



At-A-Glance: Ages 6-7  
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. Pray. Read.

### THE WAY PUTTING ON THE ARMOR OF GOD

**In Bible times, soldiers wore armor to protect them from their enemies' weapons. Believers have an invisible enemy named Satan, the devil. Satan wants us to feel discouraged, alone, and 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 armor close, truth keeps us close to Jesus. 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.
- **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. These lies make us doubt the goodness of God, doubt His love for us, or doubt how important we are to God. Have you ever struggled with any of those doubts? Only God can give us the faith to believe His truths instead of Satan's lies. Let's pray for that kind of faith. 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 to fight our temptations. When you are tempted to do wrong or to believe Satan's lies, think of a Bible verse that will help you focus on a truth about God and on making choices that are right in God's eyes. If you can't think of a verse, ask God to bring you someone who can show you one.

### 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. 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
- **DAILY WAY CHALLENGE**
- **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**