



# POSITION PAPER

## Lesson 12

Gap

**Suit up**  
*Put on the full armour of  
God. Ephesians 6:13*

### Key Objective

That children learn and understand about the armour of God.

### Bible Basis

Ephesians 6

### Lesson Outline

What	Time needed	Where
Worship	10 minutes	Page 2
Welcome and Introduction	5 minutes	Page 2
Story and Memory Verse	10 minutes	Page 3
Activity / Craft	15 minutes	Pages 3
Song and Game	10 minutes	Page 3-4
Prayer Time	10 minutes	Page 6
Review and wrap up	5 minutes	Page 2

*Please feel free to use any resources to tell the story including the wooden figures in the Kids Bizz room.*

*Activity time - Children are able to do either craft, playdough, puzzles, drawing or reading during this time.*

# Suit up –Lesson 12

## Worship

We believe in and value worship at Northridge. After the first bracket of worship the children will all meet in the kids area and sing a few songs together. We have a desire to see the children at Northridge learning about and engaging in worship. We would love if you could help us by joining in and encouraging the children to join in. Please ensure we are being positive role models for the children during this time. If you need to talk to someone, please do not do it in this space.

## Welcome

Welcome everyone! Then go around the circle and ask everyone to tell you about something fun that they did this week.

Ask if anyone can remember what we talked about last week?

We talked about The Lord's Prayer

*(give a snake to anyone who can remember)*

## Review Questions:

- What were the armour of God? (see if as a group they can list them all.)

## Memory Verse

Put on the full armour of God.  
Ephesians 6:13

## Wrap up:

- Have a leader or helper close in prayer
- Make sure kids take their craft and a memory verse card at the end of the lesson
- Please ensure that they are signed out by a parent or guardian before they leave the room.

## Memory verse Suggestion:

Write the words of the verse out and hide them around the room. Have the children take a turn in finding a word then put it in order. Maybe write them on the shapes of the armour.

**Bless  
you**

# The Story....

## The Armour of God

In Bible times soldiers would wear very heavy armour. In fact, when David went to fight the giant Goliath he couldn't wear the armour because it was too heavy. These days soldiers don't wear armour, but you might find it interesting to know that many Christians wear armour everyday and it would be a good idea if you did too.

How can you wear armour? This armour is so neat, it's like having special powers that are invisible! When you imagine yourself putting on the armour of God each day it will help you against the devil and things you shouldn't do. But the only way the armour will work is if Jesus lives inside you.

By putting on the armour of God, you will be able to stand up to these things and do what is right. The armour will give you God's help to fight against the bad in the world. We are going to start with the top of our head and work our way down so we can remember each piece of armour to put on. First is the **Helmet of Salvation**. This we use to protect our minds. Sometimes we need to remember that we're God's children and He loves us and will help us. We also need to remember what we've read in the Bible, learned from our parents and church about God. That will help us make the right decisions.

Next is the **Breastplate of Righteousness**. This piece protects your heart. We can protect our heart by saying sorry to God for things we've done wrong.

The **Belt of Truth** is the next thing we need to put on. We need to be truthful and remember the truth we know about God. We can know the truth by reading the Bible, the Spirit telling us (giving us a conscience), or by other people who believe in God the same as us.

Now we put on the **Sandals of Peace**. First, we need to protect our feet and go where God would want us to go.

The next two pieces of armour you don't have to wear, you hold them instead. First is the **Shield of Faith**. Just think of what you could do with a real shield. If someone throws a water balloon at you, you can lift the shield so it doesn't hit you at all. We can use the shield in the same way when bad things come our way like temptations or doubt. The next piece of armour that we hold is the **Sword of the Spirit**. The sword is the Bible and having the Spirit of God work in us. We can cut anything off that isn't good in our lives. And by remembering God's word (the Bible) we will be able to tell what is good and what is bad.

**Prayer** is the last piece of armour. This isn't a particular piece of armour but kind of holds all our armour together. By talking to God we can do amazing things. Nothing is too big or impossible with prayer because God can do anything that He wants to. That doesn't mean that he will always answer the way we want him to, but he will answer the way He knows is best.

When we pray we need to remember that we don't always need to ask for things. God also wants us to pray for others (for people that don't know him, for people we don't like, for people that are sick, etc.). He also wants us to thank him for whatever we are thankful for (being good at something, family, friends, toys, etc.) He blesses us with these things so we should thank him.

A good way to help you remember the armour is to put it on each day when you get out of bed, or before you go to school. Pray that God will help you remember that the armour is there and what it's used for so you can fight the bad with good.

# Activity Time

## Shield of Faith

Today the children can decorate and make their own shield of faith.

### Materials that you will need:

- Textas / pencils / crayons
- Stickers etc.
- Glue
- Tape

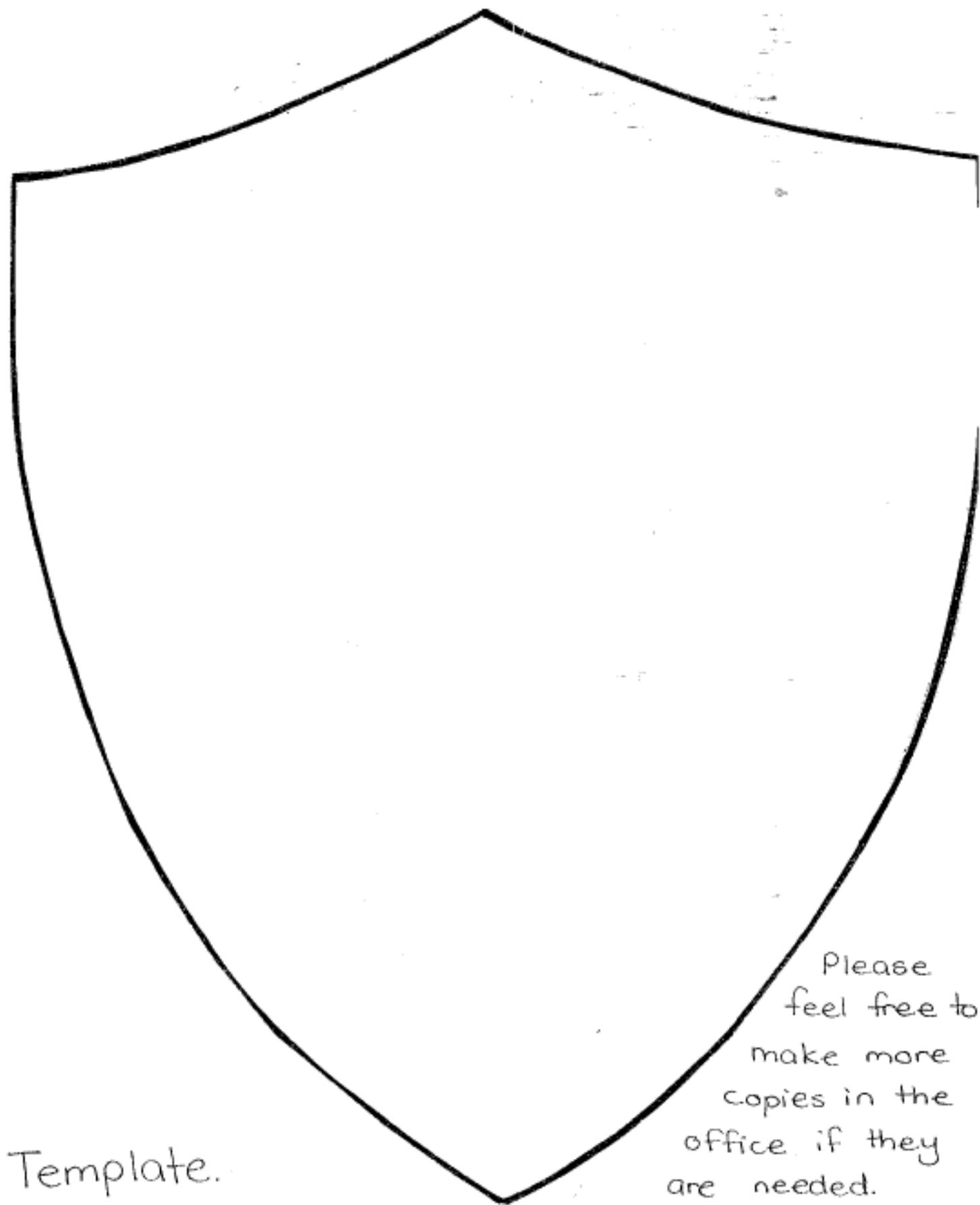
### Directions:

1. Give each child a shield (you can print the template on page 4 to help make it easier).
2. Allow children to decorate their shields however they like.
3. Help the children to write the words "take up your shield of faith" on their shield.
4. Once they have finished decorating it. Attach the handle to the back. You will need to make a fold a quarter of the way in from both ends. Then tape the ends to the back of the shield.

## Can you remember?

Have a Giant game of memory.

Using the memory cards available in the room, have the children sit in a circle and place all the cards face down in the middle of the room. Go around the circle and allow children to each have a turn at trying to find a pair. If they find one they can hold onto the cards—if they don't find one they turn the cards back over and the next person takes a turn (there are 2 sets of each picture to allow for bigger groups).



Template.

Please  
feel free to  
make more  
copies in the  
office if they  
are needed.

# Put on the Armor of God

Words and Music by Brian Howard

**Put it on, put it on, the armor of God  
Everyday we need the armor of God  
Put on the armor of God.**

**Wear the belt of truth around your waist  
Over your heart goes a righteous breastplate  
On your feet wear the Gospel of peace  
For the enemy's arrows use a shield of faith.**

**The helmet of salvation goes on your head  
So when the battle gets hard you can stand  
Use the sword of the Spirit, it is God's word  
Use the sword of the Spirit  
And stand, stand, stand on His Word.**

**The battle is not against flesh and blood  
But spiritual forces so put your armor on  
Stand in the battle and stand for the truth  
Everyday God's armor will help you.**



# Prayer Time

The following is the structure for leading prayer in Gap. This has been designed to be simple for the children and offer a consistent structure for both children and leaders. Posters with these pictures are available in the Gap room. Lay them in the middle of the circle one at a time as you do each stage so they understand which part we are up to.

## Stop

Ask children to stop everything else and sit on a cross.

Explain that it is now time to pray.

Please encourage the children to sit up and pray in loud voices.



## Talk

Ask if there is anything they would like to thank God for or ask God.

Give each child an opportunity to answer and then pray.

*If they are wanting prayer for healing ask them to sit in the middle and get the group to pray for them.*



## Listen

Now that we have talked to God we will stop and listen to see if there is something that he would like to tell us—explain that this may be a picture, word, thought, person, colour, idea etc. God will speak to us all differently.

Wait a minute for them to listen, then ask each of them if they had anything. It is fine if they say no—just move on to the next child.

*For anyone who says yes please record what they say in the Gap Prayer journal with their name the date and service time. (prayer journal is the yellow book at the front of the room)*



Therefore take up  
the whole armor of God,  
that you may be able  
to withstand in the evil day,  
and having done all,  
to stand firm.

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