



# 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.

## THE WAY

**Whisper Verse:** "Be strong in the Lord."

## 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 Tips:** Prophets & Promises Lessons 22-31 (Units 5-6) feature 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."

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**THE WORSHIP  
THE WORD &  
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Mailbox</b>	Treasure chest, stamp or sticker of armor (shield, sword, or helmet)
		<b>Whisper Verse</b>	Sign language for "Be strong in the Lord."
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	<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" "Let Everything That Has Breath" "Not by Might" "Praise Time: Love the Lord Your God" "The New Testament Overture" (Ages 6-12 BMVS) "We Love" <b>Additional Hymn Suggestions:</b> "Jesus Loves Me"
		<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>Special Delivery:</b> Ephesians 6:10, 13, 15-18	Visuals: New Testament letter (available at ResourceWell.org), Bible, mailbag or tote bag, toy or cardboard sword
THE WAY	Up to 25	<b>Craft:</b> God's Armor	12x18 colored sturdy paper, colored felt or craft foam (may substitute sturdy colored paper), assorted craft decorations (stamps, stickers, sequins, etc.), crayons or markers, tape or glue
		<b>Game:</b> Armor Dress-Up	Bible; purchase or create child-size armor including shoes, a shield, and a helmet
		<b>Game:</b> Shielded by Faith	Shield (from a costume or create your own); small, soft ball or ball of crumpled paper
		<b>Snack:</b> Strong Swords	Pretzel sticks
		<b>Circle of Prayer</b>	None
	Final 5	<b>Final Five</b>	Ponder, Pray & Play: Unit 6, Lesson 29 Color This Story: "A Letter from Paul about Strength"
	Up to 10	<b>Game:</b> More Letter Games	Today's New Testament Letter in an envelope, Unit 6 Bible Memory Verse Song "Behold, I Am Coming Soon" or "The New Testament Overture"
	Up to 10	<b>Game:</b> Bible Books Dance	"The New Testament Overture" song
	Up to 10	<b>Game:</b> Down From Heaven	Sturdy box or step (no more than one foot in height)
	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.



## Be strong in the Lord **THE 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 unlocks the mailbox to receive a stamp or sticker of armor. **Let this stamp (or sticker) of armor help you remember God can make you strong. Today's Whisper Verse is "Be strong in the Lord." To be strong in the Lord means to let the Lord God make you strong.** 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: "Be strong in the Lord."**

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

**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.

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:** "Be strong in the Lord," 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 Bible story.



The Spirit who shows us

## THE WORSHIP

**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.

**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 to do right in God’s eyes. One thing that is right in His 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.



**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 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 armor of God

## THE WORD

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

With my eyes on my teacher;  
My mouth quiet as can be,  
I will listen to hear,  
How God loves you and me.

Point to eyes.  
Place index finger over mouth as quiet sign.  
Cup hand around ear.  
Hug self, point to others, and then self.

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**

**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 toy or cardboard sword in a mailbag or tote bag (Special Delivery Mailbag).

Let's open the Special Delivery Mailbag to find this week's letter. Choose a child to open the mailbag, remove the Bible, and hand it to you.



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 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?**



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:** 12x18 colored sturdy paper, colored felt or craft foam (may substitute sturdy colored paper), assorted craft decorations (stamps, stickers, sequins, etc.), crayons or markers, tape or glue

**Prepare:** From the 12x18 colored sturdy paper, cut out the shape of a shield. To make a handle, cut a 4x12 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.

#### **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.) That reminds me of our Whisper Verse! Let's say it with our motions right now! Say the Whisper Verse together with the hand motions.**
- **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: ARMOR DRESS-UP**

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

**Supplies:** Bible; purchase or create child-size armor including shoes, a shield, and a helmet

**Prepare:** The Bible replaces the sword. Set out the shoes, shield, helmet, and Bible.

**Teacher's Tip:** Purchase a costume of armor or create your own shield from cardboard and add any hat. Children can use their own shoes.

**Who makes you strong? (The Lord.) The Lord God makes you strong and protects you like armor protects a soldier!**

### **Directions:**

1. Children sit on the floor.
2. Choose as many children as you have pieces of armor to stand in front. Give each child a piece of armor.
3. As you read the statements below, direct the child holding that piece of armor to put it on or to point to it. The children who are sitting can point to where the armor would 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!**
4. Lead all the children in shouting and signing, **"Be strong in the Lord!"**
5. Play again, choosing different children to put on the armor each time.

## **GAME: SHIELDED BY FAITH**

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

**Supplies:** Shield (from a costume or create your own); small, soft ball or ball of crumpled paper

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

**Sometimes, I am afraid. Are you ever afraid? (Children respond.) God will protect us, just like a shield can protect us from physical harm!**

### **Directions:**

1. Children sit in a circle.
2. Choose a child to stand in the middle of the circle.
3. **What is one thing you are afraid of?** (Child responds.)
4. Give the shield to the child.
5. **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 or crumpled paper so it gently hits the shield.
6. Lead all the children in shouting and signing, **"Be strong in the Lord!"**
7. Repeat steps 2-6 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

Let's eat some yummy pretzel swords!

**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.
  - **Who remembers our Whisper Verse?** Choose a child to demonstrate the motions to the Whisper Verse: "Be strong in the Lord."
  - **A sword is used to keep enemies away. The Bible is the sword in God's armor. It is not sharp or shiny like a sword, but obeying the words of the Bible keeps wrong thinking away. It helps us to choose what is right.**



## **CIRCLE OF PRAYER**

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 each name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.



When only 5 minutes remain, begin this segment.

## **FINAL FIVE MINUTES**

**COMPLETED CRAFT:** Take home your "God's Armor" craft. 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 the armor of God makes you strong in the Lord.**

**COLOR THIS STORY:** "A Letter from Paul About Strength." Discuss the armor of God and play the Unit 6 Bible Memory Verse Song, "Behold, I Am Coming Soon," as the children color.





If time remains, choose from the connected activities below.

## GOT TIME?

### **GAME: MORE LETTER GAMES**

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

**Supplies:** Today's New Testament Letter in an envelope, Unit 6 Bible Memory Verse Song "Behold, I Am Coming Soon" or "The New Testament Overture"

**Directions:**

1. To create a fun atmosphere, play the Bible Memory Verse Song, or "The New Testament Overture" during the game.
2. Divide children into two groups.
3. Groups stand at opposite ends of the play area in a line.
4. Give the letter to the first child in one of the groups.
5. Before the child starts his or her delivery, call out the method by which he or she must deliver the letter. For example, he or she might hop, crawl, walk backwards, skip, dance, fly like an airplane, ride a motorcycle, or gallop like a horse.
6. On your signal, the child delivers the letter to the first child in the second group.
7. Call out a new method of delivery. The child with the letter then returns the letter to the next child in the first group.
8. Continue until each child has a turn delivering the letter.

**Imagine how excited the people were to get a letter from one of the disciples. Isn't it wonderful to know that same letter was delivered to us through the Bible?** (Children respond.)

### **GAME: BIBLE BOOKS DANCE**

**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:** "The New Testament Overture" song

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 until they hear the name of the book you said.
4. Children sit.
5. Play as many times as you like, calling out a different book each time.

# GOT TIME? *continued...*

## **GAME: DOWN FROM HEAVEN**

**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)

**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!** Read Ephesians 6:10, 13, 15-18 with your family. To be strong in the Lord means to let Him make your heart strong to love Him and your mind strong to choose what is right in His eyes. Paul wanted his friends to know God makes them strong in the Lord. 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!** Without speaking, act out a picture of doing right in God's eyes. Have your family or friends guess what you are doing. Now, act out a picture of a way you can show God you love Him such as singing to Him, praying to Him, or reading the Bible.

#### **Unit 6 Bible Memory Verse:**

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