

# The Armor of God

## PRESCHOOL LESSON



**Theme:** We put on the armor of God to stand against Satan.

**Scripture:** Ephesians 6:10-20

**Memory Verse:** "Put on the full armor of God so that you can take your stand against the devil's schemes." Ephesians 6:11

**Get Ready:** Click [here](#) to get your complete supply list for this lesson.

## The Children's Sermon

### You'll Need:

- A catcher's mask (or any kind of mask)
- A baseball glove (or any kind of glove)
- A catcher's chest protector (or a pillow)
- Shin guards (or cardstock)

**Get Ready:** If you do not have access to catcher's gear, substitute these supplies with those suggested. The cardstock can be rolled so it has a curve to fit around your shin when you show it to kids.

### Do This:

**SAY:** How many of you have watched a baseball game? (Pause.) What kinds of things do the players wear or use in the game? (Invite kids to respond.)

**One player on the team—the catcher—has some very special equipment. The catcher is in a very dangerous spot right behind the batter and needs special equipment for protection.**

**The mask protects the catcher's face from balls.** (If you have real catcher's equipment, pass each item around as you share about it. If you're using substitute items, invite kids to share whether they think the substitutes will work, and have fun with it!) **The chest protector protects the middle part of the body. The glove protects the catcher's hand. Lastly, the shin guards protect the knees and legs. No catcher would ever think of going into the game without this protective equipment.**

**The Bible teaches us that you and I need protection in our lives, too. The Bible calls it the "armor of God," which protects us from God's enemy, Satan. The armor of God includes the following types of protection:**

**The belt of truth: The Bible tells us that God's enemy loves to lie, but the enemy can never win if we will hold on to the truth that Jesus is Lord.** (Lead kids to pretend to put on a belt.)

**The breastplate of righteousness: Satan can never harm us when we choose to do what God says is right.** (Lead kids to pretend to put on a breastplate.)

**Feet fitted with the gospel of peace: Satan tries to make us worry, but knowing Jesus brings peace.** (Lead kids to pretend to put on shoes.)

**The shield of faith: Satan will try to keep us from believing in Jesus, but we can keep believing in Jesus because we know He loves us.** (Lead kids to pretend to hold a shield.)

**The helmet of salvation: Jesus came from heaven to earth to save us. If we accept Jesus' gift, we beat Satan.** (Lead kids to pretend to put on a helmet.)

**The sword of the Spirit: the Bible, or Word of God, is a powerful weapon against Satan.** (Lead kids to pretend to hold a sword.)

**Just as a catcher needs protective equipment, Christians need all of the protection God gives us. Remember, Satan cannot harm us when we put on the "full armor of God."**

**PRAY:** Dear God, thank You for the protection that You have given us. Help us to always remember to put on Your armor that keeps us safe. In Jesus' name, amen.

## Bible Memory Verse

**"Put on the full armor of God so that you can take your stand against the devil's schemes." Ephesians 6:11**

### You'll Need:

- A Bible

### Do This:

Lead kids in these steps:

- Invite kids to open their Bibles to Ephesians 6:11.
- Invite kids to stand in a circle. Instruct them to turn to their right and march in a circle like soldiers.
- Once they have the marching down, call out a couple words of the memory verse and invite them to echo those words back to you.
- Repeat until preschoolers become familiar with today's memory verse.

**SAY:** You look like some solid soldiers out there. Today we're going to learn more about what all soldiers need—armor. As we discussed, there are six pieces of this spiritual armor, so pay attention as we learn more.

## Bible Interactive

### You'll Need:

- A Bible
- Markers
- Large sheets of butcher paper - one per child

### Do This:

- Open your Bible to Ephesians 6:10-20.
- Give each child a piece of butcher paper.
- Invite kids to lay down on the butcher paper and have a leader trace their body.
- Read through today's Bible passage. When you get to each piece of the armor, pause and allow time for kids to draw that piece of armor on their outline.
- As children draw, lead them in a discussion to help them better understand what the armor of God means.
- Once finished, allow preschoolers to share their soldier self-portraits with the class.

### ASK:

- What questions do you have about the armor of God?
- Which pieces of armor do you think you can put on and why?
- Which piece of armor do you need more help with?

# Suit Up! Video

## You'll Need:

- ["Suit Up!"](#) video
- Something to play the video

## Do This:

Show kids the video.

## ASK:

- What was your favorite piece of armor that Scotty put on? Why?
- What could help you remember to put on the armor of God each day?

# Shield Cookies

## You'll Need:

- Paper plates - one per child
- Napkins - one per child
- Large sugar cookies - one per child
- Gel icing in various colors
- Cookie decorations, such as chocolate chips and sprinkles

## Do This:

Follow these steps for the "Shield Cookies" snack:

- Give each child a paper plate, a napkin, and a large sugar cookie.

- Make an example of what it looks like to create a shield on a cookie with the toppings.
- Invite kids to use gel and toppings to create a shield on their cookies.
- Once complete, invite kids to show the class their shield creations.
- Enjoy.

**SAY:** The shield of faith is very important. This shield helps protect us from lies that Satan tells us. God loves us so much that He gave us armor to protect ourselves. We just have to remember to put it on every day!

## Pin the Armor on the Soldier

### You'll Need:

- ["Soldier and Armor"](#) handout
- ["Pieces of Armor"](#) handout
- Tape
- A blindfold

**Get Ready:** Cut out the soldier from the handout (printed on 11x17 paper) and tape it to the wall. Print and cut out several copies of each of the pieces of the armor.

### Do This:

To play the "Pin the Armor on the Soldier" game, have kids follow these steps:

- Place a piece of tape on the armor pieces so that kids can stick them on the soldier.
- One by one, blindfold the preschoolers and spin them around a couple of times.
- Then see how close they can get to pinning their piece of armor on the soldier.

- Once they have placed their pieces, take the blindfold off and allow them to see how close they got to pinning their armor in the correct spot.
- Allow each child to have a chance to pin armor to the soldier.

**SAY:** Without armor, it's very hard to protect ourselves. We have to remember to put on our armor each day. It's great news that we don't have to do it blindfolded! The Bible tells us just how to do it.

## Belt of Truth Craft

### You'll Need:

- Large white posters (approx 22" x 28") - one per 8 children
- Scissors
- Markers
- Craft jewels
- Glue
- Other decorative supplies

**Get Ready:** Cut approximately 3-inch-wide strips of poster board (one for each child).

### Do This:

Follow these steps to make the "Belt of Truth" craft:

- Give children a pre-cut strip of poster board.
- Invite kids to decorate their strips to look like belts with the markers, jewels and decorative supplies.

- When kids are finished decorating, fit the belts around each child's waist by securing them with tape. Cut off the excess poster board.

**SAY:** We have a hard time understanding truth on our own sometimes. We need help. And guess who can help us? (Pause.) God helps us to know what is true, and He gives us the armor to protect us from harm.

## Pass the Sword Prayers

### You'll Need:

- A toy sword
- Music

### Do This:

- Have children sit in a circle and pass the sword as the music plays.
- When the music stops, lead the children in praying for the child holding the sword.
- Play as many rounds as time allows, so kids can be prayed over by each other.

**PRAY:** Dear God, we need Your help. Life is hard, and we can't do it using our own strength. Help us see our need for You as our Savior, and remind us to put on Your armor. In Jesus' name, amen.

### Virtual Lesson Tip

*You can do this activity with the entire family.*



# Time to Praise God

## You'll Need:

- **"He Saves, He Keeps, He Satisfies"**

[Words and Music](#)

[Accompaniment Track](#)

- **"What a Mighty God We Serve"**

[Words and Music](#)

[Accompaniment Track](#)

**SAY:** The Armor of God helps protect us against God's enemy, Satan. That's why we want to put it on every day. And with God's help, we win the war! Let's thank God by singing to Him now.

Lead children in singing "He Saves, He Keeps, He Satisfies" and "What a Mighty God We Serve."

## If You Have Extra Time...

Use these activity sheets to fill in any time and keep kids learning.

- [Coloring Page](#)

## Complete Supply List:

- A catcher's mask (or any kind of mask)
- A baseball glove (or any kind of glove)

- A catcher's chest protector (or a pillow)
- Shin guards (or cardstock)
- A Bible
- [Markers](#)
- [Large sheets of butcher paper](#) - one per child
- "Suit Up" video
- Something to play the video
- [Paper plates](#) - one per child
- [Napkins](#) - one per child
- Large sugar cookies - one per child
- Gel icing in various colors
- Cookie decorations, such as chocolate chips and sprinkles
- "Soldier and Armor" handout
- "Pieces of Armor" handout
- Tape
- A blindfold
- Large paper grocery bags - one per child
- Scissors
- [Craft jewels](#)
- Glue
- Other decorative supplies
- A toy sword
- Music

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# The Armor of God

## AT HOME LESSON

**Theme:** We put on the armor of God to stand against Satan.

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## The Children's Sermon

### You'll Need:

- **A catcher's mask (or any kind of mask)**
- **A baseball glove (or any kind of glove)**
- **A catcher's chest protector (or a pillow)**
- **Shin guards (or cardstock)**

**Get Ready:** If you do not have access to catcher's gear, substitute these supplies with those suggested. The cardstock can be rolled so it has a curve to fit around your shin when you show it to the kids.

### Do This:

**SAY:** How many of you have watched a Major League Baseball game? (Pause.) What is some of the equipment that baseball players need? (Invite kids to respond.)

**One player on the team—the catcher—has some very special equipment. The catcher is in a very dangerous spot right behind the batter and needs certain equipment for protection.** (Invite kids to name each piece of equipment, and reveal the supplies as they're named. If you have real catcher's equipment, pass it around. If you're using substitute items, invite kids to share whether they think the substitutes will work, and have fun with it!)

**The mask protects the catcher's face from foul tips or pitches that might get past the glove. The glove protects the hand from balls.** (Put on the mask and glove.) **The chest protector protects the middle part of the body.** (Put on the chest protector.) **Finally, the catcher wears shin guards to protect the knees and legs.** (Put on the shin protectors.) **No catcher would ever think of going into the game without this protective equipment.**

**The Bible teaches us that you and I need protection in our lives, too. The Bible calls it the armor of God, which protects us from Satan's evil plans to hurt us. What kind of protection does the Bible say that we need? Let's go through each piece together:**

**The belt of truth: The Bible tells us that God's enemy, Satan, is the "father of lies," but Satan can never win if we will hold on to the truth that Jesus Christ is Lord.** (Lead kids to pretend to put on a belt.)

**The breastplate of righteousness: Satan can never harm us when we choose to do what God says is right.** (Lead kids to pretend to put on a breastplate.)

**Feet fitted with the gospel of peace: Satan tries to create worry and confusion in our lives, but knowing Jesus brings peace.** (Lead kids to pretend to put on shoes.)

**The shield of faith: Satan will try to plant seeds of doubt in our hearts and minds, but those seeds of doubt can never take root if we have faith in Jesus.** (Lead kids to pretend to hold a shield.)

**The helmet of salvation: Jesus came from heaven to earth to save us from the evil one. If we accept salvation in Jesus' name, we will win the battle against Satan.** (Lead kids to pretend to put on a helmet.)

**The sword of the Spirit: the Bible, God's holy Word, is a powerful weapon against Satan.** (Lead kids to pretend to hold a sword.)

**Just as a catcher needs protective equipment, Christians need all of the protection that God has given us. Remember, Satan cannot harm us when we put on the "full armor of God."**

**PRAY:** Dear God, thank You for the protection that You have given us against the evils of this world and Satan's plans to harm us. Help us to always remember to put on every piece of Your armor. In Jesus' name, amen.

## Suit Up! Video

### You'll Need:

- ["Suit Up!"](#) video
- Something to play the video

### Do This:

Show kids the video.

### ASK:

- How would you feel if you were Scotty and the Major General showed up in your room?
- What can you do to remember to suit up daily in the armor of God?
- How would you explain why we need the armor of God to a friend?

## Time to Praise God

### You'll Need:

- "He Saves, He Keeps, He Satisfies"

[Words and Music](#)

[Accompaniment Track](#)

- "What a Mighty God We Serve"

[Words and Music](#)

[Accompaniment Track](#)

**SAY:** To face all the challenges we have in this life, we need to suit up in the armor of God and rely on His strength. The great news is, He gives us all we need, and He is a mighty, mighty God. Let's worship Him now through song.

Lead children in singing "He Saves, He Keeps, He Satisfies" and "What a Mighty God We Serve."

## Complete Supply List:

- A catcher's mask (or any kind of mask)

- A baseball glove (or any kind of glove)
- A catcher's chest protector (or a pillow)
- Shin guards (or cardstock)
- "Suit Up" video
- Something to play the video

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