



A Letter About Strength —Part 1

Lesson Aim: To know we are weak and need the invisible armor of God.

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 showed Paul how He strengthens us.

THE WAY

Whisper Verse: "God is mighty."

BIBLE MEMORY VERSE

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

Challenge Verse for older children:

"Your word is a lamp to my feet and a light for my path." Psalm 119:105

Optional: Memorize the names of the books of the New Testament.

Unit 6: The Promise of Heaven			
	Bible Story	What He Has Done	Lesson Aim
28	A Letter About Strength—Part 1, Ephesians 6:10, 13, 15-18	God showed Paul how He strengthens us.	To know we are weak and need the invisible armor of God.
29	A Letter About Strength—Part 2, Ephesians 6:10, 13, 15-18	God showed Paul how He strengthens us.	To learn about the armor of God that helps us to be strong in the Lord.
30	A Letter About Jesus' Return, Revelation 1:1-2, 7; 22:12	God revealed to John that Jesus is coming back.	To know Jesus is coming back.
31	A Letter About Heaven, Revelation 21:1-4, 18-19, 21, 23	Jesus showed John a vision of what heaven looks like.	To know what heaven will be like.

TEACHER'S ENCOURAGEMENT

This week, read Romans 8:22-27. Please join us in praying, "Thank You, Lord, for Your Holy Spirit who shows Your power through our weakness. Help the children recognize Your power through their own weaknesses. Amen."

Teacher Tips: Prophets & Promises Lessons 22-31 (Units 5-6) feature various letters of the New Testament. Replace the Treasure Chest with a mailbox to hold THE WELCOME stamp or sticker. In THE WORD, since the letters are not Bible stories, create interest and encourage involvement by placing the symbol and the envelope with the printed letter in a mailbag or tote bag known as the "Special Delivery Mailbag."



Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Picture Schedule Cards	Cards with picture illustrating the activities: WELCOME, WORSHIP, BIBLE, CRAFT, PRAYER, SNACK, GAMES, COLORING, GOING HOME. Envelope labeled FINISHED. Optional: To display schedule, use Velcro to attach laminated Picture Schedule cards to a felt board.
		Mailbox	Stamp or sticker of a heavy weight or barbell
		Whisper Verse	Sign language for "God is mighty."
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Unit 6 Bible Memory Verse Song: "Behold, I Am Coming Soon" or "The New Testament Overture" Other Bible Memory Verse Song Suggestions: "At The Name Of Jesus," "He Is Mighty to Save," "I Can Do Everything," "Not by Might," "To Him Who Sits on the Throne," "Praise Time!" "Let Everything That Has Breath" Additional Hymn Suggestions: "Jesus Loves Me"
		Offering	Baskets
		Worship Illustration	Prophets & Promises Lesson 29 Delbert & Lello or Mail Call script or storybook
THE WORD	Up to 10	Special Delivery: Ephesians 6:10, 13, 15-18	Visuals: New Testament letter (available at ResourceWell.org), Bible, mailbag or tote bag, "Sword of the Spirit" craft sample Flannel board/figures: 2 adults, 2 children Clay or play-dough option: Sword
THE WAY	Up to 25	Craft: Sword of the Spirit	Cardboard, craft jewels or stickers, foil, crayons or markers, tape or glue, label, hole punch, yarn
		Circle of Prayer or Lord's Prayer	Lord's Prayer word and picture book
		Snack: Mighty Bites	Pretzel sticks, marshmallows
		Unit 6 Games: Sand Search	Bin or container of clean sand, cross, white pompom or cotton ball, laminated picture of a sword or shield, candle or penlight, craft jewel
		Thumbs Up or Thumbs Down?	None, optional: hand puppet or finger puppets
		Blanket Ball	Blanket or tablecloth, inflatable ball or balloon
		Bible Books Dance	"The New Testament Overture" song, CD player
		Scenes from Mail Call (older children only)	Mail Call scripts for Lessons 29, 30, 31
		Musical Chairs	Chairs, Unit 6 Bible Memory Verse Song, CD player
		Bean Bag Toss	Several beanbags, hula-hoop (or rope or floor tape)
		Bible Memory Verse Bubbles	Bubbles, bubble wand, Unit 6 Bible Memory Verse Song "Behold, I Am Coming Soon" or "The New Testament Overture," CD player
	Final 5	Final Five	Daily Way (Adaptation): Unit 6, Lesson 28 Color This Story: "A Letter About Strength" (Picture of the armor of God or a knight in armor)

RESOURCES: Supplemental materials are available at ResourceWell.org.



God is mighty

THE WELCOME

PICTURE SCHEDULE: WELCOME TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Welcome each child as they arrive. **Hello _____. I'm glad you are here! Come and see what we are going to do today.** Point to each card on the Picture Schedule board. **Today, we will WELCOME everyone. We will read the BIBLE story and make a CRAFT. We will have PRAYER time and eat a SNACK. We will play GAMES and enjoy COLORING a picture about today's story.**

Open the mailbox to find today's special delivery. Child opens the mailbox to receive a stamp or sticker of a heavy weight or barbell. **Let this stamp (or sticker) of a heavy weight help you remember we are weak, but God is strong. Today's Whisper Verse is "God is mighty."** Teach the 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: "God is mighty."

(For visual demonstrations, see www.signingsavvy.com.)

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

"God"	The right hand begins in front of the face, then is lowered and slightly raised in front of the face with palm facing left and all five fingers together.
"(is) mighty."	Create fists with both hands. Firmly pull both fists away from the chest in a manner to show a person is strong.

Allow children to enjoy free play until everyone has 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:** "God is mighty," Job 36:5a. 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 Bible story.



The Spirit who shows us

THE WORSHIP

PICTURE SCHEDULE: WORSHIP TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the WELCOME picture card and place it in the FINISHED envelope. **We have finished our Welcome Time. Now, we will have our Worship Time.**

Children may worship in a large group with other classes or in a quiet room with a worship CD or DVD.

Teacher Tip: To help children identify time set aside for worship, play "It's Praise Time!" as children move to a designated place for praise songs, offering, and the worship illustration. Children who are nonverbal may enjoy participating in the music by playing children's percussion instruments such as maracas, jingle bells, wood blocks, or small tambourines. Children who are sensitive to sound may prefer to wear noise reduction headphones.



It's Praise Time—our time to sing praise to the Holy Spirit who shows us that God is strong and mighty. Let's say our Whisper Verse together and then we can sing it!

Review the Whisper Verse together: "God is mighty." Include sign language. Sing: "He Is Mighty to Save."

One way we can thank God for being mighty is by giving our offering. Let's listen to our new Bible Memory Verse Song as we give our offering to Him. Play the Unit 6 Bible Memory Verse Song, "Behold, I Am Coming Soon," as the offering is collected.



Let's see if Posty has a letter to deliver today! Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Prophets & Promises Unit 6, Lesson 29.*



When we are weak, we can truly see how mighty God is. We can also see how much we need His protection. The invisible armor of God describes the way He protects us.

He protects us by giving us truth in the Bible. It is like a belt that wraps around our waists and keeps the rest of the armor in place.

He protects us by giving us faith in His Son Jesus. Our faith is like a shield that keeps us from believing lies.

When we live each day remembering the truth about God, believing in Him, and growing in our faith, it is like we are putting on protective, invisible armor that God has given us. It helps us remember He is with us. Sing: "I Can Do Everything."

* May substitute Lesson 29 Mail Call script or storybook.



The letter about the armor of God

THE WORD

PICTURE SCHEDULE: BIBLE TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the WORSHIP picture card and place it in the FINISHED envelope. **We have finished our Worship Time. Now, we will have our Bible Time.**

In the Bible, there are special letters written by believers to people like you and me. Last time, we learned to pray about everything. In today's letter, we will learn about the armor of God.

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

Prepare: Today's New Testament letter is available at ResourceWell.org or you can create your own by writing the words in the box below on a piece of paper. Enclose the letter in an envelope and place it inside the teacher's Bible. Place the Bible and a "Sword of the Spirit" craft sample in a mailbag or tote bag (Special Delivery Mailbag). Have children assist by placing Bible Story figures on a flannel board. Other visual options include Color This Story or a related picture. Optional: To help children focus, have them create a sword from clay or play dough as they listen to the story.

Let's open the Special Delivery Mailbag to read this week's letter from the Bible. Choose a child to open the mailbag, remove the Bible, and hand it to the leader or teacher. Read the letter.



Dear family of God in Ephesus,

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

Love,
Paul

What should you put on? (The invisible armor of God.) **Let's find our answer in today's letter from the Bible.** Read the answer from today's New Testament Letter. **Who is mighty?** (God.) **Our Whisper Verse tells us the answer. Let's say it together: "God is mighty."** Include the sign language or hand motions.

The armor of God helps us be strong in the Lord. Our symbol for this letter is a sword. Invite a child to reach into the mailbag to find today's symbol (a toy or cardboard sword). **The Sword of the Spirit stands for the Bible.**

PASS THE SWORD: Ask the question below and give the sword to a child who has raised his or her hand. The child gives his or her answer and then gives the sword to another child whose hand is raised.

- **How has the Bible helped you be stronger in loving God and making right choices?**



The armor of God

THE WAY

PICTURE SCHEDULE: CRAFT TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the BIBLE picture card and place it in the FINISHED envelope. **We have finished our Bible Time. Now, it is Craft Time.**

CRAFT: SWORD OF THE SPIRIT

Purpose: To remind the children that the Sword of the Spirit is God's Word.

Supplies: Cardboard, craft jewels or stickers, foil, crayons or markers or paint, tape or glue, label, hole punch, yarn

Prepare: From cardboard, cut a sword shape just a bit shorter than the length of a child's arm. For a stronger sword, cut two sword shapes and glue them together. Punch a hole in the end of the handle. Thread yarn (or string) through the hole and tie it in a loop so the sword can be hung. On a label, print:

Armor of God, Ephesians 6:13-18

Today, you will make your very own sword as a reminder of the armor of God. The sword of the Spirit stands for the Word of God. Where do we find God's Word? (In the Bible.)

Directions:

1. Color the sword's handle.
2. Decorate the handle (hilt) with craft jewels or stickers.
3. Wrap the blade with foil and secure with tape or glue.
4. Attach the label to the blade of the sword.

Craft Discussion:

- **The Bible says the sword of the Spirit is the Word of God. How do you think God's Word (the Bible) can help you fight against temptation and evil?** (Children respond.)
- **Hang this sword in your home to remind you that God's Word will always help you battle against evil.**

THE WAY *continued...*



CIRCLE OF PRAYER/THE LORD'S PRAYER

PICTURE SCHEDULE: PRAYER TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the CRAFT picture card and place it in the FINISHED envelope. **We have finished our Craft Time. Now, it is Prayer Time.**

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.

Dear God, thank You for making us and loving us. We lift up to You a special prayer for ____, ____, ____ (say every name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen. You may add the Lord's Prayer with the word picture book.

PICTURE SCHEDULE: SNACK TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the PRAYER picture card and place it in the FINISHED envelope. **We have finished our Prayer Time. Now, it is Snack Time.**

Teacher Tip: It is important to keep a record of all dietary restrictions and allergies accessible. Some parents may prefer to bring their child's snack. Depending on the dietary needs of your classroom, you may determine it is best to omit snack time completely.

SNACK: MIGHTY BITES

Purpose: Children will create mini barbell snacks to remind them God is mighty and strong.

Snack Suggestion: Pretzel sticks, marshmallows

Directions:

1. Serve the snacks and drinks.
2. **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.
 - **These pretend barbells are not very heavy, so it is easy to lift and eat them!** Demonstrate curling the "barbell" up to your mouth and taking a bite.
 - **Sometimes, things feel like they are too heavy to lift or too hard to do. What is something that is hard for you to do?** (Children respond.)
 - **When we are weak, it is easy to see how strong God is. He made the earth and everything in it. He can do anything! Who remembers our Whisper Verse?** Choose a child to demonstrate the motions to the Whisper Verse: "God is mighty."
 - **When you feel weak, remember God loves you and He is mighty!**

THE WAY (GAME OPTIONS)

UNIT 6 GAME OPTIONS

Play one or more of the activities below until the last five minutes of class then proceed to Final Five.

PICTURE SCHEDULE: GAMES TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the SNACK picture card and place it in the FINISHED envelope. **We have finished our Snack Time. Now, is our time to play Games.**

GAME: SAND SEARCH

Purpose: This sand sifting activity soothes children. The items in the bin can be used to introduce the New Testament Letters or the Unit 6 Worship Attribute: The Spirit Who Shows Us.

Supplies: Bin or container of clean sand, cross, white pompom or cotton ball, laminated picture of a sword or shield, candle or penlight, craft jewel

Prepare: Place all items beneath the surface of the sand.

Directions:

1. Children take turns reaching into the sand in search of the objects.
2. Teacher and children discuss each object as it is located.
3. When all the objects have been located, display them on a tabletop or on the surface of the sand.
4. Children feel each item as the teacher explains their connection to the Unit 6 New Testament Letters. The candle or penlight reminds us of God's Word as the light that leads us (Bible Memory Verse Challenge). The picture of the shield or sword reminds us that God gives us truth, faith, and His Word to protect us just as armor protects a soldier. The cross reminds us that Jesus forgives us and will one day come back to take all who believe to live with Him in heaven. The white pompom or cotton ball reminds us of the clouds Jesus will come through when He returns to earth. The jewel reminds us that the city walls of heaven are decorated with beautiful jewels.

GAME: THUMBS UP OR THUMBS DOWN?

Purpose: This nonverbal true-false game helps children master the Bible story or Unit 6 Bible Memory Verse.

Supplies: None, optional: hand puppet or finger puppets

Directions:

1. Teacher or puppet retells today's Bible story, or Bible Memory Verse, pausing after each phrase to say "Thumbs up or thumbs down."
2. If retelling the Bible story, read it in phrases. For some phrases, state accurate descriptions. For other phrases, replace the truth with silly facts. For example, say, "**The armor of God can be bought at the grocery store. Thumbs up or thumbs down?**" (Children respond with thumbs down.) "**The armor of God is invisible. It is a way to describe how God protects us.**" (Children respond with thumbs up.)
3. If reviewing the Bible Memory Verse, read it in phrases. For some phrases, read it correctly. For other phrases, replace a word with a word that makes no sense. For example, say, "**Behold, we are coming soon. Thumbs up or thumbs down?**" (Children respond with thumbs down.) "**Behold, I am coming soon. Thumbs up or thumbs down?**" (Children respond with thumbs up.)

THE WAY (GAME OPTIONS) *continued...*

GAME: BLANKET BALL

Purpose: Children catch a ball in a blanket to remember the Unit 6 Bible Memory Verse.

Supplies: Blanket or tablecloth, inflatable ball or balloon

Optional: For a more challenging game, list the books of the New Testament or the Unit 6 Bible Memory Challenge Verse (Psalm 119:105). Phrases may be divided as follows: "Your word/ is a lamp/ to my feet/ and a light/ for my path."

Let's use this blanket to toss the ball into the air. When the ball lands on the blanket, we will say a part of the Bible Memory Verse (Revelation 22:12): "Behold/ I am/ coming soon."

Directions:

1. Children stand in a circle holding the edges of the blanket.
2. Place an inflatable ball or balloon in the center of the blanket.
3. Together, children quickly raise the blanket to toss the ball into the air.
4. When the ball lands back on the blanket, lead children in saying a word or a phrase ("Behold/ I am / coming soon") of the Bible Memory Verse.
5. Play several times.

GAME: BIBLE BOOKS DANCE

Purpose: To familiarize children with the names of the New Testament books.

Supplies: "The New Testament Overture" song, CD player

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. **Let's see if we can listen closely to hear the names of the New Testament books of the Bible in this song while we move and dance. When you hear the book of name a New Testament book in the song, sit down as fast as you can.**
2. Play "The New Testament Overture."
3. Children dance.
4. When the children hear the name of the book you called, they sit.
5. Play as many times as you like, calling out a different book each time.

GAME: SCENES FROM MAIL CALL

Purpose: To learn applications of the Unit 6 Bible stories, older children act out today's Mail Call script.

Supplies: Mail Call scripts for Lessons 29, 30, 31

Directions:

1. Choose the script that corresponds with today's New Testament Letter.
2. Assign each child a character name and improvise with the script so all the children can be their favorite character, a new character, or just take turns being the same character.
3. Act it out!

THE WAY (GAME OPTIONS) *continued...*

GAME: MUSICAL CHAIRS

Purpose: This version of Musical Chairs familiarizes children with the Unit 5 Bible Memory Verse Song.

Supplies: 1 chair per child, Unit 5 Bible Memory Verse Song, CD player

Prepare: Set chairs back-to-back in a row.

Teacher Tip: In this version of musical chairs, no chair is removed; all children remain in the game. Leave one or more spaces at the end of the row of chairs for any children in wheelchairs. Encourage quick listening and affirm those who are the first to hear the music stop and are seated.

To practice our Bible Memory Verse Song, let's play Musical Chairs.

Directions:

1. As the Bible Memory Verse Song plays, children march around the row of chairs and sing.
2. The teacher stops the music at different times during the song.
3. When the music stops, children find the nearest chair and sit immediately.

GAME: BEAN BAG TOSS

Purpose: To help children review the Unit 5 Bible Memory Verse.

Supplies: Several beanbags, hula-hoop (or rope or floor tape)

Prepare: Use hula-hoop, rope, or floor tape to create a large target area on the floor.

Directions:

1. Give a beanbag to the first child.
2. Stand with the child approximately 6 feet from the target.
3. Before tossing the beanbag, the child says part of the Bible Memory Verse. (The teacher may say it with the child, as needed.)
4. Child tosses the beanbag at the target.
5. Children take turns to see who can reach the target.
6. Play again, as time allows.

GAME: BIBLE MEMORY VERSE BUBBLES

Purpose: Children blow bubbles as they listen and sing the Unit 6 Bible Memory Verse Song.

Supplies: Bubbles, bubble wand, Unit 6 Bible Memory Verse Song "Behold, I Am Coming Soon" or "The New Testament Overture," CD player

As we sing our Bible Memory Verse Song, let's take turns blowing bubbles. If you are seated, you may pop or blow the bubbles that float toward you.

Directions:

1. Seat children in a circle.
2. As the Unit 6 Bible Memory Verse Song plays, children sing along.
3. Teacher dips the wand in the bubbles and offers each child a turn at blowing on the wand.

THE WAY (GAME OPTIONS) *continued...*



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

PICTURE SCHEDULE: COLORING TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the GAMES picture card and place it in the FINISHED envelope. **We have finished our Game Time. Now, is our time for coloring the picture of today's story.**

COMPLETED CRAFT: Take home your "Sword of the Spirit" craft. Tell your friends or family what the armor of God means to you.

DAILY WAY (ADAPTATION FOR CHILDREN WITH DISABILITIES): Distribute this version of the Daily Way, if available. **Show the Daily Way to your family. Talk about the armor of God.**

COLOR THIS STORY: "A Letter from Paul About Strength." For today's Color This Story, use a picture of the armor of God or a knight in armor. Discuss the armor of God and play the Unit 6 Bible Memory Verse Song, "Behold, I Am Coming Soon" or "The New Testament Overture" as children color.

As coloring is completed or parents arrive:

PICTURE SCHEDULE: GOING HOME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the COLORING picture card and place it in the FINISHED envelope. **We have finished our Coloring Time. Now, it is time for Going Home.**

THE DAILY WAY

Unit 6, Lesson 28: A Letter About God's Strength—Part 1

PONDER! Read Ephesians 6:10, 13, 15-18. What does the Bible tell us to put on? The armor of God describes the way God protects us. He gives us truth like a belt that keeps the rest of the armor in place. He gives us faith in His Son Jesus like a shield that protects us from believing lies. When we live each day remembering the truth about God, believing in Him, and growing in our faith, it is like we are putting on protective, invisible armor that God has given us.

PRAY! Pray this prayer each day this week: "Lord, thank You for protecting us and giving us the armor of God. Amen."

PLAY! Create your own armor of God by using your "Sword of the Spirit" craft and making additional pieces of armor (helmet, shield, belt, breastplate, shoes) from household items such as aluminum foil, cardboard, newspaper, etc. After playing, keep your armor in a place where it will remind you that God protects you.

Unit 6 Bible Memory Verse:

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

Unit 6 Bible Memory Challenge Verse:

"Your word is a lamp to my feet and a light for my path." Psalm 119:105

Optional: Memorize the names of the books of the New Testament.