



Monthly Topic

The Armor of God

Worship Songs

***Check out our Spotify playlist-** <https://www.cedarheights.net/kids-youth/kids-vision>

Suggested Lessons

Monthly Memory Verse: Practice the memory verse with your kids. For younger children, you can say one line at a time, showing them the motions, and then have them repeat after you. After doing it one line at a time, try doing it all together.

“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God,” Ephesians 6:10-11a

- “Finally, be strong” (Make muscles with both hands)
- “In the Lord” (Point to the sky)
- “And in the strength” (Make muscles with both hands)
- “Of his might” (Point to the sky)
- “Put on the armor of God” (Make motions as if putting on clothes)

Weekly Main Points/Bible Stories/Application Questions:

Review the main point with your kids. Read the Bible story, and then you can review the application questions together.

Week 1- I will wear the belt of truth. (John 16: 13-15, Jesus Explains the Truth)

For younger children:

- Tell about a time when someone helped you with something?
- How did it feel to have them help you?
- When was a time that Jesus and the Holy Spirit helped you?

For older children:

- Explain a time when someone came and helped you with something. Did you expect them to help you?
- How did you feel when they helped you?
- Can you think of a time when Jesus and the Holy Spirit helped you?

Week 2- I will wear the breastplate of righteousness and the shoes given by the gospel of peace. (John 19:16b-22, the Crucifixion)

For younger children:

- Has anyone ever given you something you could not afford to buy for yourself? What was it?
- How did you react when you got the gift?
- We have the breastplate of righteousness because of Jesus' sacrifice for us on the cross. What are some times we might need the protection of the breastplate?
- Have you ever shared the good news of Jesus with someone not at church? What was that like?

For older children:

- Tell about a time someone gave you a gift that you could not have purchased for yourself. What was it?
- How did you feel when you received the gift? Why?
- Because of Jesus' sacrifice for us on the cross, we have the armor of God. What are some examples of when we might need to use the breastplate of righteousness in our everyday lives?
- Do you often share the good news of Jesus with others or do you find yourself being silent or afraid?

Week 3- I will wear the shield of faith and the helmet of salvation. (Luke 7:44-50, A Sinful Woman Forgiven)

For younger children:

- Have you ever done something that you knew it was wrong? Would you like to share more?
- Did you know that Jesus can forgive you for those sins?
- Do you know what it means to have faith?

For older children:

- Tell about a time that you did something that you knew was a sin.
- What did you do? Did you tell anyone?
- Jesus forgives our sins! Have you ever prayed and asked Jesus to forgive you of sin?
- What do you think it means to be saved like the woman in the story?

Week 4- I will wear the sword of the Spirit. (Joshua 1:1-9, God Commissions Joshua)

For younger children:

- Tell about a time you did something for the first time and you were nervous.
- Did you end up being strong and courageous? Why or why not?
- What are some ways we can become even more strong and courageous? How can we strengthen our Sword of the Spirit?
- Can you think of a time when you might need to use the Sword of the Spirit?

For older children:

- When was the last time you were really nervous? Were you trying something for the first time?
- Did you end up being strong and courageous in the situation? Why or why not?
- How can we become strong and courageous in all situations? How can we strengthen our Sword of the Spirit?
- What are some situations you think you will need to use the Sword of the Spirit in the future?

Fun Ideas to Do as a Family

The shield of faith is an important piece of armor. Faith means believing God is in control and believing He is powerful. Make a strong shield with your family out of a cardboard box or paper. Write some things on the shield that God can do. For example, "God can ____." God can heal my sore throat. God can calm me when I'm worried. Remembering that God is fighting for us helps us have more faith.

The belt of truth reminds us that God's words are true, and we can play a game to help us remember this. Find a Bible verse that you can read. Write this verse on a piece of paper. Pass the paper to someone else in your family and they can draw a picture on the card. Pass it to someone else until you have enough pictures to decorate your Bible verse. You can remember this piece of truth every time you read it!

The shoes of the gospel of peace are important because we should have peace everywhere, we go knowing that God is with us. Play a game where you wear each other's shoes and have a relay race! Kids can wear their parents' shoes and race back and forth in the room. See who wins! Remember that you can take the good news of peace anywhere you go.

Prayer

In the Kids' Program we end every service with hands on prayer. We suggest you do the same at home and ask if any of your kids would like prayer. If they do not want prayer, you could have them pray for you! Our Kids' Program volunteers are always blessed by how well the Cedar Heights kids pray for them!