



# Letters About Strength

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

## THE WORSHIP

**Who God Is:** The Spirit Who Shows Us

## THE WORD

**New Testament Letters:** Ephesians 6:10-11, 14-18

**What He Has Done:** God showed His apostles how He strengthens us.

**Key Verse:** Ephesians 6:11

## THE WAY

**Christ Connection:** 2 Chronicles 20:17

## BIBLE MEMORY VERSE

"Your word is a lamp to my feet and a light for my path." Psalm 119:105  
 The Books of the New Testament

<b>Unit 6: The Promise of Heaven</b>			
	<b>Bible Story</b>	<b>What He Has Done</b>	<b>Aim</b>
28	Letters About Weakness, 2 Corinthians 4:6-7; 12:7-10	God revealed to Paul that His power is made perfect in weakness.	To know God's strength is shown in our weakness.
29	Letters About Strength, Ephesians 6:10-11, 14-18	God showed His apostles how He strengthens us.	To learn what it means to choose to wear the armor of God.
30	Letters to the Seven Churches, Revelation 3:14-16, 19-22	Jesus told John what to write to the seven churches.	To know Jesus cares about our ongoing relationship with Him. (Salvation Message)
31	Letters About Jesus' Return, Revelation 19:11-16; 21:1-4; 22:20	God gave John a vision of heaven and what it will be like when Jesus comes back to earth.	To know what will happen when Jesus returns.

## 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 Tip:** For Prophets & Promises Lessons 22-31 (Units 5-6), place your Bible in a mailbag along with any supplies needed for THE WAY, as a visual reminder of the letters of the New Testament.



**THE WORSHIP  
THE WORD &  
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Meet &amp; Greet</b>	None
		<b>Game: Fast Feet</b>	Floor tape or chalk, four chairs
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> "The New Testament Overture" <b>Other Bible Memory Verse Song Suggestions:</b> "To Him Who Sits on the Throne," "Not by Might" "At the Name of Jesus" <b>Additional Hymn Suggestions:</b> "Here I Am to Worship" "Awesome God"
		<b>Worship Scripture Reading:</b> Psalm 28:7	Bible
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	Lesson 29 Mail Call script or storybook
THE WORD	Up to 10	<b>New Testament Letters:</b> Ephesians 6:10-11, 14-18	Bibles, Bible Story Scripture reference poster, dry erase or poster board and marker, mailbag containing teacher's Bible
THE WAY	Up to 25	<b>Discuss the Word</b>	Bibles, Christ Connection Scripture reference poster, mailbag (contents listed above under THE WORD)
		<b>Christ Connection:</b> 2 Chronicles 20:17	
		<b>Golden Bowl</b>	Golden Bowl, pencils, note cards
	Final 5	<b>Final Five Minutes</b>	Treasure Treat—New Testament Postcards, armor stamps or stickers (available at ResourceWell.org), Daily Ways, basket, pencils, poster board, crayons or markers, prayer notebook, Unit 6 Bible Memory Verse Song "The New Testament Overture"
GOT TIME?	Up to 10	<b>Snack:</b> Shields of Faith	Round crackers, cheese spread, plastic knives
	Up to 10	<b>Game:</b> Armor Race	Sturdy paper, tape
	Up to 15	<b>Craft:</b> Care Package—Armor of God for All	See craft for supply list.
	Up to 10	<b>Bible Memory Verse Activity:</b> New Testament Line	27 sheets of paper, marker, clothesline or thin cord, 27 clothespins or paperclips, "The New Testament Overture," Bible
	Up to 10	<b>Bible Memory Verse Activity:</b> Next Book	Unit 6 Bible Memory Verse poster, Unit 6 Bible Memory Verse Song "The New Testament Overture"
	Up to 10	<b>Bible Memory Verse Activity:</b> Light My Path	Unit 6 Bible Memory Verse Song "The New Testament Overture," flashlights
	Up to 10	<b>Bible Memory Verse Activity:</b> Pass the Word!	Unit 6 Bible Memory Verse poster, Unit 6 Bible Memory Verse Song "The New Testament Overture," Bible
	Up to 5	<b>New Testament Letters Review</b>	New Testament Letter themes printed on footprint-shaped paper

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



Getting started

## THE WELCOME

To spark anticipation, encourage arriving children to meet and greet one another with today's question.  
**Meet & Greet Question: Who is your favorite superhero?**

### **GAME: FAST FEET**

**Purpose:** Children run a relay race to help them understand how the armor of God can equip them to spread the good news about Jesus.

**Supplies:** Floor tape or chalk, four chairs

**Prepare:** Place the four chairs in the center of the play area. Use floor tape or chalk to mark a starting line for each team equidistant from their team's chair.

**Teacher Tips:** Small groups can play with two teams. Optional: Before playing the game, brainstorm ideas of what to share about Jesus together. For younger children, assign each team one of the suggested sentences for all team members to use.

**Today, we are learning what the New Testament letters say about strength. Believers can find strength from God. One of the ways God gives us strength is an amazing, invisible protection called the armor of God. Part of that armor is the shoes of the gospel which make our feet ready to go and tell everyone the good news about Jesus. Let's play a game where we pretend our shoes are the shoes of the gospel. Let's share the good news!**

#### **Directions:**

1. Divide the children into four teams of equal size.
2. Ask one volunteer from each team to sit in the chair opposite their team's starting line.
3. The remaining children remove their shoes and pile them on the floor half way between their team's starting line and the chair. Mix up the shoes in each pile.
4. Teams stand in a line behind their starting lines.
5. On your signal, the first child on each team races to the pile of shoes, finds his or her shoes, and puts them on. Children run to the team member sitting in the chair and tell them one fact about Jesus, such as "Jesus loves you." "Jesus forgives your sins." "Jesus came to save us." "Jesus was born in Bethlehem." "Jesus died on the cross." or "Jesus is in heaven."
6. Children then run back to their team and tag the next child in line.
7. Each child repeats step 6 until all team members have played.
8. The goal is to be the first team to complete the relay. Continue playing until all the teams are finished to determine which team is in second, third, and fourth place.



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 music as children move to the designated area.

**Today, we worship the Spirit who shows us that God will protect us and help us stand against evil.**



**It is not by our own might or power that we can be strong in standing up against evil; it is only by the power of the Holy Spirit.** Sing: "Not By Might." **God is more powerful than anyone or anything in heaven or on earth. We praise Him as the awesome, mighty God who reigns over everything.** Sing: "Awesome God" while collecting the offering.



**In his letter to the Ephesians, Paul writes about the armor of God. Part of that armor is the shield of faith. Listen to what David said about his shield 1000 years earlier.** Read Psalm 28:7.



**Another part of the armor is the sword of the Spirit which is God's Word. The Bible teaches us that God's Word is a lamp to our feet and a light to our path.** Sing the Unit 6 Bible Memory Verse Song, "The New Testament Overture."



Perform the Mail Call script or read storybook: Prophets & Promises Unit 6, Lesson 29.



Letters about strength

## THE WORD

**Additional Supplies for THE WORD and THE WAY:** Place the teacher's Bible in a mailbag. Place a dry erase or poster board and marker where children can see it.

**Teacher Tip:** As you move from worship to instruction, change rooms or locations within a room to help redirect the children's focus to the Bible story. During this transition time, have each child write his or her name on a card and place it in the Golden Bowl.

**Before we read God's Word, let's go over our Class Covenant. A covenant is an agreement. Just as God made a covenant with His people, I ask each of you to make this covenant promise with me today. Listen as I read our Class Covenant: "I will keep my eyes on my teacher, my mouth in control, my ears on God's Word—knowing God is my goal."**

**Last time, we read about our weakness. We learned that in our weakness, God's power is clearly seen by others. Today, we will read from the letter Paul wrote to the believers in Ephesus about the armor of God.** If a map is available, point to the ancient city of Ephesus. Open mailbag and remove Teacher's Bible.



**If you brought your Bible, open it now and share with others. Hand out spare Bibles. Today's Scripture verse is behind the curtain** (or secret door, secret window, etc.). Child reveals the Bible Story Scripture reference: Ephesians 6:10-11, 14-18.

**Before we read, let's stand and ask God to open our eyes, ears, hearts, and minds to His Word today. Who would like to pray that for us?** Child prays aloud. **Be seated.**

**Paul taught the people of Ephesus how to be strong in the Lord by putting on the invisible armor of God. As I read, let's count the pieces of armor.** Read Ephesians 6:10-11, 14-18.



Putting on the armor of God

## THE WAY

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 and alone. He wants us to give up when times are hard. But God gives us invisible armor so we can stand our ground. That means to not run away or give the enemy what he wants.

On a dry erase board or poster board, draw a stick figure wearing all six pieces of armor. While drawing each piece, use the descriptions below to explain its use. Have children brainstorm a situation in which they would use each piece of armor.

- **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? (Children respond.)
- **Breastplate of Righteousness:** The breastplate 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? (Children respond.)
- **Shield of Faith:** Just as a shield protects a soldier from arrows, 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 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? (Children respond.) Only God can give us the faith to believe His truths instead of Satan's lies. Let's pray now for that kind of faith. Lead children in a brief prayer that God would strengthen their faith.
- **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 which helps us fight against 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 a friend, teacher, or another believer who can show you one.



Connecting the Old Testament, the New Testament, and Us

## 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. Check out the instructions the Lord gave to King Jehoshaphat.



Everyone, place your Bible on your lap. Choose a child to reveal the Christ Connection Scripture reference: 2 Chronicles 20:17. Let's find this scripture. Read 2 Chronicles 20:17.

**God will always help us stand strong against the enemy, so put on the armor of God!**

# THE WAY *continued...*



Revelation 5:8

## GOLDEN BOWL

**Teacher Tip:** Write the names of classmates, local church leaders, and children in other nations or others who need prayer on small pieces of paper. Place the papers in a golden bowl.

**Revelation 5:8 says our prayers are like sweet smelling incense in the golden bowls at God's throne. I'm going to lift each one of your names to God's throne as you pray for each person silently. Then, we will pray the Lord's Prayer (Matthew 6:9-13) aloud together. Let's pray.**

**Lord God, we lift up to Your throne the name of each child here. We trust You to watch over us and our needs, the ones we say aloud and the ones hidden in our hearts. First, we lift up to You \_\_\_\_, \_\_\_\_, \_\_\_\_. Read names in Golden Bowl.**

**Now, we pray the prayer Your Son taught us: Our Father, who art in heaven, hallowed be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.**



When only 5 minutes remain, begin this segment.

## FINAL FIVE MINUTES

**TREASURE TREAT:** Today, your Treasure Treat is a New Testament Postcard with a stamp (or sticker) of armor to remind you to put on the armor of God and be strong in the Lord. Place the stamp or sticker in the corner box on the back of the postcard. **On your postcard, list where to find today's New Testament letters in the Bible.** The scriptures are listed in the Daily Way. **Read the scriptures again to help you answer the postcard question.**

**DAILY WAY CHALLENGE:** Did anyone bring in a completed Daily Way from last time? Praise or reward those who return a Daily Way. Distribute Lesson 29 Daily Way 5-day Bible study. **Complete this week's Daily Way at home and let God speak to you through His own words in the Bible. Join the Daily Way Challenge by returning your completed Daily Way.**

**Teacher Tip:** Collect Daily Ways in a basket or other container and periodically reward children as a group for completing the challenge.

**OFFERING OF ART:** Until it is time to be dismissed, make an Offering of Art. For your offering, draw your favorite thing about today and something special about the letters from the New Testament you just learned.

**PRAYER REQUESTS:** As children work on their Offering of Art, ask how you can pray for them this week. Write their prayer requests in a prayer notebook.

**BIBLE MEMORY VERSE SONG:** Play the Unit 6 Bible Memory Verse Song, "New Testament Overture," in the background as children wait to be dismissed.





If time remains, choose from the connected activities below.

## **GOT TIME?**

### **SNACK: SHIELDS OF FAITH**

**Purpose:** Children will eat a snack while discussing how to be strong in the Lord.

**Supplies:** Round crackers, cheese spread, plastic knives

Today, we are learning about the armor of God. Let's make "Shields of Faith" out of crackers. **What does the shield of faith protect us from?** (Satan's lies.) **Besides putting our armor on, what should we do for each other?** (Pray for each other.) **Before we make and eat our snack, who would like to pray for our snack and for us?**

**Directions:**

1. Serve the snack and drink.
2. Child prays to thank God for the snack and for the children.
3. Ask the Snack Discussion Question: **"What is a way God makes you strong?"**

### **GAME: ARMOR RACE**

**Purpose:** Review the pieces of the armor of God.

**Supplies:** Sturdy paper, tape

**Prepare:** Create a set of six armor tags for each team by writing the following titles each on a 2-inch paper square: belt of truth, breastplate of righteousness, shoes of the gospel, shield of faith, helmet of salvation, sword of the Spirit.

**Optional:** Instead of using 2-inch paper squares, use cut-outs of the shapes of the armor (belt, breastplate, shoes, shield, helmet, and sword).

**Do you remember all six pieces of the armor of God?** (Children respond.) **Let's see how quickly you can put the armor pieces in the correct place on your team's soldier.**

**Directions:**

1. Divide into teams of 3-7 children.
2. Each team chooses one team member to be the team's soldier. The soldiers stand at one end of the play area.
3. The remaining team members are the armor bearers. They line up at the opposite end of the play area.
4. Place a set of the six armor tags near each team.
5. On your signal, the first armor bearer on each team takes one of the armor tags, runs to the team's soldier, and uses tape to attach the tags to the correct location on the soldier.
6. The armor bearer runs back to the team and tags the next armor bearer. The armor bearers take turns running the relay until all six armor tags are properly places on the team's soldier.

**What is your favorite piece of the armor of God?** (Children respond.) **Why?** (Children respond.)  
**What is one thing that piece of armor helps you to be strong to do?**



# GOT TIME? *continued...*

## **CRAFT: CARE PACKAGE—ARMOR OF GOD FOR ALL**

**Purpose:** Children create a humorous hole-in-face board as a gift for a group of believers.

**Supplies:** 4-foot x 6-foot sheet of cardboard or foam board, pencils, markers, glue or tape, sturdy paper, assorted craft supplies (paint and brushes, tin foil or shiny paper, cloth, leather strips, metal pieces, colored paper, etc.), optional: camera

**Prepare:** Choose the group of believers who will receive the care package. Be sure to think about how you will deliver the board to them. Draw a life-size outline of a soldier onto the poster board or plywood. Include a belt, breastplate, sword, shield, helmet, and shoes. Cut a hole in place of the soldier's face which is large enough for an adult to comfortably put his or her head through it. Where children can see to copy, write: **Belt of Truth, Breastplate of Righteousness, Shoes of the Gospel, Shield of Faith, Helmet of Salvation, Sword of the Spirit, Put on the Armor of God! Ephesians 6:10-18.**

**Teacher Tips:** If possible, take some or all of the children with you to deliver the care package or take a picture to share with them in class.

**Today, we learned what the New Testament letters say about strength. What did Paul say we should put on so we can be strong against the enemy? (The armor of God.) Let's make a fun gift to help other believers remember to put on God's armor!** Share information about the care package recipient(s) with the children. Allow them to ask questions so they truly understand where and to whom their gift will be delivered.

### **Directions:**

1. Paint all or part of the soldier and the armor.
2. Add decorations such as: cloth for a tunic, tin foil or shiny paper for armor, metal pieces as studs on the armor, or leather strips for the sandals.
3. Use a marker or paintbrush to write the six labels onto the correct armor pieces.
4. Make a sign on sturdy paper: **"Put on the Armor of God!" Ephesians 6:10-18**
5. Let each child take a turn "wearing" the armor by putting his or her head through the hole where the soldier's face would be. If possible, take photographs of each child "wearing" the armor before delivering the gift.

**Alternative Crafts:** (1) Draw and color a life-size picture of a soldier with all the armor pieces labeled on banner paper. (2) Allow each child to create and decorate their own smaller version of the hole-in-face board by giving them a large piece of poster board. Children cut a hole large enough to fit a head through it. Then, children draw a helmet around the hole and add a soldier's body which is disproportionately small so it fits below the hole.

# GOT TIME? *continued...*



## BIBLE MEMORY VERSE ACTIVITIES

### “The New Testament Overture”

Psalm 119:105 (KJV) and the books of the New Testament sung to the tune of “The William Tell Overture” by Gioachino Rossini. Sheet music and recordings available at ResourceWell.org.

**Thy Word is a lamp unto my feet and a light unto my path! (2x.)**

**Go to Matthew, to Mark, go to Luke and John. Go to Acts and the letter to the Romans.**

**Go to First, go to Second Corinthians, to Galatians and Ephesians!**

**Philippians and Colossians, First and Second Thessalonians,**

**First and Second Timothy, then Titus and Philemon!**

**Go to Hebrews and go to James. Go to First, go to Second Peter.**

**Go to First, Second, Third John. Go to Jude, then go to Revelation!**

## **GAME: NEW TESTAMENT LINE**

**Purpose:** Children learn the books of the New Testament.

**Supplies:** 27 sheets of paper, marker, clothesline or thin cord, 27 clothespins or paperclips, “The New Testament Overture”, Bible

**Prepare:** Write the name of each New Testament book on a separate sheet of paper. Shuffle the papers. Hang the clothesline in the play area at a low height so children can reach it.

### **Directions:**

1. Play “The New Testament Overture” two times. Encourage the children to sing along as they become familiar with the words.
2. Challenge the children to place the New Testament books in order by hanging the sheets of paper in correct order on the clothesline with clothespins.
3. To help the children, play the song while they work or leave a Bible open to the table of contents for them to reference, as needed.
4. After all the books are hung in the correct order, challenge children to recite the books of the New Testament from memory.

## **GAME: NEXT BOOK**

**Purpose:** Children learn the New Testament books in order.

**Supplies:** Unit 6 Bible Memory Verse poster, Unit 6 Bible Memory Verse Song “The New Testament Overture”

**The Bible is made up of 66 different books. The New Testament has 27 books. Let’s learn the books of the New Testament to help us find scripture verses quickly. How fast can you learn all the New Testament books in order?**

### **Directions:**

1. Play the Unit 6 Bible Memory Verse one time. Have children sing along as they learn the words.
2. Play the song again. This time stop the song during the list of the books of the New Testament.
3. Children call out the name of the book that comes next. Refer to the poster, if necessary.
4. Play again, as time permits. As children learn the books, challenge them by taking away the poster and choosing one child to respond each time you stop the song.

# GOT TIME? *continued...*

## **GAME: LIGHT MY PATH**

**Purpose:** Children learn the Unit 6 Bible Memory Verse.

**Supplies:** Unit 6 Bible Memory Verse Song "The New Testament Overture," flashlights

### **Directions:**

1. Children choose partners.
2. Give each pair a flashlight. (Pairs may take turns if there are a limited number of flashlights.)
3. As the Bible Memory Verse Song plays, one partner moves the flashlight beam across the floor as the other partner walks the path highlighted by the beam. Make sure the partner moves the beam slowly enough so the other child can walk in it.

**How did you know where your partner wanted you to go?** (By following the lighted path.)

**Psalm 119:105 says, "Your word is a lamp to my feet and a light for my path." When we read God's Word, it's like He is shining a light for us to see how to follow the right path—His path. The Bible helps us know God and how to follow Him.**

## **GAME: PASS THE WORD!**

**Purpose:** Children learn the New Testament books in order.

**Supplies:** Unit 6 Bible Memory Verse poster, Unit 6 Bible Memory Verse Song "The New Testament Overture," Bible

**Teacher Tip:** For an added challenge and to protect the Bible during this game, use a hard cover Bible and tie it closed with a sturdy ribbon or enclose the Bible in a zipped cover or large zip top bag. If you have a large class, divide them into two circles or pass two Bibles around the circle.

### **Directions:**

1. Children sit in a circle.
2. Play the Unit 6 Bible Memory Verse Song as the children quickly pass the Bible around the circle.
3. Stop the song at some point during the list of the books of the New Testament.
4. When the song stops, the child holding the Bible opens it and finds the last New Testament book sung in the song.
5. Play again, as time permits. Encourage children to cheer for each other.

# GOT TIME? *continued...*



## NEW TESTAMENT LETTERS REVIEW

Prophets & Promises Part One studies the miracles and stories of the Bible from Acts through Revelation. Lessons 22-31 explore several of the themes of the New Testament letters. The previous lesson will always be reviewed briefly in THE WORD segment of each Teacher's Guide. Review recent Bible stories to see the continuing story of who God is and He has done.

**Letters about Perseverance (Circa 33 A.D. - 150 A.D.)** The Bible says that life following Jesus is like a running a race toward our prize in heaven. What helps us persevere (never give up) in following Jesus? (Fixing our eyes on Him.) What does it mean to fix our eyes on Jesus? (It is to do things His way, love Him and everyone He has made.)

**New Testament Letters: Letters about Weakness (Circa 33 A.D. - 150 A.D.)** When God does amazing things through us even though we have weaknesses, others can see how great He is. His light shines through us especially in our weaknesses. How would you explain that in your own words? (Children respond.)

**New Testament Letters: Letters about Strength (Circa 33 A.D. - 150 A.D.)** The Bible says that God has given us invisible armor that protects us from believing Satan's lies. Who remembers a part of the armor of God? (Belt of Truth, Breastplate of Righteousness, Shoes of the Gospel, Shield of Faith, Helmet of Salvation, Sword of the Spirit)

How to create a display for reviewing the New Testament Letters:

1. Print each scroll on sturdy paper or use small envelopes.
2. Choose a wall or other visible location to display the scrolls.
3. Before each lesson, add the scroll for that lesson to the Bible Timeline using the list below.
4. To review, ask the corresponding questions as you point to the associated scroll.

New Testament Letters: Letters about Love > Letters about Unity > Letters about Forgiveness of Sin > Letters about Forgiving Others > Letters about Peace > Letters about Perseverance > Letters about Weakness > Letters about Strength > Letters to the Seven Churches > Letters about Jesus' Return