

ARMOR OF GOD

BREASTPLATE OF RIGHTEOUSNESS – WEEK 1

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 – Two paper hearts. The first one is blank and you’ll splash some water on it. Explain that the heart was not protected so the water made it all wet and soggy! Then take another paper heart and cover it with foil. *Let’s pretend the foil is the Breastplate of Righteousness.* Let’s try and splash some water on it. *Do you think the heart underneath is going to be wet?* Remove the foil and show how the foil protected the heart!

When we put on the Breastplate of Righteousness, our hearts are protected from the lies of the world (the water). We can keep the truth safe in our hearts!

PRAYER – Jesus, we choose to believe the truths about ourselves this week! Help us protect the truths in our hearts as we put on the Breastplate of Righteousness.

SNACK – Oreos. The cookie part is the breastplate that protects the inside!

CRAFT – Put a Breastplate of Righteousness on their drawn selves.

GAME – Plastic cups with a heart inside, use straws to blow the cup across the table! See how the cup protects the heart? Just like the Breastplate of Righteousness protects our hearts.

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BREASTPLATE OF RIGHTEOUSNESS – 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 – Have a student put on the cardboard Breastplate of Righteousness. The purpose of the breastplate is to protect the heart and all the other stuff inside of us. When we put on the Breastplate of Righteousness we are protecting our hearts from the lies of this world! The Belt of Truth helps us to walk with those truths in our hearts.

Can you say righteousness with me? What do you think righteousness means? Righteousness also means goodness. Jesus died on the cross for us. We are good and righteous in His eyes and can choose to make good and kind choices.

We have learned about the Belt of Truth, *who can tell me some of those truths?* Now we must keep those truths safe in our hearts by protecting it with the Breastplate of Righteousness! Another fun thing about the Breastplate of Righteousness is that when we have it on we are still free to walk, play, and help others because our arms are free!

PRAYER – Jesus, we choose to believe the truths about ourselves this week! Help us protect the truths in our hearts as we put on the Breastplate of Righteousness.

SNACK – Yogurt covered raisins.

CRAFT – Decorate a life size Breastplate of Righteousness with printed “righteousness,” crosses, stickers, and truths.

GAME – Simon Says while wearing Breastplate of Righteousness