

	Title	Aim	Activities
The Armour of God	Introduction to the armour	To understand that Christians need to be prepared	<ul style="list-style-type: none"> • Opener: Warrior dress - in teams have them dress up a teammate as a warrior using newspaper. • Story: Put on the whole armour of God (Ephesians 6:13-17) • Challenge: Protective clothing challenge. Have picture of different types of protective clothing and children need to guess who it might belong to. • Game: Relay race to pair up the armour of God with its use. • Craft: Colour and dress a warrior puppet • Memory verse: Ephesians 6:13
	The belt of truth	To show the children how lying is wrong	<ul style="list-style-type: none"> • Opener: Show a belt and ask what it's used for? Explain that one of the pieces of God's armour is the belt of truth. Mention that the belt of truth is believing God is real and like a good belt holds up a pair of trousers, believing God is real will hold you up and keep you strong. • Story: Get some toilet roll and show how easy it is to break then wrap a layer around your wrists so they are together. Mention that you are going to tell a story and every time a lie is told a child can add an extra layer around your wrists. Once story has been told and all layers added show the children how hard it is to rip now. • Challenge: Get the children to think back to the lie story and explain how once a lie has been told (even if it was just a 'little' lie) it cannot be taken back and it could lead to further lies which you could find difficult to get out of. • Game: 2 truths 1 lie • Craft: Finish the warrior puppet off the previous week by adding the armour. • Memory verse: Ephesians 6:14a
	The breastplate of righteousness	To be able to understand the difference between right and wrong	<ul style="list-style-type: none"> • Opener: Have the word RIGHTEOUSNESS in individual letters jumbled up and the children need to try and get the word in order. What does the word mean? • Story/Activity: Have a list of righteous and unrighteous scenarios. Children can act and discuss whether it's righteous or not. • Challenge: What does the breastplate protect? How can we protect our heart against doing wrong things? Mention that just like we can choose what we eat or wear we can also (in most circumstances) choose what we do. Encourage children to think about things before they do them so they can be sure of making a right choice. • Game: Protect the heart - using the righteous /unrighteous acts off earlier children race to fill up their heart with righteous acts. • Drama: Act out three different situations involving banana peel on the floor (pick it up and put it in the bin, kicked it to the side, left it for someone to slip....) Mention that doing what is right may be harder/more work but it will gain the best reward. • Memory verse: Ephesians 6:14b

Shoes of peace	To understand that God can bring peace in our lives if we ask him to.	<ul style="list-style-type: none"> • Opener: Have two children. One with shoes on and one without. Have the children walk over some pebbles. First one to the other side wins. Who do the other children think might win? Why? Ask them what it feels like walking on a pebbled beach without footwear and explain how there is lots of different types of footwear that do different jobs. Show picture of a fireman and his footwear. Discuss how special this footwear is and all the special features it has. Explain how these boots will give peace to a fireman if anything should fall on their foot. • Story: Jesus calms the storm • Challenge: Talk about how the correct footwear makes us feel comfortable and at ease about walking on things just like Jesus' peace makes us feel more at ease about doing things. • Game: Shoe collect - jumble all the children's shoes up and they then need match the footwear with the correct person • Memory verse: John 14:27
Shield of faith	To understand that even though they may not see something it can still be there.	<ul style="list-style-type: none"> • Opener: Make a few statements that contradict what can be seen. Look out of the window and remark on the exact opposite weather conditions. Talk about the colour of your clothes (not the correct one, of course!). The children will no doubt be quick to correct you! Ask them how they can tell that you are wrong. Bring their attention to the box 'what's in the box'. Describe each object, to see if they can guess what items are in it. Produce the items as they guess correctly. Ask them why they think they are able to identify those things. It should be established that they are able to guess correctly because they have seen them before and know exactly what they look like. • Story: How many of us say 'I'll believe it when I see it'? We do not believe things unless we can actually see them. We feel our eyes are the best judge of whether something is real or not. However, that is not always the case. Moses story - show clip from Prince of Egypt if possible. • Challenge: Mention that Moses had faith in God and believed he was with him even though he couldn't see him. He needed this faith when he approached Pharaoh and led the people out of Egypt. Give the children time to reflect on what they believe. • Game: Defend the bin - two teams each with a bin and a pile of crumpled up newspaper, each team has to act as a shield to try and protect their bin whilst the other team are trying to get paper in. • Craft: design and decorate a shield. • Memory verse: Hebrews 11:1
Helmet of salvation	To show the children that the need to think about what they see and listen too to be able to protect their mind.	<ul style="list-style-type: none"> • Opener: Use a funnel, explain how they work, demonstrate, mention that whatever gets poured in comes out the other side. Our minds are like funnels - what we put in our minds is going to come out in our mouths and hands. • Story: Recap all the previous armour of God (Ephesians 6:10-20) • Challenge: Mention that we need to be careful about what we fill our minds with and the helmet will help protect our minds. Show children 'empty pop bottle. Is it empty or full? It's full of air - our minds are like that - they always need to be filled with something so make sure that they are full of good stuff. How can they do this? • Game: Musical hats/match the headgear with the sport • Craft: Make a helmet • Memory verse: Proverbs 4:23

	Sword of the spirit	To understand that Christian use the bible as a guide to them live the correct way, the way God would want them to.	<ul style="list-style-type: none"> • Opener: Ask the children if they ever watch the news or listen to it on the radio. What information does it give us? Mention that sometimes it warns us of things that might be happening (e.g. weather warnings) or gives us information about things. Where else might we see warnings or go for information/guidance? • Story: Have the children ever been lost or found it hard to get somewhere? What do they do? Do they ask for directions? Show the children a bible and explain that it is used by Christians as it gives us lots of information and directions about how we should live. It also gives us warnings (refer to previous week about guarding our minds). Mention that this is also called 'the sword of the spirit' because it is an important piece of armour for our Christian faith. • Challenge: Get the children to think about what they would take on a hiking trip and how they would get ready for it. Remind the children the bible helps us get ready for living the correct way. • Game: In teams assemble a lego figure by following the instructions • Craft: Decorate a sword • Memory verse: Psalm 119:105
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