piece of armor is the helmet of salvation. As the helmet protects the head, our hope in salvation

protects our minds from Satan's lies. We have to think about and be confident in the hope he gives us.

Memory Verse:

Ephesians 6:11 (ESV) "Put on the whole armor of God, that you may be able to stand against the schemes of the devil."

Game: Knock out Temptation

Set up plastic cups along the wall. From about ten or fifteen feet away, the children have to bounce a ping pong ball off of the floor once and into the cup. They have to do this three times in a row. Tell the kids that whoever accomplishes this task will receive candy or some other small prize. (It is important that this game is too hard to win. It needs to seem possible, but make sure no one can actually win.) After everyone fails a round, tell them that you can offer them something so that no matter what they do, whether they make the shots or not, they will still win the prize. Pass out WINNER! tickets to the kids. Be sure that you don't force the ticket on any kid. (You could ask a volunteer, such as another adult or classroom helper, to deny taking a ticket, to help demonstrate the point.) Give everyone the option to take it or leave it. Play the game again, only this time, all those with a WINNER! ticket get a prize, even if they don't complete the task successfully. Ask if the children understand the point of the game. What spiritual theme were you trying to get across? Strongly emphasize that there is nothing we can do to win our salvation. It may seem possible for us to live right, but in the sight of God, we are still sinners. The only way to win the game, to reach Heaven, is to accept God's free gift of salvation.

Bible Lesson Presentation

Pray with your class.

Today, let's start by singing our marching song, then you can let me know which piece of the armor we are learning about today.

Belt, breastplate, shoes and shield,

Helmet and sword,

Belt, breastplate, shoes and shield,

Helmet and sword,

This is the armor of our Lord,

Belt, breastplate, shoes and shield,

Helmet and sword.

Today we are learning about the helmet of salvation. How many of you ride a bicycle, scooter, skateboard, or other fast things with wheels? Do you wear your helmet when you do these things? Why? That's right, you have to wear a helmet so you don't hurt your head. That's why soldiers wear helmets too. They have to wear helmets to keep themselves from getting hurt in battle. As we have been learning, we are in a spiritual battle against the devil, and God has given us armor to protect ourselves. One of our most important body parts is the head, and one of the most important pieces of spiritual armor is the helmet of salvation. Who can explain to me what salvation is? Allow a couple of students to respond. This is a good way to figure out what your students know about this important topic. Salvation is when Jesus comes in our lives and takes away our sins. He saves us from an eternity in Hell. Salvation is the greatest gift we could ever receive because it took Jesus Christ dying on the cross for us to get to go to Heaven. God is so holy that He can't be in the presence of sin. All it takes is one little sin and then we deserve to be in Hell, away from the presence of God. Jesus is the only way to get to Heaven. All we have to do is ACCEPT that

we are sinners, BELIEVE Jesus Christ died for our sins, and CONFESS our sins to Him, then we get to spend eternity with God. 1 Thessalonians 5:8-9 tells us “But let us who live in the light be clearheaded, protected by the armor of faith and love, and wearing as our helmet the confidence of our salvation. For God chose to save us through our Lord Jesus Christ, not to pour out his anger on us.” Salvation is represented as a helmet because it protects our thinking. We are confident that we will spend forever in heaven because God has saved us through Jesus Christ. Sometimes when we sin, Satan tries to convince us that God will no longer love us and that we are no longer saved. When Satan tries to make us feel like we have lost, we need to remember what Romans 8:37-39 says. (Have the class turn there, and a student read these verses.) “No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.” These verses make it very clear that no matter what we do, after we put on the helmet of salvation, we are winners through Christ! Because with Jesus, we can WIN AGAINST SIN! Let’s practice our memory verse with the motions now. “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.” “Put on the whole armor” As you say this, pretend to get dressed. Put on your pants and a jacket. “of God” Sign God. (with right hand, thumb facing you, bring your flattened palm downward from your forehead to your chest.) “So that you may be able to stand against” Stand with your feet slightly more than shoulder width apart with your hands on your hips, like a super hero. “against the schemes” Rub your hands together like an evil villain. “Of the devil.” Sign devil. (Put your thumbs to your temples, and your forefingers and middle fingers straight in the air. Bend them twice, like air quoting. Repeat the entire verse with the children, leading them in doing the motions.

Poster Review the pieces from previous weeks and add the helmets to the children on the poster.

Craft: Make helmets of salvation.

1. Pass out the six strips of paper to the children.
2. Allow the children to decorate the strips. Have them designate one piece to be the headband.
3. Use a piece or two to wrap around the child’s head. It should comfortably be able to slip on and off. Staple the pieces together into a headband. Use tape to cover the staples on the inside so they don’t scratch the child.
4. Use the remaining pieces to make cover the head. Staple one end of a strip to the front end of the headband, and the other end of the strip to the back end of the headband. Continue to do this with all the remaining strips, going side to side as well, so the whole head is pretty much covered.
5. Tape over all the staples.
6. If time allows, let the kids glue feathers to the top strip of their helmets.

Pray with your class, then pass out the Helmet activity sheets. These can be done in class or sent home to reinforce the lesson. The page for the older children is a decoder page that spells out “Accept that you are a sinner. Believe that Jesus died for your sins. Confess your sins to God. Commit to following him. Do it today!” The activity page for emergent or nonreaders requires that they color the ABCs of salvation, cut them out, and glue them in the correct order.

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Lesson: The Sword of the Spirit

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Lesson: The Shoes of the Gospel of Peace

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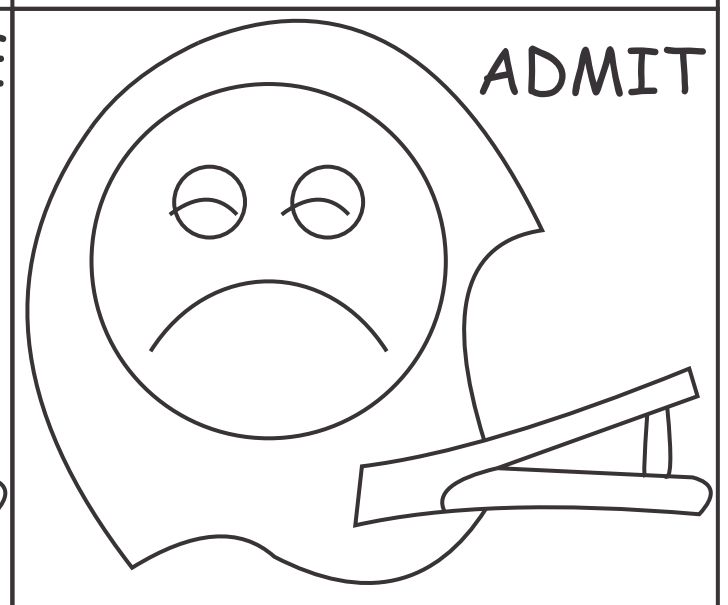
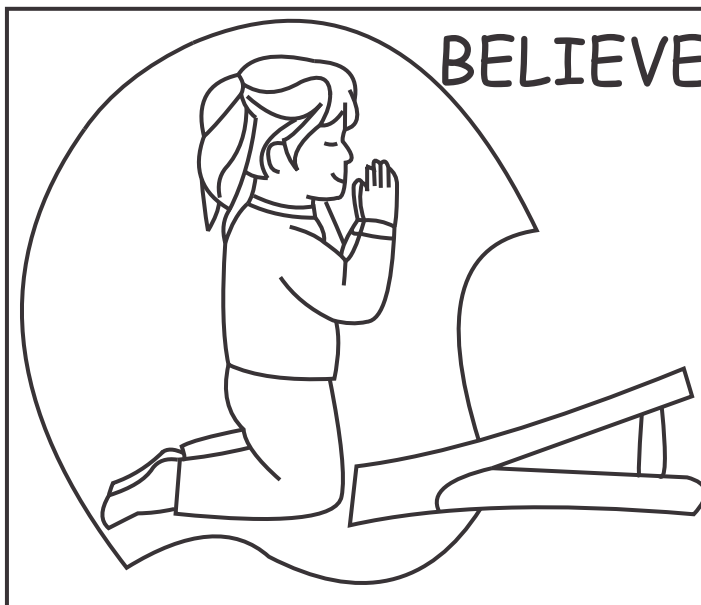
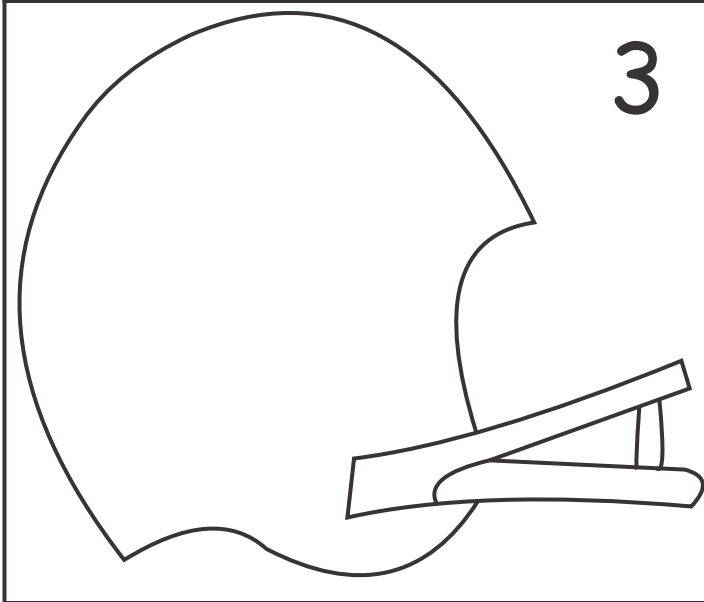
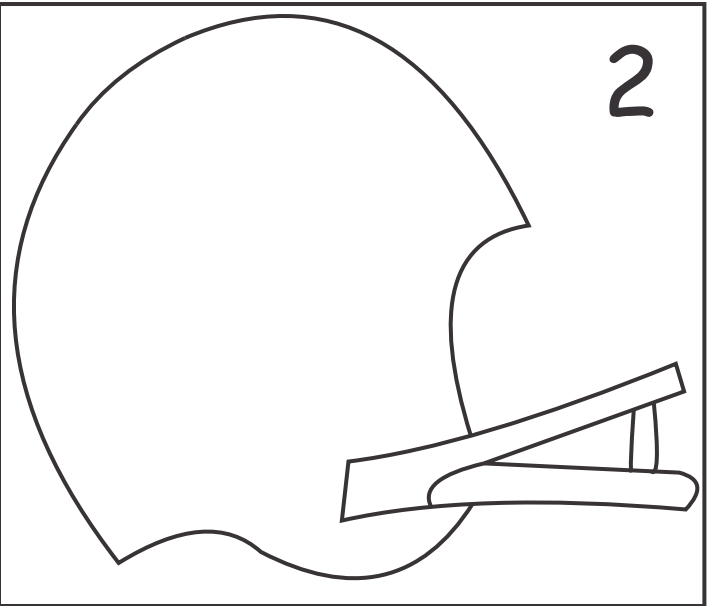
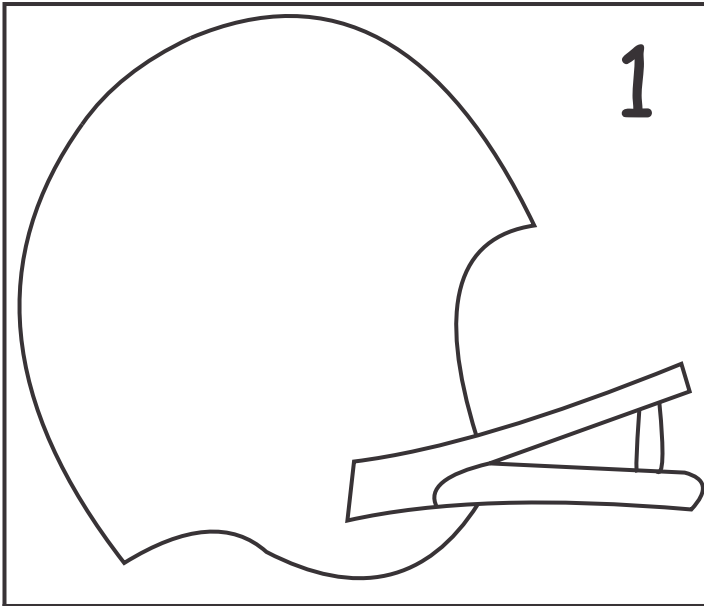
Lessons on the Armor of God, "How to Win Against Sin"



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Lesson: The Sword of the Spirit

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Tara Tegard

2/27/2013



This is the 7th lesson in our series called “How to Win Against Sin.” It’s based on the Armor of God teaching found in Ephesians 6. [Click here](#) to see more Bible lessons in this unit.

Like all our resources, this material is 100% free to use in your ministry. Please leave a [comment below](#) to share your own thoughts and offer hints to other readers.

How to Win Against Sin, Lesson Seven: The Sword of the Spirit

Scripture References:

- Hebrews 4:12
- Ephesians 6:17
- Matthew 6:33
- Matthew 4:1-11

Teacher Preparation:

Read the lesson beforehand and familiarize yourself with it. You do not have to read it word for word. Feel free to make it your own, just be sure to get the theme across. Pray for your class. Gather the following supplies:

- Bible.
- Poster and pieces.
- Sword of the Spirit activity page for each child. ([Sword Search download](#) & [coloring sheet](#))
- five sheets 8 ½ X 11 white computer paper
- two sheets construction paper
- Stapler.
- Crayons, scissors.

For further information on the word of God, study the following passages. As you study these, allow the Holy Spirit to work these truths into your life so you can share them with the students.

- Matthew 4:1-11
- Hebrews 4:12
- Psalm 119:105
- John 17:17

Theme: The last piece of armor is the Sword of the Spirit. The Sword is the word of God, the Bible. This is not a piece of armor we put on and wear, but one we must keep sharp and use daily. We must be “expert swordsmen!”

Memory Verse: Ephesians 6:11 (ESV) “Put on the whole armor of God, that you may be able to stand against the

schemes of the devil.”

Game: This game has many variations. The purpose is for children to see that we use God’s Word to “cut through” the lies and see the Truth. To play, you will need a stick of some sort (or a few, depending on how many kids you have. The game shouldn’t take more than ten or fifteen minutes.) The stick could be a bat, a stick, a pool noodle, or rolled up newspaper. The stick represents the sword, the Bible. Kids will swing at objects that have lies written on them. When they knock over the object, the truth will be revealed. For example: set up a number of cereal boxes with lies written on them. (Such as, “God won’t forgive you for that,” “you won’t really get in trouble for stealing,” etc.) Inside the box, have a card with a Biblical truth that refutes that lie. You could also write lies on balloons and have the truth inside. Kids pop the balloons to find the truths. Or you could make piñatas out of paper lunch bags. Use your imagination and the supplies you have on hand for this game. To make this harder, have some truths mixed in with the lies, and the kids have to decide which is which. They knock down only the boxes with lies.

Lesson: Pray with your class.

Today, let’s start by singing our marching song. (To the tune of “head, shoulders, knees and toes.)

Belt, breastplate, shoes and shield,

Helmet and sword,

Belt, breastplate, shoes and shield,

Helmet and sword,

This is the armor of our Lord,

Belt, breastplate, shoes and shield,

Helmet and sword.

Today we will discuss the last piece of armor in the Armor of God. So far, we have put on truth like a belt, righteousness like a breastplate, readiness like shoes, faith like a shield, and salvation like a helmet. What is the last piece of armor? That’s right, the sword. Who can tell me how a sword is different from the other pieces of armor we have been learning about? A sword is not a piece of armor that we put on and wear. A sword is a weapon that we use in battle. We use the sword in battle against Satan. What does the Bible say the sword is? Let’s look at Ephesians 6:17. This verse shows us that the sword we use is the sword of the Spirit, which is the word of God. What is the word of God? That’s right, the word of God is the Bible. Why do you think Paul uses a sword to represent to the Bible? Let’s read a Bible verse to find out! To make this a little more fun, we’re going to have a sword drill. A sword drill is a race to see who can find the Bible verse first. Everybody close your Bible and hold it in one hand above your head. When I say go, start looking for the verse I say. Give me a thumbs up when you find it. Have the kids hold their Bibles above their heads. Look up Hebrews 4:12. Go! After the kids all find the verse, have a volunteer read it.

Hebrews 4:12 says, “ For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.” *A sharp sword can cut through just about anything. When we use the Bible as a sword, we are able to “cut through” the things the world tells us and get to the truth. Sometimes TV shows, music, billboards and people can tell us things that may sound really good, but when we compare it with the Bible, these things aren’t really any good at all! For example, sometimes we hear the message that the best thing in life is having lots of things and lots of money. Satan tries to convince us that we need to work hard to get lots of money, but the Bible says, “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” (Matt 6:33, NLT). This verses shows us that the most important thing in the world isn’t money or stuff, but following God. Did you know that even*

Jesus used the word of God as a sword against Satan? Can anybody remember when? Allow children to answer. After Jesus was baptized, he went into the wilderness and was tempted by Satan. Whenever Satan tempted Jesus to sin, Jesus fought back by quoting from the word of God. Jesus is the perfect example of a good swordsman. A good swordsman spends time practicing with his sword every day. He takes care to be sure his sword is always sharp. How do we keep our sword of the Spirit sharp? By reading the Bible every day, and memorizing Scripture. With the help of Jesus, we can become expert swordsmen and we can WIN AGAINST SIN! Let's practice keeping our swords sharp by saying our memory verse with the motions now. "Put on the whole armor of God, that you may be able to stand against the schemes of the devil." "Put on the whole armor"

As you say this, pretend to get dressed. Put on your pants and a jacket. "of God" Sign God. (with right hand, thumb facing you, bring your flattened palm downward from your forehead to your chest.) "So that you may be able to stand against" Stand with your feet slightly more than shoulder width apart with your hands on your hips, like a super hero. "against the schemes" Rub your hands together like an evil villain. "Of the devil." Sign devil. (Put your thumbs to your temples, and your forefingers and middle fingers straight in the air. Bend them twice, like air quoting. Repeat the entire verse with the children, leading them in doing the motions.

Poster Review the pieces from previous weeks and add the swords to the children on the poster.

Craft: Make swords of the Spirit. These are booklets the children can use to record their memory verses in.

1. Pass out five sheets of computer paper to the children. Cut all the sheets in half, so you end up with ten sheets of paper each 4 ¼ X 11 inches.
2. Stack the papers together and staple them on a short end. Cut the other end into a triangle. You now have a booklet shaped like the blade of a sword.
3. Trace the blade onto construction paper twice, and cut it out into a front and back cover. Use another sheet of construction paper, folded in half, to design and cut out a handle for the sword. Staple the whole thing together and decorate.
4. On the first blank page, write Ephesians 6:11. Younger children can draw what it means, and you can write it for them.

Pray with your class, then pass out the Sword activity sheets. These can be done in class or sent home to reinforce the lesson. The page for the older children is a word search with some of the books of the Bible in it. The books can be found forwards, backwards, up, down or diagonally. The page for younger children is to help them see the importance of knowing the truth. Fold the page in half, so only one picture is exposed. Give the children a set amount of time to study the picture. (30 seconds, a minute or two minutes.) Then have them look at the bottom picture and see how many differences they can spot from memory.

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Lesson: The Shield of Faith

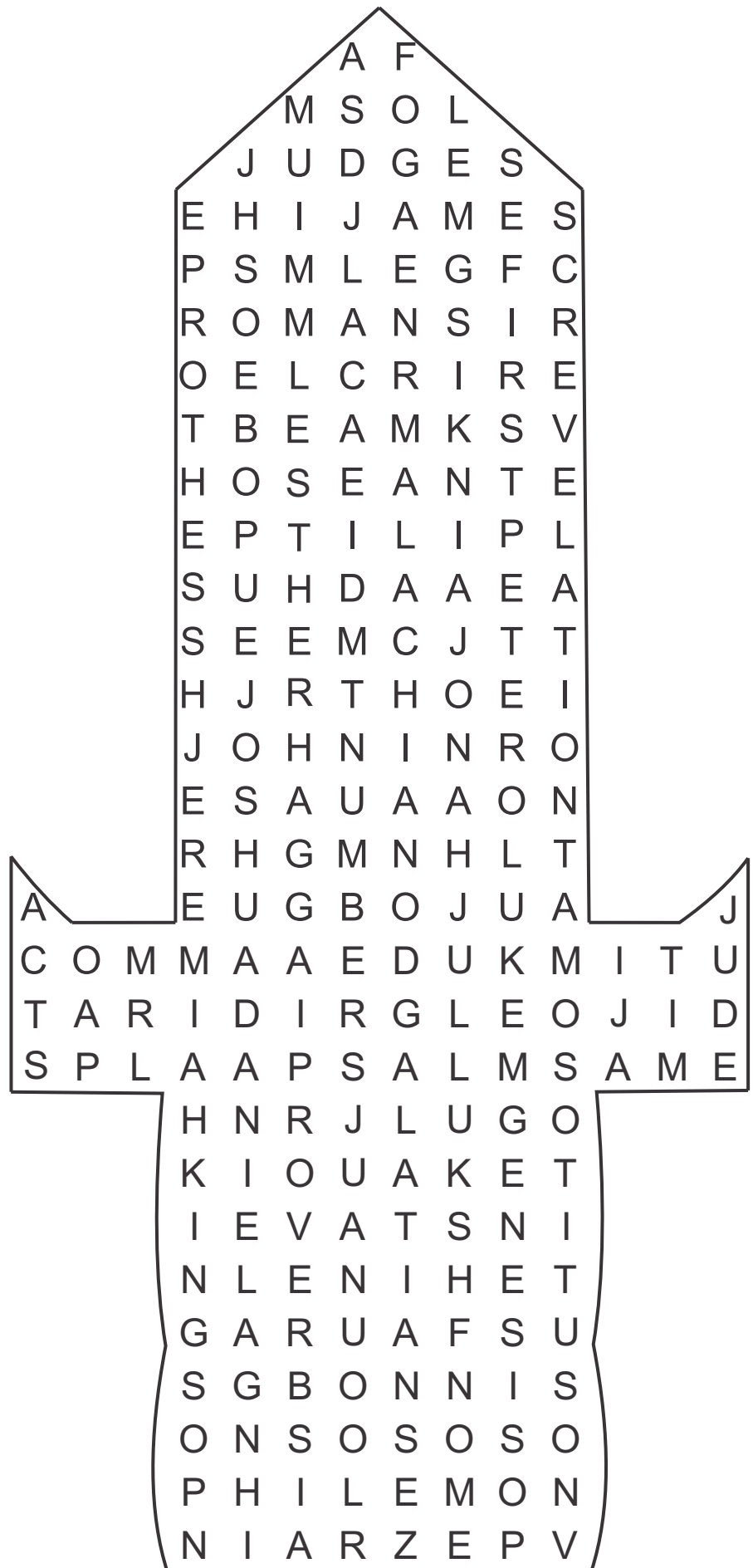
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Lesson: Helmet of Salvation



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 HOSEA
 JOEL
 AMOS
 JONAH
 NAHUM
 HAGGAI
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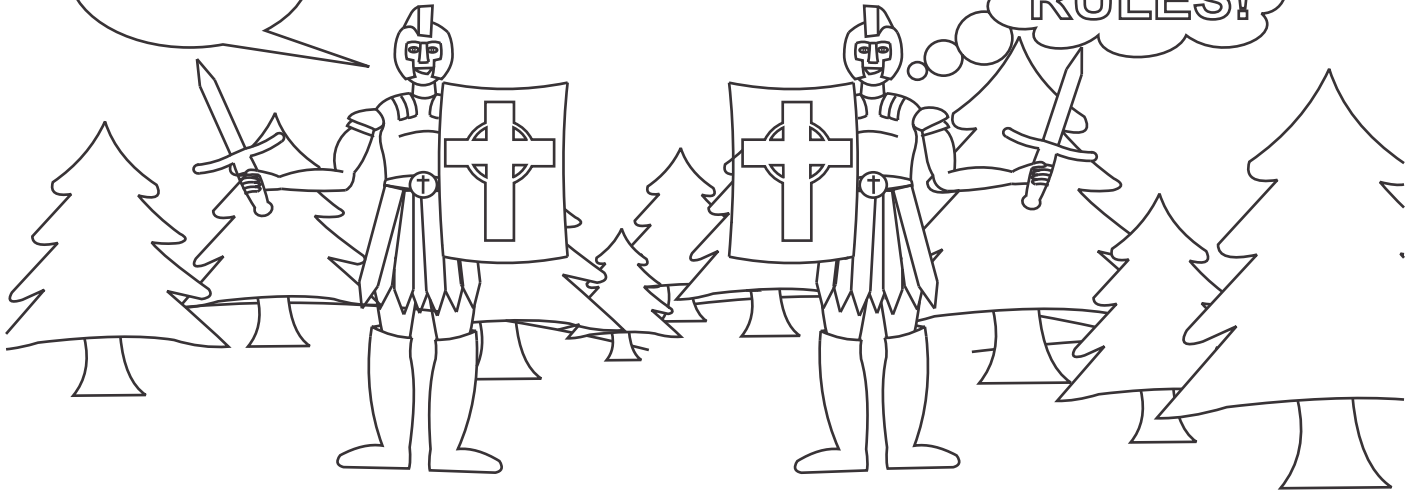


With Jesus,
I can WIN
AGAINST
SIN!



PRAY!

JESUS
RULES!

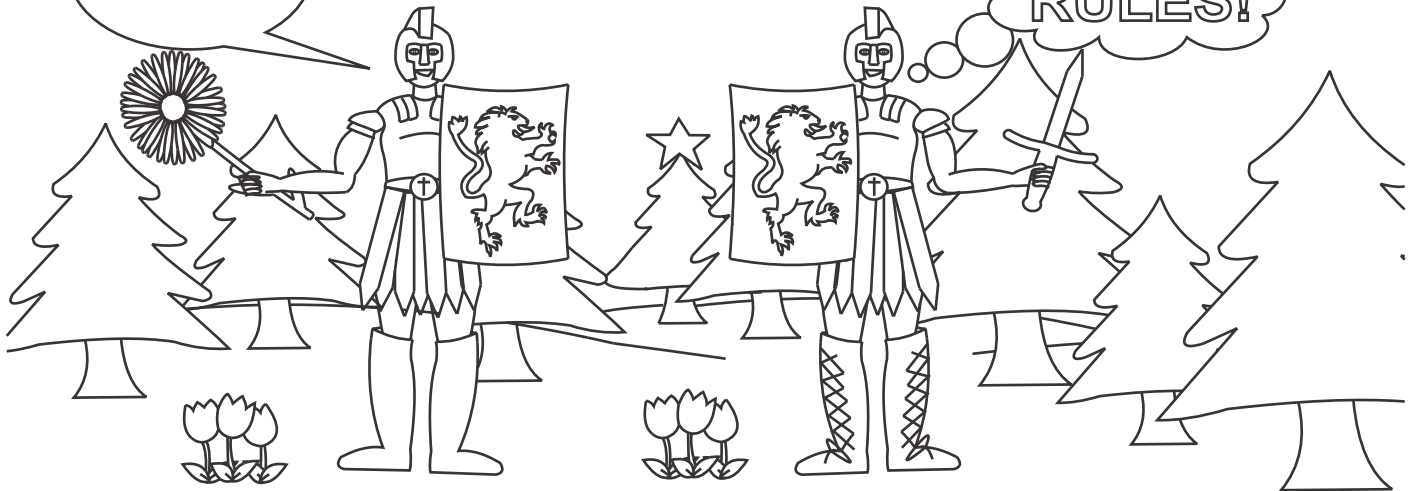


With Jesus,
I can WIN
AGAINST
SIN!



PLAY!

JESUS
RULES!



Lesson: The Battle Plan is Prayer

 ministry-to-children.com/lesson-the-battle-plan-is-prayer/

Tara Tegard

2/28/2013



This is the 8th lesson in our series called “How to Win Against Sin.” It’s based on the Armor of God teaching found in Ephesians 6. [Click here](#) to see more Bible lessons in this unit.

Like all our resources, this material is 100% free to use in your ministry. Please leave a [comment below](#) to share your own thoughts and offer hints to other readers.

Scripture References:

- Ephesians 6:18
- Philippians 4:6
- Romans 8:26-28
- Matthew 7:7

Teacher Preparation: Read the lesson beforehand and familiarize yourself with it. You do not have to read it word for word. Feel free to make it your own, just be sure to get the theme across. Pray for your class. Gather the following supplies:

- Bible.
- Poster and pieces.
- Battle Plan: Prayer activity page for each child.
- Download – [prayer 2](#)
- Download – [prayer](#)
- One sheet of computer paper per child.
- Crayons, scissors.

For further information on prayer, study the following passages. As you study these, allow the Holy Spirit to work these truths into your life so you can share them with the students.

- James 5:16
- Hebrews 13:3
- Matthew 6:9-15
- Luke 18:1-17

Theme: Now that we have put on all the armor of God, we have to learn how to fight this spiritual battle. We have to communicate with our the Leader of the battle, Jesus Christ. We communicate with God through prayer. Prayer helps us fight and win the spiritual battle.

Memory Verse: Ephesians 6:11 (ESV) “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”

Game: For today's game, play a good old-fashioned round of telephone. Have all the kids sit in a circle or straight line on the floor. Whisper a phrase into the first child's ear, then have them whisper it to the next child, on and on until it reaches the last child. Have the last child say out loud what they heard. Tell them the original phrase, and share a laugh at how it changed. Use tricky phrases to throw the kids off. (Say things like, "Sandy sells sandy shells on the slushy slopes," or, "a bare naked bear bearing boring berries on a board.") After a few rounds, discuss how the message got muddled from one person to the next, but when we talk with God, he always understands exactly everything we say, even when we don't say things out loud.

Lesson: Begin by praying with your class.

Over the past several weeks, we have discovered that we are at war with Satan. We have also learned that God has given us the tools we need to stand firm in this war. But what we have yet to learn is how exactly we are to fight. Raise your hand if you have ever played on a sports team. Now when you compete, does your coach let you go out and do whatever you want? No, your coach will give you instructions, a game plan. He will tell you what you need to do in order to win. Jesus Christ does the same this with us. Like any good commander will do for his troops, Christ has given us a battle plan. Can anybody guess what that is? Right, the way we can fight in this war against Satan is through prayer. So, what is prayer? Prayer is talking to God. What are some things to pray for? The Bible tells us that it's okay to pray for everything. In Philippians 4:6 it says, "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done." How do we pray? We pray through the Holy Spirit. In Romans 8:26-27 the Bible says, "And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will." This means that the Holy Spirit helps us to pray. If you have asked Jesus Christ to forgive you of your sins and live in your heart, then his Holy Spirit will guide your prayers. When should we pray? Ephesians 6:18 tells us to pray all the time. Does that seem like hard work to you? If we are praying all the time, we wouldn't be able to go to school or eat or anything, would we? When we are told to pray all the time, this does not mean we stop doing things. It means we should always be thinking about God and talking to Him. We can pray for anything, at any time. Can you think of some things to pray for, and places to pray? Make a chart on the board with the students. Include places to pray and things to pray for. Make sure the list covers topics such as friends, family, the church, missionaries, countries in need, those who are sick, the lost, personal needs, etc. Include random places to pray, like the shower, the drive thru line at McDonald's, in bed, on the bus. So now we know that we can pray at any time about anything. But how do we know that God hears us? Let's do a sword drill to find out. Find Matthew 7:7. Go! Matthew 7:7 says, "Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you." God hears your prayers and answers them. When we humbly pray to God, we can WIN AGAINST SIN! Let's end by saying our memory verse with the motions. "Put on the whole armor of God, that you may be able to stand against the schemes of the devil." "Put on the whole armor" As you say this, pretend to get dressed. Put on your pants and a jacket. "of God" Sign God. (with right hand, thumb facing you, bring your flattened palm downward from your forehead to your chest.) "So that you may be able to stand against" Stand with your feet slightly more than shoulder width apart with your hands on your hips, like a super hero. "against the schemes" Rub your hands together like an evil villain. "Of the devil." Sign devil. (Put your thumbs to your temples, and your forefingers and middle fingers straight in the air. Bend them twice, like air quoting. Repeat the entire verse with the children, leading them in doing the motions.

Poster Review the pieces from previous weeks and add the Pray! dialogue bubble to the poster.

Craft – Make prayer booklets. These booklets can help the children remember what to pray for and serve as a place to record their prayers. You may want to pre-make the booklets for younger children, and just have the kids decorate them.

1. Pass out a sheet of computer paper to each child.
2. Fold the paper short side to short side. Crease and leave folded.

3. Fold the paper short side to short side again. Leave folded.
4. Fold in half in the other direction. Crease.
5. Unfold the paper twice, so it only has one fold in it.
6. Cut along the folded side, up the crease, until you reach the center crease. Do not pass this line.
7. Unfold the paper all the way. You now should have eight sections, with a cut in the center of the page.
8. Fold in half, long side to long side. (Along the cut.)
9. Fold the paper so the cut opens up and you see a plus sign when you look straight down at your paper.
10. Smoosh it together, until you have flaps. Press your flaps together into a book.
11. For more help, visit this website with pictures:
<http://library.thinkquest.org/J001156/makingbooks/minibook/index.htm>
12. Or look up "One page mini book."
13. Decorate the cover. On each page inside, write a different area to pray for. For example, on one page, write "Missionaries" to remind you to pray for missionaries. Other ideas are: family, the persecuted church, the government, church leadership, friends, those who are in prison or hurting, and lastly, yourself.
14. Make as many of these books as you would like!

Pray with your class, then pass out the Prayer activity sheets. These can be done in class or sent home to reinforce the lesson. The page for the older children is an illustration of the five-finger prayer. First you pray to those close to you. (As the thumb is close to the body when you hold up your hands in prayer.) Second you pray for those who point to God, like teachers and missionaries. (As the first finger is the pointer finger.) Third you pray for authority, like the president. (As the middle finger is the tallest.) Fourth you pray for the oppressed and weak, like orphans, widows, prisoners and the sick. (The ring finger is the weakest.) Fifth, you pray for yourself. (The pinky is last. You are last to remind yourself to consider others as more important than yourself.) The older children write who they will commit to pray for in each of these categories. The page for younger children is an accordion book that can be folded and kept in their pocket, so they have a close reminder of who/what to pray for. They can draw a picture in each box to remind them. After folding the book, they can add more prayers to the boxes made from the creases on the back of the page.

Related



Lesson: The Sword of the Spirit

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Lesson "Prayer is Powerful" from Daniel 10

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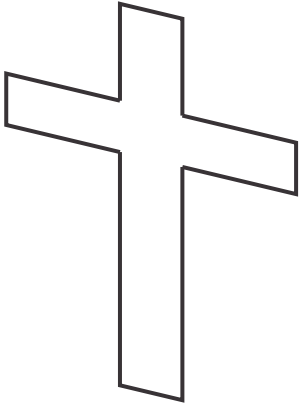
Bible Lesson: Prepare for Battle (Ephesians 6)

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Bible Lesson: Declare it Boldly!

 ministry-to-children.com/bible-lesson-declare-it-boldly/

Tara Tegard

3/19/2013



This is the 9th lesson in our series called “How to Win Against Sin.” It’s based on the Armor of God teaching found in Ephesians 6. [Click here](#) to see more Bible lessons in this unit.

Like all our resources, this material is 100% free to use in your ministry. Please leave a [comment below](#) to share your own thoughts and offer hints to other readers.

Scripture References:

- Ephesians 6:19-20
- 1 Corinthians 2:12
- Luke 12:8, 11-12
- 1 Peter 3:15
- 2 Corinthians 5:20

Teacher Preparation:

Read the lesson beforehand and familiarize yourself with it. You do not have to read it word for word. Feel free to make it your own, just be sure to get the theme across. Pray for your class. Gather the following supplies:

- Bible.
- Poster and pieces ([download](#))
- Declare it Boldly activity pages for each child ([student page](#) and [answer key](#))
- Gospel flap books printouts. ([download here](#))
- Crayons, scissors.

For further information on sharing your faith, study the following passages. As you study these, allow the Holy Spirit to work these truths into your life so you can share them with the students.

- Acts 4:23-31
- Exodus 4:10-12
- Colossians 4:3
- 2 Corinthians 3:12

Theme: Now we are wearing all of our armor, and we know how to speak with our Commander, Jesus Christ. The last thing we need to do in our battle against sin is declare our faith boldly.

Memory Verse: Ephesians 6:11 (ESV) “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”

Game: Play Tongue Twisters. Write the following tongue twisters (or your own tongue twisters) on the board. Give the students a few minutes to practice saying them. After everyone has had a chance to practice the tongue

twisters, give anyone who wants to a chance to say the tongue twisters from memory. If anyone gets them all right (three times fast), then they win candy.

- A box of mixed biscuits, a mixed biscuit box
- An Ape hates grape cakes.
- Freshly-fried fat flying fish
- Toy boat

Bible Lesson Plan:

Pray with your class.

Today is the last day we will be discussing How to Win Against Sin. We have learned that we are at war with Satan, and that God has given us spiritual armor to help us fight. We also know that we communicate with Jesus, our Commander, through prayer. Today we will learn how to declare our faith boldly. Before we get into what that means, let's see how many people have committed our memory verse to heart. Have the children take turns reciting Ephesians 6:10 from memory, doing the motions if they want. If desired, reward each child who has memorized the verse with a small prize or candy. "Put on the whole armor of God, that you may be able to stand against the schemes of the devil." "Put on the whole armor" As you say this, pretend to get dressed. Put on your pants and a jacket. "of God" Sign God. (with right hand, thumb facing you, bring your flattened palm downward from your forehead to your chest.) "So that you may be able to stand against" Stand with your feet slightly more than shoulder width apart with your hands on your hips, like a super hero. "against the schemes" Rub your hands together like an evil villain. "Of the devil." Sign devil. (Put your thumbs to your temples, and your forefingers and middle fingers straight in the air. Bend them twice, like air quoting. You all did a great job learning our memory verse! Now, who thinks the tongue twisters at the beginning of class were tough? What do you think tongue twisters could have to do with today's lesson? After accepting a few guesses from students, read Ephesians 6:19-20, then define tricky words like "declare," "boldly" and "ambassador." You see, I wrote these tongue twisters on the board for you and gave you time to practice them before saying them to me. Is that what Paul is asking for in this passage? Is he asking for time to practice a speech before sharing the "mystery of the Gospel?" Where is he expecting these words to come from? Paul is not looking for a speech to be given to him to practice before he shares the good news of Jesus with everyone. What he is asking for is that when a situation comes where he needs to share about God, the Holy Spirit would tell him what to say in that moment. The Holy Spirit is the Spirit of God, and it says in 1 Corinthians 2:12 "Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God." This means the Holy Spirit helps us understand the Bible and to share what it says with others. Does it sound scary to start talking to someone about Jesus without knowing exactly what you are going to say? What are some of the reasons that someone might be afraid to share their faith? Make a list of student responses on the board. Include things like, "I don't know what to say" and "I'm afraid they will laugh at me." These all seem like good reasons to be afraid. But we don't have to be afraid, because Jesus is with us whenever we speak! Jesus says in Luke 12:8, "I tell you the truth, everyone who acknowledges me publicly here on earth, the Son of Man will also acknowledge in the presence of God's angels." When we are happy to tell others about Jesus, Jesus is happy to tell the angels about us. Jesus goes on in Luke 12:11-12 to say, "And when you are brought to trial in the synagogues and before rulers and authorities, don't worry about how to defend yourself or what to say, for the Holy Spirit will teach you at that time what needs to be said." These verses are NOT saying that we should not be prepared to share the gospel. 1 Peter 3:15 tells us to always be ready to explain our Christian hope to others. (New Living Translation.) What Jesus is telling us is that no matter where we are or who we are talking to, he will be there to help us talk about him. We want to tell others the good news of Jesus so they can learn to WIN AGAINST SIN just like we have learned to WIN AGAINST SIN with Jesus! Ephesians 6:20 calls us ambassadors. Let's have a sword drill to help us understand what this means. When I say go, look up 2 Corinthians 5:20. Go! This verse tells us that we are ambassadors, or messengers from a foreign country, (Heaven,) for God. Our message is the gospel. We are to ask people to turn to God, so they can WIN AGAINST SIN!

Poster Review the pieces from previous weeks and add the Jesus Rules! dialogue bubble to the poster.

Craft: Make Gospel flap books. Pass out one template to each student. First, fold the paper in half long side to long side, so the text is on the inside. With it still folded, fold it again short side to short side. Bring the top down to meet the bottom so when your book is closed, the title page is now facing you. When you open the flap book, you should lift the top so it is a sheet folded long side to long side, with flaps that open to the left, like a book. Unfold one time and cut along the lines, up to the crease in the middle. Fold the flaps closed. On the outside of each flap, draw a picture to remind you of the verses and idea inside that flap. Remind the students that this is just an example, an idea of what to say when you share the Gospel. The Holy Spirit will provide the exact words they need when the time comes.

Pray with your class, then pass out the Declare it Boldly activity sheets. These can be done in class or sent home to reinforce the lesson. The page for the older children is a crossword that reviews the lessons. For the younger children, have them use Mandy Groce's [armor of God coloring pages](#) also found on this site. This will help them remember all the pieces of armor.

Related



Lesson: The Sword of the Spirit

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Lesson: The Shoes of the Gospel of Peace

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Lesson: Helmet of Salvation



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WIN AGAINST SIN!

With Jesus, I can







With Jesus,
I can WIN
AGAINST
SIN!



PRAY!

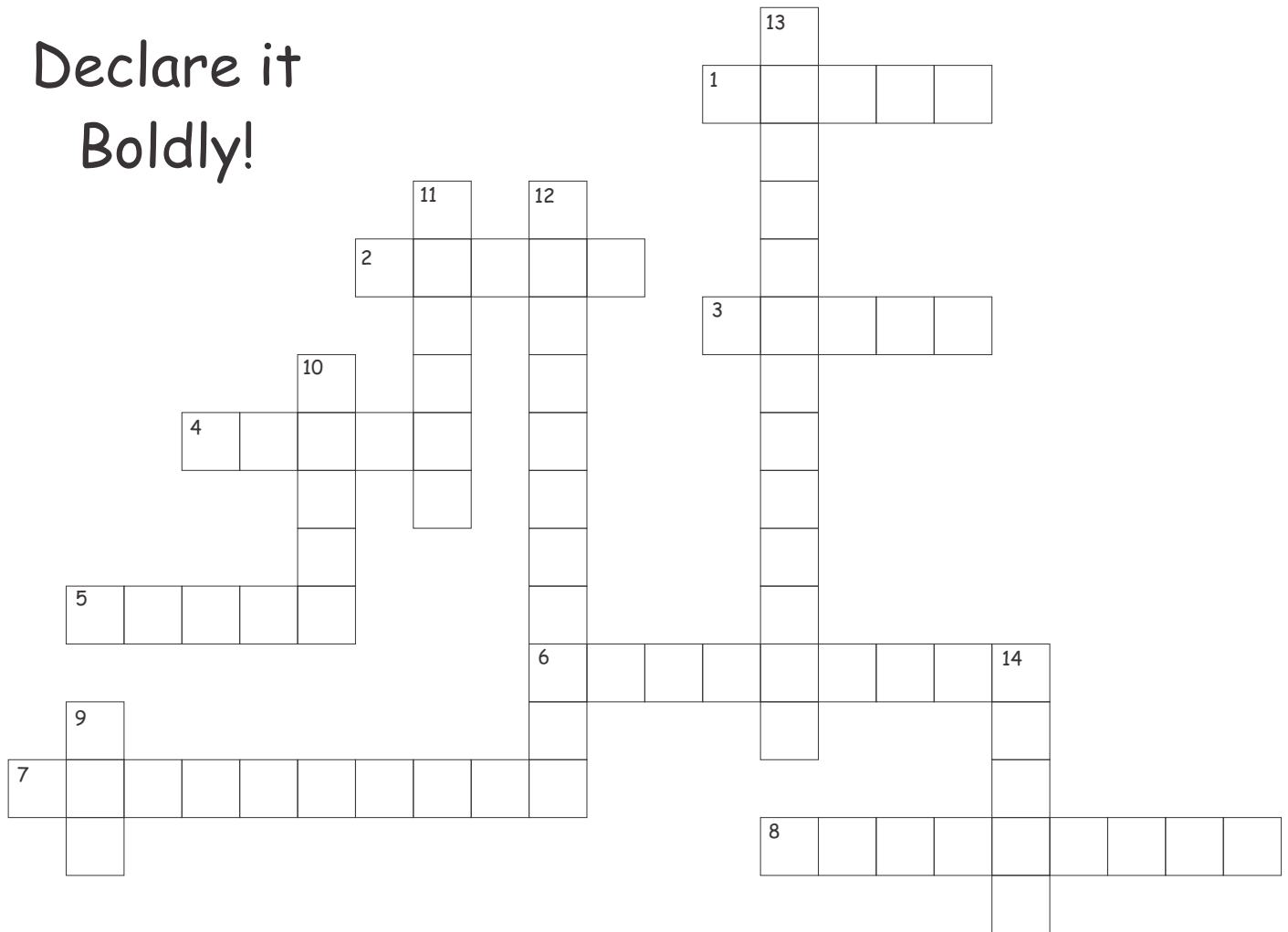
JESUS
RULES!





0 Dark Blue 1 Black 2 Grey 3 Brown 4 Blue 5 Light Green 6 Green 7 Yellow 8 Red 9 Flesh 10 Purple 11 Orange 12 Pink

Declare it Boldly!



GOD

SALVATION

COMMANDMENT

HOLY SPIRIT

ARMOR

PEACE

RIGHTEOUSNESS

JESUS

EPHESIANS

SATAN

BIBLE

TRUTH

FAITH

PRAYER

Across:

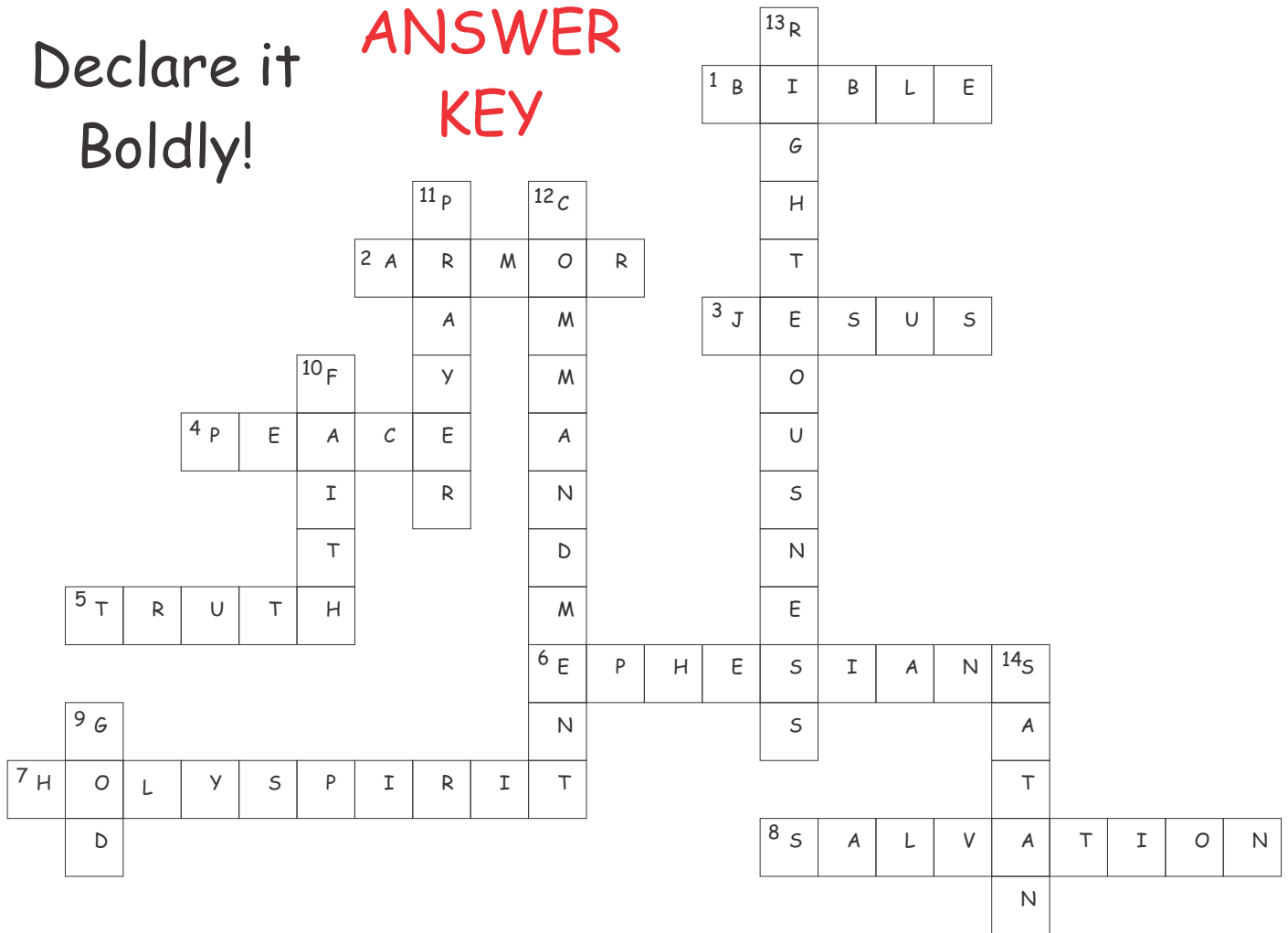
1. The Sword of the Spirit is the...
2. "Put on the whole ___ of God"
3. With ____, we can win against sin!
4. The Shoes of Readiness bring...
5. The Belt
6. The book in the Bible where we find the armor of God.
7. The ___ ___ helps us to speak when we declare our faith.
8. The Helmet

Down:

9. Our Hero
10. The Shield
11. How we speak to our Commander, God.
12. A law from God telling us how to follow him.
13. The Breastplate
14. Our Enemy

Declare it
Boldly!

**ANSWER
KEY**



GOD SALVATION COMMANDMENT HOLY SPIRIT ARMOR

PEACE BIBLE JESUS EPHESIANS

SATAN PRAYER TRUTH FAITH

Across:

1. The Sword of the Spirit is the...
2. "Put on the whole ___ of God"
3. With ____, we can win against sin!
4. The Shoes of Readiness bring...
5. The Belt
6. The book in the Bible where we find the armor of God.
7. The ___ ___ helps us to speak when we declare our faith.
8. The Helmet

Down:

9. Our Hero
10. The Shield
11. How we speak to our Commander, God.
12. A law from God telling us how to follow him.
13. The Breastplate
14. Our Enemy

God made everything in the universe, including you and me. All He wants us to do is love Him and obey Him.

We disobeyed and sinned against God. Since God is perfect and holy, He cannot be around us when we are choosing to sin against Him.

Because God loves us, He sent His perfect and holy son to Earth to teach us how to follow God. Then this son, Jesus, died for us to pay for our sins so we can be with God.

We need to turn away from our sins and ask God for forgiveness from them. We need to ask Jesus to live in our hearts so we can become children of God and live with Him forever.

Genesis 1:1

In the beginning, God created the heavens and the earth.

Psalm 139:14a

I praise you, for I am fearfully and wonderfully made.

Romans 3:23

For all have sinned and fall short of the glory of God

John 3:16

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Ephesians 1:7

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace.