

Lesson 29

Acts through Revelation

Ages 4-5

Unit 6: The Promise of Heaven

(Preschool-Kindergarten)

A Letter About Strength

Lesson Aim: To know God gives us invisible armor that helps us be strong in the Lord as explained in the letter to the Ephesians.

PROPHETS AND PROMISES PART 1

THE WORSHIP, THE WORD & THE WAY

THE WORSHIP

Who God is: The Spirit Who Shows Us

THE WORD

New Testament Letters: Ephesians 6:10, 13, 15-18

What He has done: God gave His apostles the teaching about strength.

THE WAY

Whisper Verse: "Be strong in the Lord."

Unit 6 Memory Verse: Revelation 22:12

"Behold, I am coming soon."

TEACHER ENRICHMENT For your own encouragement this week, read Psalm 28:7-8.

Teacher Prayer: "Thank you Lord, for protecting us from the schemes of Satan. Help the children stand their ground and understand how to use the armor of God. Amen."

TEACHER'S PREP

- ☐ Familiarize yourself with Ephesians 6:10, 13, 15-18
- ☐ Read Teacher's Guide and At-A-Glance.
- ☐ Place today's New Testament letter in the Bible.
- ☐ Place the Bible in the Mail Box.

TEACHER TIP

Complete THE WORSHIP, THE WORD, THE WAY and Circle of Prayer. If time allows, choose a GOT TIME? activity or create your own activity to illustrate the Bible Story, the Aim or the Bible Memory Verse.

PRESET

THE WELCOME

- ☐ Mailbox: Stamp or sticker of armor: shield, sword, helmet, etc.

THE WORSHIP

- ☐ Bible Memory Verse Song: "Behold, I Am Coming Soon" and related music
- ☐ Puppet Script or Storybook Lesson 29

THE WORD

- ☐ Special Delivery Mailbox containing Teacher's Bible with today's New Testament Letter

THE WAY

- ☐ Craft Supplies: Crayons or markers, sturdy paper, scissors, tape or glue
- ☐ Game Supplies: Child-size armor costumes, Bible, shield, ball of paper or any small, soft ball
- ☐ Snack: Pretzel sticks and drink
- ☐ Ponder, Pray & Play: Unit 6, Lesson 29

GOT TIME?

- ☐ Game Supplies: Unit 6 Bible Memory Verse song and "Praise Time!" or "The New Testament Overture" and player, or teacher may sing, white balloons or soft toy balls, sturdy box or step
- ☐ Color This Story: A Letter to the Ephesians about Strength. Ephesians 6:10, 13, 15-18
- ☐ Story Time: Any story about God giving strength to believers.



1. THE WELCOME

(Pre-service until class begins)

"Be strong in the Lord."

SAY> (As each child enters classroom) **Hello _____. I'm glad you are here! Come open the mailbox to find today's special delivery.** (Child unlocks Mail Box to receive a stamp or sticker of armor.) **Let this sticker of armor help you remember that God makes you strong. To be strong in the Lord means to let the Lord God make you strong. Today's Whisper Verse is "Be strong in the Lord."** (Teach Whisper Verse in spoken language and in sign language below.) **We call it the Whisper Verse so you can whisper it to others.***

SIGN LANGUAGE: "Be strong in the Lord."

(For visual demonstrations, see commtechlab.msu.edu/Sites/aslweb/browser.htm)

Each time we say today's Whisper Verse, let's say it with two hand motions:

"(Be) strong" Create fists with both hands. Firmly pull both fists away from the chest in a manner to show that a person is strong.

"(in the) Lord." Extend thumb and index finger of right hand to create an "L" shape. Bring "L" shape diagonal across chest from the left shoulder to the right hip as a royal sash.

SAY> (After all have arrived) **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** (Praise any child who helps. Allow several minutes for clean up.)

**"Clean Up Song": Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!**

(Gather and seat children in Praise Time area.)

***Today's Whisper Verse:** "Be strong in the Lord" from Ephesians 6:10a. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's New Testament letter.



2. THE WORSHIP: Praise Time!

(15 minutes)

Worship The Spirit Who Shows Us

***Teacher Tip:** Play an opening song such as "Praise Time" as children move to the place for praise songs, offering and puppet sketch. These activities help children identify time set aside for worship. Below are song suggestions to direct focus during Praise Time.

SAY> It's Praise Time—our time to sing praise to the Holy Spirit who shows us how to be strong in the Lord. That is today's Whisper Verse. Let's say it together now. (Say Whisper Verse: "Be strong in the Lord.")

SAY> Being strong in the Lord means to let the Lord God make you strong. It is not about having big muscles; it is about having a strong heart that loves the Lord and a strong mind that chooses to do what is right in His eyes. The Holy Spirit is the only one who can make us strong in the Lord. (Sing: "Not By Might.")

SAY> When the Lord God makes us strong, we can do everything! ("I Can Do Everything.")

SAY> One thing that is right in God's eyes is to give our offerings to Him. Let's sing our Bible Memory Verse Song as we give our offering now. (Sing: "Behold, I Am Coming Soon" as the offering is collected.)

SAY> Paul wrote a letter to help us know how to be strong in the Lord. He said to put on the invisible armor of God. Let's see if Uncle Donny knows about the armor of God! (Read Chapter 29 from *The Adventures of Delbert and Lello: Prophets & Promises* or interact with puppets according to Prophets & Promises Lesson 29, Unit 6 Delbert & Lello puppet script.)

SAY> God protects us by giving us His armor. We trust God to protect us because He is so strong and mighty. (Sing: "He is Mighty.")

Unit 6 Prophets & Promises: Praise Time song suggestions

"Praise Time!" Bible Memory Verse Song; www.childrensministrywarehouse.net

"Behold, I Am Coming Soon" Bible Memory Verse Song; www.childrensministrywarehouse.net

"I Can Do Everything" Bible Memory Verse Song; www.childrensministrywarehouse.net

"Not By Might" Bible Memory Verse Song; www.childrensministrywarehouse.net

"He Is Mighty" Bible Memory Verse Song; www.childrensministrywarehouse.net

"New Testament Overture (Slow)" Bible Memory Verse Song; www.childrensministrywarehouse.net

"Jesus Loves Me" ABC's of Praise by Mary Rice Hopkins

"My God Is So Big" ABC's of Praise by Mary Rice Hopkins

"I've Got The Joy/This Little Light Of Mine" ABC's of Praise by Mary Rice Hopkins

"By And By, We're Gonna See The King" Toddler Bible Songs, Cedarhurst KIDS Classic

"Walking In The Light Of God's Love" Brentwood Kids, Crazy Praise 2



3. THE WORD

(10 minutes)

Paul's Letter Says "Put On God's Armor."

SAY> Before we begin our Bible Time, let's say our **CLASSROOM PROMISE**.

CLASSROOM PROMISE

SAY TOGETHER> With my eyes on my teacher; (Point to eyes.)
My mouth quiet as can be, (Place index finger over mouth as quiet sign.)
I will listen to hear, (Cup hand around ear.)
How God loves you and me. (Hug self, point to others and then self.)

SAY> In the Bible there are special letters written by believers to people like you and me. Last time we learned that we are weak, but God is strong. In today's letter we'll learn how God makes us strong. Let's open the mailbox to read today's letter from the Bible. (Choose a child to open the mailbox, take out the Bible and hand it to the leader or teacher.)



SPECIAL DELIVERY: EPHESIANS 6:10, 13, 15-18

Open the Bible and remove today's New Testament Letter. Today's letter is available for download at www.childrensministrywarehouse.net or you can create your own by writing the words in the box below on a piece of paper and placing it in an envelope. Open the letter and read the quote from today's New Testament letter.

Dear family of God in Ephesus,

Finally, let God make you strong. Depend on His mighty power. So put on all of God's armor. Wear on your feet what will prepare you to tell the good news of peace. Also, pick up the shield of faith. Put on helmet of salvation. And take the sword of the Holy Spirit. The sword is God's Word. At all times, pray by the power of the Spirit.

Love,
Paul

ASK> What should you put on? (The invisible armor of God.) Let's find our answer in today's letter from the Bible. (Read answer from today's New Testament Letter.)

ASK> Who will make you strong? (God.) Our Whisper Verse gives us a hint about the answer. Let's say it together: "Be strong in the Lord." (Include sign language or hand motions.) Remember, Lord is one of God's special names. Being strong in the Lord means to let the Lord God make your heart strong to love Him and your mind strong to choose to do what is right in His eyes. The armor of God helps us be strong in the Lord.



4. THE WAY

(20 minutes)

We Can Put On The Armor Of God

Invite the children to circle area or centers for THE WAY: New Testament Letter application. Craft and games can be presented at the same time in centers, or one at a time depending on class size and teaching style.



CRAFT CONNECTION: GOD'S ARMOR

"Put on the full armor of God." Ephesians 6:13

Purpose: To remind the children God makes them strong as Paul explained in his letter to the Ephesians.

☒ **Supplies needed per child:**

- ☐ Crayons or markers
- ☐ Sturdy paper
- ☐ Scissors
- ☐ Tape or glue

☒ **Prep Steps:** (Prepared before class)

- ☐ Pre-print the outline of a scroll so that it takes up the entire sheet of sturdy paper.
- ☐ Pre-print on the top of the scroll outline:

A Letter to the Ephesians About Strength.

Ephesians 6:10, 13, 15-18

- ☐ Pre-print a picture of a child wearing armor, including a shield and sword, on the scroll.
- ☐ Pre-print and cut out a 1-inch x 1 ¼-inch rectangle with the word "Bible" printed on the front.
- ☐ Pre-print dot or dash marks in the shape of a cross on the front of the shield.

Directions for children:

1. Color the picture of the child wearing the armor.
2. Tape or glue the rectangle Bible over the blade of the sword.
3. Connect the dots on the shield to complete the cross.

Options: Make an envelope: On a large envelope, write child's name as the address and "Paul" as the return address. Child can decorate the envelope before placing the letter inside.

Craft Discussion:

- **Who makes you strong? (God.) That reminds me of our Whisper Verse! Let's say it with our motions right now!** (Say Whisper Verse together with hand motions.)
- **God gives us invisible armor that makes us strong.**
- **Hold up your little Bible. The Bible is like a sword. It keeps away wrong thinking just as a sword keeps away the enemy. Attach your Bible to the sword.**
- **God protects us from harm just as shield protects a soldier from arrows.**
- **The cross on our shield reminds us that God is our shield and our protector. Connect the dots to draw a cross.**
- **Take your letter home and show it to your family. Ask them to help you make a special mailbox for your letters. Next time, we will make another letter for you to add to your mailbox.**

THE WAY continued...



GAME: ARMOR DRESS-UP

"Put on the full armor of God." Ephesians 6:13

Purpose: Children will dress up in toy armor to understand how God gives them strength.

☑ Supplies:

☐ Child-size armor costumes including shoes, a shield and a helmet (Purchase costumes or create your own sword and shield from cardboard and add any hat. Children can use their own shoes.)

☐ Bible

☑ Prep Steps:

☐ Set out the shoes, shield, helmet and Bible (The Bible replaces the sword.)

ASK> Who makes you strong? (The Lord.) The Lord God makes you strong and protects you like a soldier's armor!

Directions:

1. Children take turns putting on the armor as you direct them.
2. Other children can shout out the different pieces of armor and point to where they go on their own bodies while they wait for their turn.
 - **Put on your shoes! God wants you to run tell others about Jesus.**
 - **Hold up your Bible! It will help you know the right things to do.**
 - **Put on your helmet! It will protect your mind!**
 - **Hold up your shield! God protects you from harm.**
 - **Let's all say our Whisper Verse!**
3. All children shout and sign, **"Be strong in the Lord!"**
4. Play again as time allowing having different children put on the armor each time.



GAME: SHIELDED BY FAITH

"Be strong in the Lord." Ephesians 6:10a

Purpose: Children will realize they can have faith that God will protect them just like a shield.

☑ Supplies:

☐ Shield (from costume or create your own from cardboard or a large paper plate)

☐ Ball of paper or any small, soft ball

SAY> Sometimes I am afraid. Are you afraid sometimes? God will protect us, just like a shield protects us!

Directions:

1. Children sit in a circle.
2. First child stands in middle of circle.
3. **ASK> What is one thing that make you feel afraid?** (Child answers.)
4. Give the shield to the child.
5. **SAY> The Lord God can protect you from (child's fear). Hold up your shield! Let's pretend this ball is (child's fear).** Toss the ball so it gently hits the shield.
6. All children shout and sign, **"Be strong in the Lord!"**
7. Play again until all children have taken a turn.

***Options:** Make a cardboard or paper plate shield for each child. Children decorate their own shields and use them in the game.

THE WAY continued...



SNACK: STRONG SWORDS

"...the sword of the Spirit, which is the word of God" Ephesians 6:17

Purpose: Children will eat a snack to remind them that the word of God is their sword.

Snack Suggestion: Pretzel sticks and drink

Directions:

1. Serve snack and drink.
2. **SAY** > **Let's sing the "Blessing Song."** (Sing to the tune of "Frere Jacques" or other familiar tune.)

God our Father, God our Father. Once again, once again.
Thank you for our blessings. Thank you for our blessings. Amen. Amen.
3. Lead discussion below while children enjoy their snack.
 - **Let's eat some yummy pretzel swords!**
 - **Who remembers our Whisper Verse?** (Choose a child to demonstrate motions to Whisper Verse: "Be strong in the Lord.")
 - **A sword is used to keep enemies away. The Bible is the sword for God's armor. The Bible is not sharp or shiny like a sword, but obeying the words in the Bible keeps wrong thinking away. It helps us to do what is right.**



CIRCLE OF PRAYER

SAY > God made you and He cares for you. He loves to hear you pray with private words or words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.

PRAY > Dear God, thank you for making us and loving us. We lift up to You a special prayer for ____, ____, ____, (gently touch each child's shoulder while saying his or her name.) We pray for our families and friends. Thank you for teaching us how to love one another. Amen.



FINAL FIVE MINUTES

When only 5 minutes remain, begin this segment.

COMPLETED CRAFT

Take home your "God's Armor" craft. Put it in your mailbox! Tell someone about the invisible armor of God.

PONDER, PRAY & PLAY

(Distribute Ponder, Pray & Play cards if available.) **Show this card to your family. Talk about how God uses each part of the armor of God to make you strong.**

SING

Sing Bible Memory Verse Song: "Behold, I Am Coming Soon" or other Praise Time! songs.

PLAY

Visit, play and review lesson until it is time to dismiss.



5. GOT TIME?

If time remains, choose from these activities which connect to the lesson.



GAME: MORE LETTER GAMES

Purpose: Children play games using today's New Testament Letter.

☑ Supplies:

- [] Today's New Testament Letter in an envelope.
- [] Song such as the Bible Memory Verse Song, "Praise Time!" or "The New Testament Overture" and player, or teacher may sing

Game #1 Directions:

1. Children sit in a circle.
2. Sing or play a song, such as the Bible Memory Verse Song, "Praise Time!" or "The New Testament Overture."
3. During the song, children pass the letter around the circle.
4. Stop the song. Whoever is holding the letter is the Messenger and delivers the letter to the teacher.
5. Play again. After all, or several, children have had a turn, read the letter.

Game #2 Directions:

1. Children spread out in a line or a large circle around the play area.
2. Give the letter to the first child. Child delivers the letter to the next child.
3. Each child delivers the letter to the next child until the last child delivers the letter to you.
4. Before each child starts his or her delivery, call out the method by which he/she must deliver the letter. (For example: hop, crawl, walk backwards, skip, dance, wiggle, etc.)
5. To create a fun atmosphere, play the Bible Memory Verse Song "Praise Time!" or "The New Testament Overture" during the game.

SAY> Imagine how excited the people were to get a letter from one of the disciples. Isn't it exciting to know that same letter is right here for us in the Bible?

Got Time? continued...



GAME: DANCE, DANCE BIBLE BOOKS

Purpose: To familiarize children with the concept that the New Testament contains stories about Jesus and many letters from those who believe in Him.

☑ Supplies:

☐ "New Testament Overture (Slow)" song and player, or teacher may sing

SAY> (Hold up the Bible.) **God gave us the Bible. The first part of the Bible is filled with true stories about God and His people. The second part of the Bible is filled with true stories about Jesus and letters from some of His followers.**

Directions:

1. Call out a New Testament book. Tell the children to listen carefully to the song. When they hear that book in the song, they must sit down as fast as they can.
2. Play "The New Testament Overture" or teacher may sing.
3. Children dance until they hear the Bible book in the song.
4. Children sit down in place.
5. Say the name of a different book and play again.



GAME: THROUGH THE CLOUDS

"Behold, I am coming soon." Revelation 22:12

Purpose: To help children learn the meaning of the Unit 6 Bible Memory Verse.

☑ Supplies:

☐ Unit 6 Bible Memory Verse Song and player, or teacher may sing

☐ White balloons or soft toy balls

☑ Prep Steps:

☐ Inflate balloons with non-helium air.

ASK> **Where is Jesus?** (In heaven.) **One day Jesus is coming back. Jesus said, "Behold, I am coming soon." Let's pretend this balloon is a cloud. Look up to the balloon to pretend you see Jesus coming back through the clouds.**

Directions:

1. Play or sing the Bible Memory Verse Song.
2. Children bat the balloon in the air as they sing the song.
3. If the children are able to keep one balloon in the air without it hitting the floor, add another balloon.

***Teacher Tip:** For large groups of children, divide into smaller groups and allow each group to play with their own balloon.

Got Time? continued...



GAME: DOWN FROM HEAVEN

"Behold, I am coming soon." Revelation 22:12

Purpose: To help children memorize and review the Unit 6 Bible Memory Verse.

☑ Supplies:

[] A sturdy box or step (no more than one foot in height)

ASK Jesus said, "Behold, I am coming soon." He is coming back from heaven! Let's pretend to be like Jesus. Jump down from heaven while you say Jesus' words.

Directions:

1. Place the box on the floor.
2. Have children line up behind the box.
3. One at a time, children jump off the box and say the Bible Memory Verse.
4. After jumping, child goes to the end of the line.
5. Play multiple times having children say the Bible Memory Verse different ways as they jump.
(For example: shout, sing, whisper, etc.)



FAMILIAR FAVORITES

COLOR THIS STORY

Coloring sheet: A Letter to the Ephesians about Strength. Ephesians 6:10, 13, 15-18

Discuss Bible Story and play Bible Memory Verse Song as children color.

STORY TIME

Gather the children and read a favorite story. This can be a Bible Story, a chapter from *The Adventures of Delbert & Lello*, or a story about God giving strength to believers.

PONDER, PRAY & PLAY

Review take-home Bible Study card.

PONDER, PRAY & PLAY

Unit 6, Lesson 29: A Letter About Strength

PONDER! Read Ephesians 6:10, 13, 15-18 with your family. Paul wrote this letter to his friends in Ephesus. Paul wanted his friends to know that God makes them strong. He said to put on the invisible armor of God. In what ways has God made you strong?

PRAY! Pray this prayer each day this week: "Lord, thank you for making us strong. Help us use Your strength to obey You and tell other people about Jesus! Amen."

PLAY! Decorate a box to be your mailbox for your Letters from the Bible. Put today's craft inside your mailbox. During the week, take out your letter craft to remind your family about what we can learn from the letters in the Bible.

Unit 6 Bible Memory Verse: Revelation 22:12

"Behold, I am coming soon."