



# A Letter About Strength

**Lesson Aim: To learn about the armor of God that helps us to be strong in the Lord.**

## 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.

## BIBLE MEMORY VERSE

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

<b>Unit 6: The Promise of Heaven</b>			
	<b>Bible Story</b>	<b>What He Has Done</b>	<b>Lesson Aim</b>
28	A Letter About Weakness, 1 Corinthians 2:1-3, 5	God revealed to Paul that He shows His power through our weakness.	To know we are weak, but God is strong.
29	A Letter About Strength, 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 Psalm 28:7-8. Please join us in praying, "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 so they can be strong in You. Amen."

## TEACHER'S TIP

**Resist doing what a child can do for him or herself.** It may be quicker, easier, or less messy to prepare the craft project ahead or to clean up after play time or snack time, but it won't help the children become more self-sufficient. Take the time now to teach the children how to carefully use the glue stick or throw away their cup and napkin after snack. They will be proud of what they can do and you will find yourself less rushed trying to keep up!

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 letter in a mailbox known as the "Special Delivery Mailbox." See THE WORD for more details.



**THE WORSHIP  
THE WORD &  
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Welcome</b>	Mailbox, stamp or sticker of armor (sword or helmet)
		<b>Coloring Center:</b> God Makes Us Strong	Coloring pages of a person wearing the armor of God, crayons, Song: "Jesus Loves Me"
		<b>Play-Dough Center:</b> My God Is Big	Play-dough, cookie cutters, play-dough tools
		<b>Activity Center:</b> The Armor of God	2 pictures of each piece of the armor of God (shoes, sword with Bible, helmet, shield, belt, breastplate)
	<b>Letter Games</b>	See GOT TIME?	
	Up to 5	<b>Prepare for Worship</b>	None
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.  <b>Additional Song Suggestions:</b> "My God Is So Big" "Jesus Loves Me"	Praise music, optional: musical instruments <b>Unit 6 Bible Memory Verse Song:</b> "Behold, I Am Coming Soon" <b>Other Bible Memory Verse Song Suggestions:</b> "He Is Mighty to Save" "I Can Do Everything" "I Will Remember" "Not by Might" "Praise Time: Love the Lord Your God" "Let Everything That Has Breath" "The Lord Is Faithful" "With God All Things Are Possible"
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Prophets & Promises Unit 6, Lesson 29
THE WORD	Up to 10	<b>Watch the Word:</b> Ephesians 6:10, 13, 15-18	Visuals: Today's New Testament letter (available at ResourceWell.org), envelope, teacher's Bible, mailbox, "God's Armor" craft
THE WAY	Up to 25	<b>Craft:</b> God's Armor	12x18 colored sturdy paper, colored felt or craft foam (or sturdy colored paper), assorted craft decorations, crayons or markers, tape or glue
		<b>Game:</b> Lord's Army March	Belt (strip of cloth) for each child, Song: "I'm in the Lord's Army"
		<b>Game:</b> The Sword of the Spirit	Blindfold, 11x17 laminated picture of a soldier wearing the armor of God, Bible cut-outs, tape
		<b>Snack:</b> Strong Swords	Pretzel sticks
	Final 5	<b>Final Five</b>	Ponder, Pray & Play: Unit 6, Lesson 29
GOT TIME?	Up to 10	<b>Game:</b> Letter Games	Today's New Testament letter in an envelope, Bible, mailbox
	Up to 10	<b>Game:</b> Down From Heaven	Sturdy box or step (no more than one foot tall)
	Up to 10	<b>Game:</b> Through the Clouds	White balloons or soft toy balls, Unit 6 Bible Memory Verse Song "Behold, I Am Coming Soon"
	Up to 10	<b>Story Time</b>	Any story about God giving strength to believers

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



The Spirit who shows us

# THE WELCOME

## WELCOME

Welcome each child as they arrive. **Hello \_\_\_\_\_.** I'm glad you are here! **Come open the mailbox to find today's special delivery.** Child opens the mailbox to receive a stamp or sticker of armor (sword or helmet). **Let this stamp (or sticker) of armor help you remember God can make you strong.**

**Teacher's Note:** These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

## COLORING CENTER: GOD MAKES US STRONG

### **SUPPLIES**

Coloring pages of a person wearing the armor of God, crayons, Song: "Jesus Loves Me"

### **DO**

Children color as they listen to "Jesus Loves Me" and talk about the armor of God.

### **TALK ABOUT**

**What does the person on your coloring page have on his head?** (A helmet.) **Does he have shoes on?** (Yes.) **What is he holding?** (A Bible and a shield.) **His armor is meant to remind us of the armor of God. We can't see God's armor like we see the armor in this picture, but God's armor will still make us strong and protect us.**

**Does the person in the picture look ready to serve God or ready to take a nap?** (Ready to serve God.) **By ourselves, are we strong?** (No.) **With God's help, are we strong?** (Yes!) Play: "Jesus Loves Me" as the children color.

**Jesus loves me! This I know, For the Bible tells me so;  
Little ones to Him belong, They are weak but He is strong.  
Yes, Jesus loves me! (3x.) The Bible tells me so.**

## PLAY-DOUGH CENTER: MY GOD IS BIG

### **SUPPLIES**

Play-dough, cookie cutters, play-dough tools

### **DO**

Children play with the play-dough while discussing today's lesson aim. Encourage children to make big things with the play-dough.

### **TALK ABOUT**

**What are some things that are big?** (Children respond.) **Which of our cookie cutters are shapes of big things?** (Children respond.) **Can you make some big things out of play-dough?** Encourage children to make something that is big (elephant, airplane, the world). **In our lesson today, we will learn God is big and strong! When we ask God for help, He will make us strong, too!**

# THE WELCOME *continued...*

## ACTIVITY CENTER: THE ARMOR OF GOD

### SUPPLIES

2 pictures of each piece of the armor of God (shoes, sword with Bible, helmet, shield, belt, breastplate)

### DO

Children match pictures as they learn about the armor of God.

### TALK ABOUT

**Who wears armor?** (Children respond.) **If you had armor, where would the helmet go?** (Head.)

**That's right! Point to your head. Where do shoes go?** (Feet.) **That's right, point to your feet. What would you use to hold a sword and shield?** (Hands.) **That's right! Wave your hands!**

**In our lesson today, we are going to talk about the armor of God. God's armor is invisible; we can't see it, but it protects us and makes us strong.** Lay the pictures out face down in random order on the floor or the table. Children take turns turning two pictures over at a time to find matches. When children find a match, talk with them about what each piece of armor represents.

- Shoes - To help you run to tell others about Jesus.
- Sword (Bible) – Your sword is your Bible. It helps you know the right things to do.
- Helmet – To remind us to think about God.
- Shield – To protect you from harm.
- Belt – To help you know the truth.
- Breastplate – To protect your heart and to help you do good things.

## LETTER GAMES

### SUPPLIES

Today's New Testament letter in an envelope, Bible, mailbox

### DO

Play one of the Letter Games listed in GOT TIME?

### TALK ABOUT

Use the letter games to help children understand the letters we are learning are found in the Bible and are God's letters to us.

---

---

## PREPARE FOR WORSHIP

**It's time for Praise Time. Let's sing a "Clean Up Song" as we put things away.** Praise children as they help clean.

**Clean up! Clean up! Everybody, everywhere!  
Clean up! Clean up! Everybody do your share!**

### BIBLE MEMORY VERSE SIGN LANGUAGE

(For visual demonstrations, see [www.signingsavvy.com](http://www.signingsavvy.com))

<b>"Behold, I am coming soon." Revelation 22:12</b>	Make "V" shapes with both hands. Move them forward from the eyes outward. (I) Point to self. Point both index fingers outward and then move them toward the chest. Touch tip of pointer finger to tip of thumb and tap the chin. Hold hands open, as if holding a Bible.
---	--

Adding sign language or motions to the Bible Memory Verse helps children recall what they are learning.



# The Spirit who shows us **THE WORSHIP**

**Supplies:** Praise music, optional: musical instruments

**Teacher Tip:** To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.



**Before we sing, let's talk to God in prayer.** Have the children bow their heads and close their eyes. **Dear God, thank You for giving us a strong heart to love You and a strong mind to choose to do what is right in Your eyes. Amen.**



**Is God strong? (Yes.) Is he big? (Yes.) Is there anything He can't do? (No!)** Sing: "With God All Things Are Possible."

**When God makes us strong in Him, it's 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. When the Lord God makes us strong, we can do everything! As we give our offering, let's sing about that.** Sing: "I Can Do Everything" as the offering is collected.



**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 what Paul said.** Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Prophets & Promises Unit 6, Lesson 29.



**God is with us in our hearts, isn't He? (Children respond.) The Bible tells us some day we will see Him face to face just like I'm looking at you now. Revelation 22:12 says, "Behold, I am coming soon." What a wonderful day that will be! Let's say our Bible Memory Verse with the motions.** Practice the verse together with the motions.

<b>"Behold,</b>	Make "V" shapes with both hands. Move them forward from the eyes outward.
<b>I am</b>	(I) Point to self.
<b>coming</b>	Point both index fingers outward and then move them toward the chest.
<b>soon."</b>	Touch tip of pointer finger to tip of thumb and tap the chin.
<b>Revelation 22:12</b>	Hold hands open, as if holding a Bible.



Sing Unit 6 Bible Memory Verse Song: "Behold, I Am Coming Soon."

**Teacher Tip:** Keeping the attention of young children during quieter or slower songs can sometimes be challenging. Prepare the children by talking to them quietly. Find motions that fit the song, such as having the children walk in a circle while holding hands. Change directions when you get to the chorus or add other movements such as stretching your arms high or clapping.



The armor of God

# THE WORD

**Supplies:** Today's New Testament letter (available at ResourceWell.org), envelope, teacher's Bible, mailbox, "God's Armor" craft (shield)

**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 in the mailbox used for THE WELCOME.

**Before we begin our Bible Time, let's say our Classroom Promise with the motions.**

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

**Let's reach deep in our pockets and pull out our listening ears.** Reach in your pocket and cup your hands behind your ears as if listening.

**Can you show me your muscles?** (Children respond.) **What can you do if you are strong?** (Lift heavy items, run, etc.) Show children the shield. **What is this?** (A shield.) **Who uses a shield?** (Soldiers.) **Soldiers wear armor to protect themselves from harm and to make them strong.**

**God makes us strong by giving us His own special invisible armor. We call it the armor of God. We can't see it, but it will protect us and make us strong in Him.**

**In the Bible, there are special letters written by believers to people like you and me. In today's letter, we will learn about the armor of God. Who would like to open the Special Delivery Mailbox for this week's letter?** Choose a child to open the mailbox, remove the Bible, and hand it to you. **We can find it in the book of Ephesians.** As you read the letter, point to the body part where you would wear each piece of God's armor.



Dear family of God in Ephesus,

**Finally, let God make you strong; depend on His mighty power. Put on all of God's armor. On your feet, wear 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

**Who makes you strong?** (God.) **What should you put on?** (The armor of God.) **Can you see God's armor?** (No, it is invisible.) **Even though we can't see the armor of God, it will make our hearts strong to love Him and our minds strong to choose what is right in His eyes.**



Putting on the armor of God

## THE WAY

**Teacher Tip:** Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

### **CRAFT: GOD'S ARMOR**

**Purpose:** To remind the children that God makes them strong.

**Supplies:** 12-inch x 18-inch colored sturdy paper, colored felt or craft foam (or sturdy colored paper), assorted craft decorations, crayons or markers, tape or glue

**Prepare:** From the 12-inch x 18-inch colored sturdy paper, cut out the shape of a shield. To make a handle, cut a 4-inch x 12-inch rectangle from the same paper. Fold over the last 3 inches of the rectangle on both ends and attach the ends to the back of the shield to create a loop for a handle. At the top of the shield, print

**"Be strong in the Lord."**

**Ephesians 6:10a**

From colored felt or craft foam, cut out the shape of a cross and a heart.

**Adaptation for Ages 2-3:** This craft has been adapted from the curriculum for ages 4-5. When considering craft decorations for younger children, it is best to avoid anything that could be a choking hazard. Some craft decorations that work well for this age are stickers, stampers, sturdy paper, tissue paper, wrapping paper, ribbon, yarn, pom-poms, cotton balls, felt, foam shapes, small feathers, non-toxic glitter paint, or watercolor paints.

#### **Directions:**

1. Attach the heart to the front of the shield.
2. Attach the cross to the front of the heart.
3. Color and decorate the shield with assorted craft decorations.

#### **Craft Discussion:**

- **God protects us from harm, just as a shield protects a soldier from arrows.**
- **The cross on our shields reminds us that God is our shield and our protector.**
- **The heart on our shields reminds us that God loves us and protects our hearts.**
- **Who makes you strong? (God.)**
- **Can you see the armor of God? (No.) God gives us invisible armor that makes our hearts strong to love Him and our minds strong to choose what is right in His eyes.**

# THE WAY *continued...*

## **GAME: LORD'S ARMY MARCH**

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

**Supplies:** Belt (strip of cloth) for each child, Song: "I'm in the Lord's Army"

**Who makes you strong? (God.) God makes you strong and protects you like a soldier's armor! When we put on the armor of God, we are in the Lord's army. Let's put on our armor.**

### **Directions:**

1. **First, I'm going to give each of you a belt of truth. It will remind you of the truth that God loves you.** Give each child a strip of cloth to tie around their waist for a belt.
2. **Now let's pretend to put on the rest of our armor.** Pretend to put on each item as you mention it.
  - **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.**
3. **When we are strong in the Lord, all things are possible!** Lead the children in shouting, **"Be strong in the Lord!"**
4. Play: "I'm in the Lord's Army" while you march around the room.

## **GAME: THE SWORD OF THE SPIRIT**

**Purpose:** In this version of the game, "Pin the Tail on the Donkey," children remember the sword in the armor of God is the Bible.

**Supplies:** Blindfold, 11x17 laminated picture of a soldier wearing the armor of God, Bible cut-outs, tape

**Prepare:** Place the picture of the soldier on a wall.

Point to the picture of the soldier. **In our lesson today, we have been talking about the armor of God. Each piece of armor helps make us strong. The sword is God's Word, the Bible. Let's add a Bible to our soldier's sword so we remember that reading the Bible will help us be strong in the Lord.**

### **Directions:**

1. Write the first child's name on a Bible cut-out and give it to the child.
2. Blindfold the child.
3. Briefly spin the blindfolded child in a circle.
4. The blindfolded child tries to place their Bible cut-out on the sword.
5. Teacher tapes the Bible cut-out in the place chosen by the child.
6. Continue to play until each child has a turn.



# THE WAY *continued...*

## **SNACK: STRONG SWORDS**

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

**Snack Suggestion:** Pretzel sticks

**Our pretzel swords remind me of a piece of the armor of God. Who can tell me what the sword represents?** (God's Word, the Bible.)

### **Directions:**

1. Serve the snacks and drinks.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or another 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. Pray. Lead discussion below while children enjoy their snack.
  - **A sword is used to keep enemies away. Obeying God's words in the Bible will keep wrong thinking away. It helps us to choose what is right.**
  - **Who can tell me the other pieces of the armor of God?**
    - Shoes - To help you run to tell others about Jesus.
    - Helmet – To remind us to think about God.
    - Shield – To protect you from harm.The last two were not listed in today's New Testament letter but are also part of the armor.
    - Belt – To help you know the truth.
    - Breastplate – To protect your heart and to help you do good things.



When only 5 minutes remain, begin this segment.

## **FINAL FIVE MINUTES**

### **BIBLE MEMORY VERSE**

Gather children in a circle sitting or standing and practice the words and motions.

<b>"Behold, I am coming soon." Revelation 22:12</b>	Make "V" shapes with both hands. Move them forward from the eyes outward. (I) Point to self. Point both index fingers outward and then move them toward the chest. Touch tip of pointer finger to tip of thumb and tap the chin. Hold hands open, as if holding a Bible.
---	--

### **PRAY**

**Let's pray together.** Say a closing prayer with the children.

### **PLAY**

Allow children to play with selected toys or centers or choose a book to read to them.

### **DISMISSAL**

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3's.



If time remains, choose from the connected activities below.

## **GOT TIME?**

### **GAME: LETTER GAME #1**

**Purpose:** Children play a variation of “Telephone” to represent sending a message, like the letters in the Bible are God’s messages to us.

**Supplies:** None

**God led Paul to write a letter to people saying it is not by our own power that we point people to Jesus, but God’s power showing through us. That special message was delivered to us through the Bible. Let’s practice sending messages by playing, “Pass the Message.”**

#### **Directions:**

1. Children sit in a circle.
2. The teacher whispers, **“God is strong,”** into the ear of the first child.
3. Each child whispers what they hear to the child next to them.
4. The last child says what they heard, to see if the message was delivered. Teacher’s Note: It is likely the message will change as it passes from one child to another. Laugh together as the message gets mixed up.
5. Play the game as often as you like, using one or more of the phrases below:
  - Jesus loves me.
  - God is so big.
  - With God all things are possible.
  - God is mighty.
  - I am coming soon.

**Optional:** For younger children or for added fun, have children make faces instead of sharing messages. The first player makes a face at the second, who then tries to duplicate it for the third, etc.

### **GAME: LETTER GAME #2**

**Purpose:** Children play a hiding game using today’s New Testament letter.

**Supplies:** Today’s New Testament letter in an envelope, Bible, mailbox

Remove the Bible with today’s New Testament letter from the mailbox used in THE WORD. Open the Bible in your lap with the New Testament letter laying on top. **God helped a man named John write a letter about love. We find it in the Bible. The letter guides us in how to love one another. Let’s play a game of hiding the letter. When we find it, we will read the letter together.**

#### **Directions:**

1. Choose a child to hide the letter in the envelope.
2. While the other children close their eyes, assist that child in hiding the letter.
3. On your signal, the other children open their eyes and search for the letter.
4. The child who finds the letter opens the envelope and hands the letter to you.
5. Read today’s letter to the children and put it back in the envelope.
6. Choose a different child to hide the letter and play again.

# GOT TIME? *continued...*



## BIBLE MEMORY VERSE ACTIVITIES

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

### **GAME: DOWN FROM HEAVEN**

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

**Supplies:** Sturdy box or step (no more than one foot tall)

**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. Play multiple times, having the children say the Bible Memory Verse different ways as they jump. (For example: shout, sing, whisper, etc.)

### **GAME: THROUGH THE CLOUDS**

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

**Supplies:** White balloons or soft toy balls, Unit 6 Bible Memory Verse Song "Behold, I Am Coming Soon"

**Prepare:** Inflate balloons with air.

**Teacher Tip:** For large groups of children, divide into smaller groups and give each group a balloon.

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

**Directions:**

1. Play or sing the Unit 6 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 a second balloon.

# GOT TIME? *continued...*



## 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**

Unit 6, Lesson 29: A Letter About Strength

**PONDER!** The armor of God makes us strong (Ephesians 6:10, 13, 15-18). Can we see God's armor? (No.) Even though we can't see it, it will make our hearts strong to love Him and our minds strong to choose what is right.

**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!** Create your child's own armor of God (helmet, sword, shield, shoes) from cardboard and foil or dress up clothes. Tell others how God's invisible armor makes us strong.

#### **BIBLE MEMORY VERSE**

**"Behold,  
I am  
coming  
soon."**

**Revelation 22:12**

Make "V" shapes with both hands. Move them forward from the eyes outward.

(I) Point to self.

Point both index fingers outward and then move them toward the chest.

Touch tip of pointer finger to tip of thumb and tap the chin.

Hold hands open, as if holding a Bible.