



At-A-Glance: Ages 10-12
Prophets & Promises Part 1: Acts – Revelation
Unit 6, Lesson 29

Letters About Strength

Lesson Aim: To learn what it means to choose to wear the armor of God.

THE WELCOME

MEET & GREET: Who is your favorite superhero?

GAME: Fast Feet

THE WORSHIP THE SPIRIT WHO SHOWS US

Read Worship Scripture: Psalm 28:7

Sing songs and worship God. Bless and collect the offering.

Perform the Mail Call script or read storybook.

THE WORD LETTERS ABOUT STRENGTH

Children sign note cards; place in Golden Bowl. Classroom Covenant.

Review: God revealed to Paul that His power is made perfect in weakness.

Today, we will read from the letter Paul wrote to the believers in Ephesus about the armor of God. Point to Ephesus. Reveal Bible Story Scripture Reference: Ephesians 6:10-11, 14-18; 1 Peter 5:8-10; 1 Corinthians 15:58. Find It First. Highlight Key Verse: Ephesians 6:11. Pray. Read.

THE WAY PUTTING ON THE ARMOR OF GOD

Believers have an invisible enemy named Satan, the devil. He wants to discourage and isolate us. He wants us to give up when times are hard. But God gives us invisible armor so we can stand our ground.

Draw stick figure with armor as you discuss the descriptions below.

- **Belt of Truth:** Just as a belt keeps the armor close and in place, truth keeps us close to Jesus. Put it on by remembering what is true about God. What are some things you know to be true about who God is and what He has done?
- **Breastplate of Righteousness:** Protects a soldier's heart. Living God's way protects our hearts from wanting what is wrong. Put it on by doing what is right in God's eyes. Can you think of a something that used to tempt you to do wrong, but is no longer tempting? Each time we make a godly choice, we are strengthened to continue to do what is right in God's eyes.
- **Shoes of the Gospel:** To be ready to go, a soldier wears shoes.

The Gospel of Peace is the good news that because of Jesus, God has made peace with us. It makes our feet ready to go and tell the good news about Jesus. Put it on by telling others about Him. Have you ever told someone about Jesus?

- **Shield of Faith:** Just as a shield protects a soldier, faith protects us from discouraging words and lies sent from Satan. Put it on by believing God's truths instead of Satan's lies. These lies make us doubt God's goodness, His love for us, or how important we are to Him. Have you ever struggled with any of those doubts? Let's pray for God to give us the faith to believe His truths. Pray.
- **The Helmet of Salvation:** Salvation means being saved. Just as a helmet protects a soldier's head, knowing God's promise to save us protects our minds from evil thoughts. Put it on by thinking about who God is and what He has done for you and for others.
- **Sword of the Spirit:** Our only weapon is God's Word, the Bible. It is our spiritual sword. How might thinking about a related Bible verse help you fight the temptation to do wrong or believe Satan's lies? If you need help finding a verse, who could you ask?

What does Paul say to do about the work of the Lord? (To always give yourself fully to it.) **What are some ways we can serve the Lord?**

CHRIST CONNECTION:

Over 800 years before Paul told the Ephesians how to stand their ground against the devil's schemes, God told King Jehoshaphat to stand his ground and watch as God defeated the enemy. Reveal 2 Chronicles 20:17. Find It First. Highlight. Read. **God will always help us stand strong against the enemy, so put on the armor of God!**

THE GOLDEN BOWL: Pray for individuals. Pray the Lord's Prayer.

FINAL FIVE MINUTES:

- **TREASURE TREAT:** New Testament Postcard about strength, stamp or sticker of armor
- **W³ BETWEEN THE LINES** Journal Entry #29
- **OFFERING OF ART:** Your favorite thing about today and something special about the letters from the New Testament you just learned
- **PRAYER REQUESTS**
- **BIBLE MEMORY VERSE SONG**

GOT TIME?

SNACK: Shields of Faith

GAME: Armor Race

CRAFT: Care Package—Armor of God for All

BIBLE MEMORY VERSE ACTIVITIES: New Testament Line, Next Book, Light My Path, Pass the Word!

BIBLE TIMELINE REVIEW