



## **Lesson 3**

**Armor of God**



## Year 3—Quarter 1: The Armor of God

### Ephesians 6:10-20

## The Belt of Truth

### Wear the Belt of Truth

Hey there, little explorers! Today we're going on a special adventure in a book full of amazing stories—the Bible! Let's open it to Ephesians 6 and discover something amazing. If you've got your Bible, flip to that page. Maybe one of you can be the brave reader for today and share Ephesians 6:13-14a with us all. Or, I can read it out loud for everyone to hear.

It takes special safety gear to go skateboarding or to play football. Guess what? We're going to learn about special gear that God gives His children—God's armor! The very first thing we find is the belt of truth. Now, who knows what a belt is for? You got it! It's to keep your pants up so they don't slip down. But this belt, the belt of truth, is extra special. It's like a builder's tool belt. *(Have a tool*

*belt as a prop)* Can anyone tell me what a builder uses a tool belt for? That's right, to hold all their tools while they make awesome things!

The belt of truth isn't something you can buy at a store. It's something God gives us, and we learn to wear it every day. How? By learning about God, being kind, and thinking about life and others in a good way.

When we wear the belt of truth, it's like we're learning God's powerful truths and keeping them close to us—just like wearing a belt snug around our waist. It's kind of like Batman's utility belt. Batman has all his gadgets to fight bad guys right there on his belt. And for us, all we need to stand up to sin is the Truth. We are committed to learn and know God's Word because it keeps us grounded in our faith.

### Power Point

If we are to stand up to evil, we must be firmly secured by the truth that is found only in Jesus.

#### MEMORY VERSE

Ephesians 6:14,  
“Stand firm then,  
with the belt of truth  
buckled around your  
waist...”

### Introductory Activity: Trivia—True or False

**Read** the trivia questions one by one, ask your students to put their hands on their head if they think it is true or sit on their hands if they think it is false.

#### Trivia Questions:

T – Ping Pong balls have been known to travel off the paddle at speeds up to 160 km/h.

T - Your tongue is the only muscle in your body that is only attached at one end.

F – Mars is the closest planet to Earth. (*Venus is*)

T - Mosquito repellents don't repel, They hide you. (The spray blocks the mosquito's sensors so they don't know you're there.)

T - Adult elephants can't jump.

F – The “port side” of a ship is the right side. (*Right is the starboard side*)

T - Horses fall asleep while standing.

T- The Statue of Liberty wears sandals.

F- A pineapple grows from a tree. (*from the ground*)

F- Two books of the Bible were written by women. (*All written by men; two are named for women – Ruth & Esther*)

**Ask** your students if there were any questions they “guessed” on. Ask them why. Hopefully they will say because they didn't know.

**Point out** that it's like that in life sometimes. We believe the wrong things because we don't know the truth. If we don't know the truth, we can't recognize a lie...and Satan knows it!

We need the Belt of Truth so we can recognize the true versus the false.

# Year 3—Quarter 1: The Armor of God



## Satan's Lies

Tell your students these examples of lies the world & Satan tells us; Then have them come up with a reason they are FALSE.

- No one cares about me. (*FALSE – God loves and cares about you!*)
- I can't do anything & not worth anything. (*FALSE! God loves you & created you special!*)
- Nothing goes right in my life; I should just quit. (*FALSE!!! God has a plan & we can trust Him!*)
- I'll never pass this test; I should just cheat. (*FALSE!!! Cheating is stealing someone else's answers and will not help me learn. God has a better plan!*)
- I don't want to get into trouble; I can just not tell my parents what really happened. (*FALSE! The truth will eventually come out and you will have lost your parents' trust.*)

## Game: Belt Relay

**Items Needed:** For this game you will need two belts and two pairs of pants. Be sure the two belts are narrow enough to fit easily through the pant belt loops.

**Begin:** Put each pair of pants across a chair back on the opposite side of the room. Have the students form two lines. Give the first person in line a belt.

**Play:** The two front students race across the room and loop their belt through the pants on the chair and buckle the belt. They show the leader and then take the belt back out of the pants, lay the pants across the chair and race back to their line. They give the belt to the next person who races across the room and repeats looping the belt in the pants. The game continues until the last student in each line has a chance to finish the race.

## Write Truths on the Whiteboard

So, who can tell me some true things about God? (*Write these on the board, keeping as close to the child's wording as you can. If you feel confident enough, draw pictures next to the sentences for the younger children. Stick figures are great.*)

A few important truths that should end up on the board:

- Jesus Christ is God.
- God loves us so much that he sent his Son to die for us.
- We are all sinners and we all need salvation, which only comes from Jesus.
- All we have to do to be forgiven of our sins is say sorry to God, love him, and try to do what he tells us to do in the Bible.
- Jesus is the way, the truth and the life. No one comes to the Father but through him. (*John 14:6*)

**Apply:** Have your students sit down and explain that today we are learning about the Belt of Truth.

**Say:** A soldier's belt was designed to hold their clothing up so they didn't trip. In a similar way God's Truth helps us not trip and fall over Satan's lies.

**Demonstration:** Have a helper demonstrate wrong ways to wear a belt. Have them tie it around their head, ankle, like a purse, etc. Then have a student show everyone the correct way to wear a belt (around the middle!)

**Say:** The Belt of Truth protects our center or core. The core muscles of our body help us keep our balance. (*Have students stand on one leg.*) It is important to strengthen our spiritual core with God's Truth so we can stand firm and be balanced.

God's Truth also helps us protect our thoughts and emotions because they lead to actions.

# Take-Home

## Summary

### Bible Passage:

Ephesians 6:14

### Main Point:

If we are to stand up to evil, we must be firmly secured by the truth that is found only in Jesus.

### Unit Theme:

Prepare yourself for the spiritual battles of life by putting on the whole armor of God.

### Our Strategy for Kids:

- To hear the Gospel
- To receive Christ
- To be baptized in water
- To grow strong in God
- To be empowered by the Holy Spirit
- To step up and be leaders in an ungodly world

## Explore the Bible

**Read:** Ephesians 6:14, “Stand firm then, with the belt of truth buckled around your waist...” We need to know what is true and what is not. We need to know what God’s Word says and stand on it, even when it’s hard.

Two truths we need to ALWAYS hang on to are 1) God loves us. and 2) We can trust Him.

Open Bibles to Matthew 4:1-11 and read how Satan tempts Jesus. Point out that Satan didn’t come up with a far-fetched lie, but “twisted” the truth.

## Family Activity

**Plank Challenge:** Have family members see who can “plank” the longest. (Hold the push-up position)

Talk about the importance of strengthening our spiritual core with God’s Truth.

## Apply and Pray

Lead your family in a prayer time using this acrostic:

**P (Praise)** Give praise to God Almighty, Creator & Ruler of the Universe.

**R (Repent)** Turn away from going our own way and back to Him.

**A (Ask for ourselves & others)** God wants to give us good things and help us.

**Y (Yes & Yield)** Thank God for having a plan for your life.