

# ARMOR OF GOD

## BELT OF TRUTH – WEEK 1

**MEMORY VERSE** - “Put on the full armor of God, so that you can take your stand against the devil's schemes.” Ephesians 6:13

**FOCUS VERSE** - “Stand your ground, putting on the belt of truth and the body armor of God’s righteousness.” Ephesians 6:14

**STORY** – *Why do we need a belt?* We use a belt to keep our pants up or to keep a dress close to our body so we don’t fall or stumble.

Jesus wants us to know and walk in the TRUTH, wearing our Belt of Truth, so that when the enemy or others are mean to us, or tell us lies, we can choose to believe the truth! We find truths in the Bible, *what are some truths?*

- o We are LOVED
- o We are VALUED
- o We are SPECIAL
- o We are UNIQUE
- o We are CREATIVE
- o We are SMART
- o We are KIND
- o God is FOR US
- o God loves us NO MATTER WHAT
- o Etc...

The Belt of Truth is about reminding us to fill our minds with the truth about God’s love and all the amazing things He says about us! We can find those truths in our Bibles and read them everyday.

**PRAYER** – Jesus, we choose to believe the truths about ourselves this week! Help us walk as we put on our Belt of Truth everyday!

**SNACK** – Goldfish

**CRAFT** – Color and glue their Belts of Truth on their drawn selves from last week.

**GAME** – “Shake it out” with tissue boxes and ping pong balls.

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## BELT OF TRUTH - WEEK 2

**MEMORY VERSE** - “A final word: Be strong in the Lord and his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.” Ephesians 6:10-11

**FOCUS VERSE** - “Stand your ground, putting on the belt of truth and the body armor of God’s righteousness.” Ephesians 6:14

**STORY - ACT IT OUT** - We are going to have a friend try walking without a belt, and then try again with a belt. *Do you think it will be easier with or without a belt?* Have one child wear the extra long t-shirt and walk the tightrope (blue tape on ground) without holding up the shirt with their hands. Then help them put on a belt which will help hold the shirt above their feet, and do it again.

Look! It was much easier for our friend to walk the tightrope when their shirt was tucked up with a belt. Jesus always wants us to walk with our Belt of Truth on so that we won’t stumble or fall down. The Belt of Truth helps us stand firm. *Say, “Stand firm” with me!*

*Where do we find these truths?* The Bible! Let’s say some truths from last week:

- o We are LOVED
- o We are VALUED
- o We are SPECIAL
- o We are UNIQUE
- o We are CREATIVE
- o We are SMART
- o We are KIND
- o God is FOR US
- o God loves US NO MATTER WHAT
- o Etc....

**PRAYER** - Jesus, we choose to believe the truths about ourselves this week! Help us walk freely as we put on our Belt of Truth everyday!

**SNACK** - Pretzels

**CRAFT** - Life-size Belt of Truth with truths tags.  
Coloring page

**GAME** - Truth relay race. Have a belt on one side and truth tags on the other. Students will have to take turns saying a truth to a volunteer who will then hand them a truth tag to run back to their team’s Belt of Truth.