



At-A-Glance: Ages 4-5  
Prophets & Promises Part 1: Acts - Revelation  
Unit 6, Lesson 29

## A Letter About Strength

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

### THE WELCOME

#### TREASURE CHEST

**WHISPER VERSE AND SIGN LANGUAGE:** "Be strong in the Lord."

### THE WORSHIP THE SPIRIT WHO SHOWS US

Sing Bible Memory Verse and other related songs.

**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.** Review the Whisper Verse together: "Be strong in the Lord." Include sign language.

**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." **When the Lord God makes us strong, we can do everything!** "I Can Do Everything."

**When your mind is strong in the Lord, you choose right in God's eyes, like giving 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.

**OFFERING:** Collect the offering.

**WORSHIP ILLUSTRATION:** *The Adventures of Delbert & Lello* puppet script or storybook

**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 to Save."

### THE WORD THE ARMOR OF GOD

#### CLASSROOM PROMISE

**In the Bible, there are special letters written by believers to people like you and me. Last time, we learned we are weak, but God is strong. Today, we will learn how God makes each of us strong.**

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

**Let's open the Special Delivery Mailbag to find this week's letter.** Child opens mailbag, removes the Bible, and hands it to you. 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. 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 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. **That means to let God make your heart strong to love Him and your mind strong to choose what is right in His eyes.**

**The armor of God helps us to 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 WAY PUTTING ON THE ARMOR OF GOD

**CRAFT:** God's Armor

**GAMES:** Armor Dress-Up, Shielded by Faith

**SNACK:** Strong Swords

**CIRCLE OF PRAYER**

**FINAL FIVE MINUTES**

- COMPLETED CRAFT
- PONDER, PRAY & PLAY
- COLOR THIS STORY

### GOT TIME?

**GAMES:** More Letter Games, Bible Books Dance

**BIBLE MEMORY VERSE ACTIVITIES:** Down from Heaven, Through the Clouds

**STORY TIME**