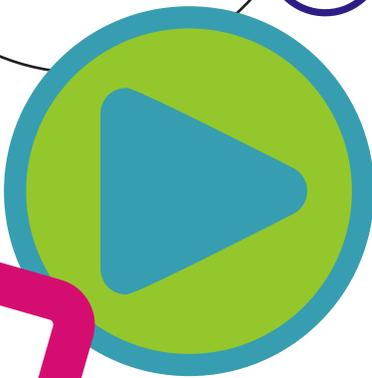


Have fun learning and playing
with your preschooler!

First, watch
this week's
video!



Bible Story

Armor of God
(Ephesians 6:10-17)

Remember This

"Trust in the Lord
with all your heart."
Proverbs 3:5, NIV

Say This

Who can trust God?
I can trust God.

Activity

Aluminum Armor

What You Need

Bible, scissors, and rolls of aluminum foil

What You Do

Choose one family member to be the soldier. As a family, dress that person in aluminum armor. You will create a breastplate, shield, and helmet with aluminum foil.

Say, "In our Bible story, we heard about a special armor. It's kind of like what a soldier wore a long time ago when they would go to battle. Let's use this aluminum foil to make some pretend armor. *(Make the aluminum armor together.)*

"This is a helmet. *(Put on the aluminum helmet.)* When we trust that God loves us so much He sent Jesus to be our friend forever, it's like wearing a helmet to protect us.

"And this is a breastplate. *(Put on the aluminum breastplate.)* When we trust God and go His way, it's like wearing a breastplate to protect us.

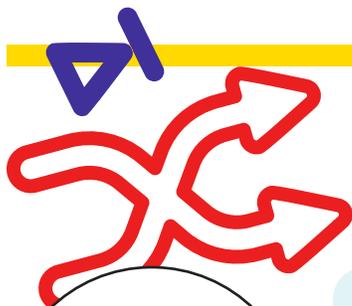
"This is a shield. *(Hold up the aluminum shield.)* When we trust God, it's like holding up a shield to protect us from danger.

"And this *(hold up a Bible)* is the . . . *(pause)*. Yes! This is the Bible. The Bible is like a sword. When we trust God and follow what He says, it helps us battle what is wrong and do what is right.

"When we trust God, He gives us special armor to protect us. It's not the armor we wear like clothes. It's a very special armor that protects us when we trust God and go His way. Tell me, **who can trust God? I can trust God!** Yay! I can trust God!"

Prayer

Dear God, thank You for giving us so many special things to remind us that we can trust You. Thank You for the helmet that reminds us that Jesus wants to be our friend forever, the breastplate to remind us that going Your way will protect us, and the shield to remind us that trusting You will protect us. And thank You for giving us the Bible to teach us how to go Your way. We love You, God. In Jesus' name, amen.



First, watch
this week's
video!

Confidence:
learning to
see yourself
the way God
sees you

Memory Verse

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."
Philippians 1:6, NIV

Bible Story

Armor of God
Ephesians 6:10-17

Bottom Line

Use what God has given you to stand strong.

Use this guide to help your family learn how God can help us live with confidence.

Activity

Armor Matching

What You Need:

Six note cards, something to write with

What You Do:

Write* the following phrases on the note cards (one phrase per card):

- Belt of truth
- Armor of godliness
- Shoes of peace
- Shield of faith
- Helmet of salvation
- Sword of the Holy Spirit (God's word)

(*If your child is still learning to read, you could draw or print/glue a picture onto each card to represent each piece of armor.)

Shuffle the cards and give them to your child. Tell your child that you're going to read a description (listed below), and they're going to look through their set of cards to try to find the one that matches the description. Read all six descriptions and see if your child can match all of them.

- This keeps our whole set of armor together! If we wear it, we can remember what's true. (*belt of truth*)
- This protects a soldier's lungs and heart. It keeps our hearts safe and helps control our actions, even when we have big emotions! (*armor of godliness*)
- These help us carry the good news of Jesus everywhere we go. (*shoes of peace*)
- Our minds need help to stand strong, too! This piece of armor reminds us that Jesus loves and forgives us. (*helmet of salvation*)
- This shows us how God wants us to live, as we can read in the Bible. (*sword of the Holy Spirit/ God's word*)
- We hold this in front of ourselves to remind us that God is always with us and will always help us. (*shield of faith*)

Talk About the Bible Story

When Paul wrote about the armor of God, did he mean that we would be wearing actual armor?

Why do you think Paul wrote about armor then? (*To show the different ways that our relationship with God can help us*)

How can our relationship with God give us confidence? (*It protects us, prepares us, and reminds us that God is always with us.*)

As you get dressed this week, how can you remind yourself to "put on God's armor"?

Parent: Give an example of a time when you needed God's protection.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for the strength and confidence we have from our relationship with You. It really is like Paul wrote; it's like we're wearing armor! Please help us to use what you've given us to make wise choices and live the way You want us to. Please help us stand strong and remember what's true. We love You, and we pray these things in Jesus' name. Amen."

Use this guide to help your family learn how God can help us live with confidence.

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Confidence:
learning to
see yourself
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Memory Verse

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."
Philippians 1:6, NIV

Bible Story

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Ephesians 6:10-17

Key Question

When is it hard to stand strong?

Activity

Armor Matching

What You Need:

Six note cards, something to write with

What You Do:

Write the following phrases on the note cards (one phrase per card):

- Belt of truth
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- Shoes of peace
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- We hold this in front of ourselves to remind us that God is always with us and will always help us. (*shield of faith*)

Talk About the Bible Story

Why do you think Paul wrote about armor to describe our relationship with God? (*To show the different ways that our faith can help us*)

What are some things that our faith can help protect us from? (*pride, selfishness, bad attitude, laziness, disrespect, fear, doubt, unkindness, etc.*)

How can our relationship with God give us confidence? (*It protects us, prepares us, and reminds us that God is always with us. It helps us have the courage to face tough situations.*)

As you get dressed this week, how can you remind yourself to "put on God's armor"?

Parent: Give an example of a time when you needed God's protection.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for the strength and confidence we have from our relationship with You. It really is like Paul wrote; it's like we're wearing armor! Please help us to use what you've given us to make wise choices and live the way You want us to. Please help us stand strong and remember what's true. We love You, and we pray these things in Jesus' name. Amen."