



# **ARMOR OF GOD**

**Curriculum Winter 2025**



# ARMOR OF GOD

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# ARMOR OF GOD

## Memory Verses

### Week 1

#### **EPHESIANS 6:11**

Put on the full armor of God, so that you can take your stand against the devil's schemes.

### Week 2

#### **EPHESIANS 5:1**

Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.

### Week 3

#### **ROMANS 8:1**

So now there is no condemnation for those who belong to Christ Jesus.

### Week 4

#### **1 PETER 1:4**

For the Word of God is living and active. Sharper than any double-edged sword...

### Week 5

#### **1 THESSALONIANS 5:16-18**

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.



# ARMOR OF GOD

## Lesson 1: The Belt of Truth

Passage

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### EPHESIANS 6:10-14a

We are in a spiritual battle.

God has given us armor to fight against Satan! All of this armor is based on God's truth.

We learned a few weeks ago that a Christian worker is like a soldier. Today, we'll learn more about the battle we are in and the tools God gives us to fight.

### WHAT IS THIS BATTLE?

The battle is *spiritual*. God says that we are in a spiritual war!

1. It is "not against flesh and blood" (v. 12).
  - Satan will not try to attack us with swords and spears.
2. It is "against the spiritual forces of evil in the heavenly realms" (v. 12)
  - Satan is a liar and hates God. He uses his lies to attack God's people.
  - He wants us to doubt God's love and truth.
  - This is a battle of *truth* and *lies*.
3. Because of this, God has given us *spiritual armor* so that we can fight in the battle against Satan. This is encouraging that God gives what we need to fight!

### WHAT IS THE BELT OF TRUTH?

Roman soldiers put on armor to fight their enemies, which we will learn more about in the next few weeks. The belt of truth is the first piece of armor talked about (v. 14).

1. It held every other piece of armor into place and was the first piece of armor soldiers would put on. God's truth is important because everything else is centered around it.
2. God has shared his truth with us through Jesus and the Bible.

Ignoring that we are in a spiritual battle (distraction). Thinking that other people are the enemy instead of Satan.

Learn more about God's truth so that you can fight in the spiritual war! Learn to tell the difference between Satan's lies and God's truth.

- What would happen to a soldier if they didn't put on their armor?
- What are ways that Satan might try to attack us?
- What are some examples of things that might distract us from God's truth?
- What does it look like to put on your armor?
- Why would someone need to remember God's truth in the spiritual war?
- What is Truth? How can you tell when something is true?



# ARMOR OF GOD

## Lesson 1: Belt of Truth

Craft

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### Belt of Truth

Today, we learned about the first piece of armor that God gives us to fight against Satan. We are going to make our own belt of truth!

Scissors, hole punch, construction paper (many colors), colored pencils or markers, ribbon

1. Cut out a piece of ribbon that will fit around your waist comfortably
2. Cut out six long rectangles of construction paper
3. On one end of each piece of paper, cut the corners off to create a point at the end
4. Write or draw truths about God that you have learned on the pieces of paper
5. Punch two holes at the top (not the pointy end) of each piece of paper
6. Thread the ribbon through the holes in your pieces of paper
7. Put on your belt of truth!





# ARMOR OF GOD

## Lesson 2: Breastplate and Shoes

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### EPHESIANS 6:14b-15

God's acceptance and love is what gives us stable footing and protection.

Last week, we learned about the first piece of armor that God gives us in our battle against Satan. This week, we are going to learn about the next two pieces of armor.

### WHAT IS THE BREASTPLATE OF RIGHTEOUSNESS?

Breastplate = Connected to the belt. Covers most important organs. This was necessary for soldiers to have!

Righteousness = right-standing. NOT guilty before God.

1. This is based on what *Jesus* did for us, not what *we* do.

What is putting on the Breastplate of Righteousness?

1. Knowing and believing that we are accepted, loved, and delighted in by God based on what Jesus did for us, *not* what we do.

### WHAT ARE THE SHOES OF PEACE?

Soldiers needed solid footwear. Having a relationship with God through what Jesus has done is what gives us a strong foothold for battle.

1. Object Lesson Idea: Tug of War - Have one team wear only socks and the other team wear shoes. Which team wins? The one with solid footwear! This is why God compares being forgiven of all the wrong we've done to shoes. The shoes of peace help us to stand our ground against Satan's lies. When we forget about that, it becomes easy to get knocked down by lies or guilt.

Believing our acceptance from God comes from what we do for Him ("God must think I'm awesome because I...").

Learn more about what Jesus did for you! Remember that God accepts you because of what Jesus did for you, not because of what you do for him.

- Have you ever thought that God is angry or displeased with you? Why? How is this different from what the Bible says the truth is?
- If someone believed that God accepted them no matter what, how would that person talk with God?
- What would someone's life look like if they had peace?
- Why does a relationship with God give us peace?



# ARMOR OF GOD

## Lesson 2: Breastplate and Shoes

Craft

Meaning

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Instructions

Image

### Shoe Magnets

Today, we learned about other pieces of armor that God gives us to fight against Satan. Make your own Shoes of Peace magnet to hang up on your fridge and remind you of what God has done for you!

Scissors, colored pencils or markers, hole puncher, yarn, magnets

1. Color the shoes of peace template. Write different truths about God that you want to remember
2. Cut out the shoes
3. Hole punch the shoes where the laces will go through
4. Thread the yarn through the shoes to create "laces" and tie them
5. Place one magnet on the back of each shoe
6. Hang up your shoes of peace somewhere in your house!









# ARMOR OF GOD

## Lesson 3: Shield of Faith

Passage

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### EPHESIANS 6:16

Trusting in God's promises shields us from Satan's lies.

We have been learning about the armor that God gives us to fight in the war against Satan. Today, we are going to be learning about another piece of armor that protects us from Satan's attacks!

### REVIEW

Previous armor pieces:

1. Belt: God's truth is what all of our protection hangs on
2. Shoes: God's forgiveness gives us firm footing so we don't fall down
3. Breastplate: Knowing we are accepted, loved, and delighted in by God

### WHAT IS THE SHIELD OF FAITH?

What would happen to a soldier if he tried to fight in a war with no shield? He would be in danger of the attacks of the enemy!

1. Satan's fiery arrows will come at us in the form of lies about ourselves, God, and others.
2. When we believe those lies, they begin to cloud out God's love and promises for us.

The Shield of Faith is made of God's promises to us. Share 3-4 of these promises (Rom. 8:1-2, 1 Cor. 1:30, 2 Cor 5:17, Gal. 2:20, Eph. 1:3, Phil. 3:9, Col. 12:4-13, Phil. 1:6).

1. Memorizing verses can help us hold tight to our Shield of Faith when Satan is attacking us with lies.

Accepting every thought that pops into your head as truth.

Memorize your favorite verses so that you will always have them ready to hold up against Satan's arrows!

- What might happen to a soldier who forgot his shield at home? Why is having a shield important?
- Do you know lies that you might believe sometimes? (No one likes you. This person thinks you're dumb. What other people think of you matters more than anything else. Your non-Christian friends will think you're crazy/dumb If you talk about God)
- How can you tell the difference between a lie and the truth? How could you tell if a thought in your head is from Satan or from God?
- Why is it important to have our shield of faith with us at all times?
- Time permitting, practice the memory verse for the week.



# ARMOR OF GOD

## Lesson 3: Shield of Faith

Craft

Meaning

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Image

### Balloon Battle

Today, we learned about the Shield of Faith that God gives us to fight off the lies of Satan. You will create your own Shield of Faith to balloon battle with your friends!

Scissors, tin foil, glue sticks, drinking straw, aluminum foil, balloons, paper plates, tape

1. Cut foil into two strips.
2. Glue down the strips into the shape of a cross. You can also put the foil around the outer edge of the plate for extra decoration.
3. Bend the straw and tape the ends to the back of the paper plate to create a handle.
4. Blow up a balloon and tie. Feel free to draw "flaming arrows" on the balloon.
5. Now, you and a friend can take turns passing the balloon back and forth with your shields of faith!

Paper Plate Shields  
with  
Balloon Battle





# ARMOR OF GOD

## Lesson 4: Helmet and Sword

Passage  
Main Point  
Intro  
Supporting  
Points

### EPHESIANS 6:17

We can be secure in being saved by God's grace and use His Word as a weapon against Satan's lies.

We are still learning about the pieces of armor God gives us to fight against Satan.

### WHAT IS THE HELMET OF SALVATION?

Review previous armor pieces. The Helmet of Salvation: The absolute guarantee of our spot in heaven being saved by God.

1. One way Satan tries to intimidate us is with the fear of death.
2. Jesus conquered death through his death & resurrection. We can be confident we will have eternal life because of His resurrection if we have asked for his death to count for our sins.
3. When we have confidence in our spot in heaven, it makes our troubles on earth now seem not as big or scary.

### WHAT IS THE SWORD OF THE SPIRIT?

Sword of the Spirit: The Christian's only *weapon* is the Word of God. The Bible holds significant spiritual power!

1. All of the other pieces of armor are for defense, but the Bible is a weapon for us to use to fight! (*Could be helpful to explain offense vs. defense in sports*)
  - a. Jesus fought against Satan using scripture (Luke 4)
2. We should use this sword of truth to help others who are being deceived or attacked by Satan by encouraging, counseling, instructing/warning, sharing the Gospel, etc.
3. We can show and tell other people about God's truths, shining a light of hope that a relationship with Jesus provides.

No one knows what's going to happen when we die and we just have to take blows from Satan.

Learn more about the Bible so that you have a weapon to fight against Satan!

- What is the difference between offense & defense in sports?
- How can we use the Bible as an offensive weapon against Satan?
- What are some ways you could use the Bible to help a friend who is under attack by Satan?
- Have you ever started a relationship with God? What was that like?
  - Have you ever been afraid of death? How does knowing that God has an amazing place saved for you in heaven help with that?
- What do you know about Heaven? What is it going to be like?

Antithesis

Application  
Discussion



# ARMOR OF GOD

## Lesson 4: Helmet and Sword

**Craft**

**Meaning**

**Supplies**

**Instructions**

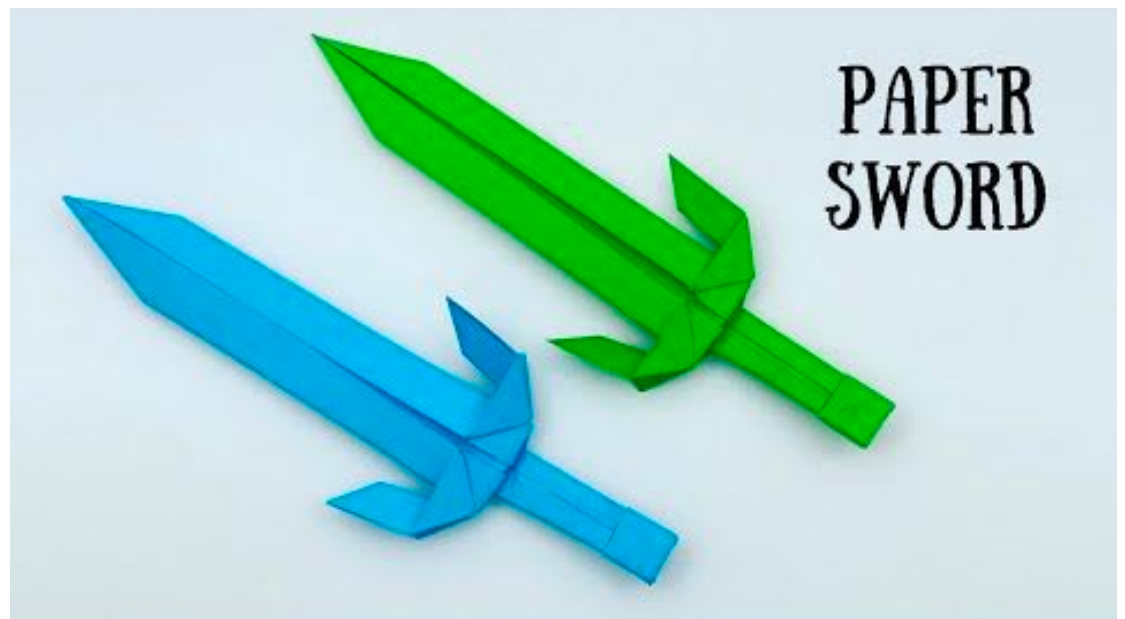
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### Origami Sword

Today, we learned about the Sword of the Spirit. We use this as an offensive weapon in the battle against Satan! You are going to make your own origami sword!

Piece of paper (21cm x 21cm), a phone or computer with YouTube

1. Have a leader pull up this video <https://www.youtube.com/watch?v=yd379EfSPYI> (How To Make Easy Paper Sword Toy for Kids) on a phone or computer.
2. Have a leader help you as you follow along step by step to create your origami sword!





# ARMOR OF GOD

## Lesson 5: Prayer and Friends

Passage  
Main Point  
Intro  
Supporting  
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### EPHESIANS 6:18-20

If we are going to fight well in the battle against Satan, we need to rely on God through prayer and build strong friendships.

As we wrap up our Armor of God series, we are going to be learning about two things that help our armor be the most effective it can be.

### HOW IS PRAYER USED FOR BATTLE?

Review previous armor pieces. Prayer: depending on God by talking to Him.

1. All of the other pieces of armor are connected to prayer because this is a way we can stay close to God.
2. Through prayer, we get direction from God on what He wants us to do with our lives. What would happen to a soldier who didn't get his/her orders from the General? He/she would be lost!
3. This isn't just something that should be done once, but we should keep going back to God for ideas and guidance of what It will look like to fight against Satan.
4. We can also bind back Satan through prayer (Matt. 12:29) because God is more powerful than Satan.

### WHY ARE FRIENDS PART OF OUR ARMOR?

If a soldier was separated from the rest of the group, what might happen to him/her? They will be able to fight better when they are reunited with the rest of their team!

1. Following God is like this too: We need our friends to encourage us, challenge us, and help us keep moving forward!
2. Praying together is special and powerful.

Trying to fight Satan on your own, without relying on God or friends.

Come to TNT so that you can continue to learn what it looks like to fight in the battle against Satan alongside your friends!

- Why is it better for soldiers to be in a group rather than all alone?
- What are things that have helped remind you to pray for your friends?
- What piece of armor do you think will be helpful for you to learn more about?
- If you'd like, share any prayer requests you have with your group!

Antithesis

Application

Discussion



# ARMOR OF GOD

## Lesson 4: Prayer Journal

Craft

Meaning

Supplies

Instructions

Image

### Prayer Journal

Today, we talked about the importance of prayer and friendships in the battle against Satan. Make your own prayer journal so that you can pray for your friends!

White paper, colored construction paper, yarn needle, yarn, hole punch, colored pencils or markers

1. See graphic below for making journal (have a leader help you with the needle and thread)
2. Decorate your journal! Write down some of your friends' prayer requests!

