

# ARMOR OF GOD

GRADES  
K-6

Printable Lesson Kit



**M** **GHTY MESSAGES**

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# THE ARMOR OF GOD

## LESSON OVERVIEW

### THE ARMOR OF GOD MIGHTY MESSAGE

This lesson on the Armor of God will give children a great example of how to protect themselves from hurt, pain, regret, temptation, and hardship. This lesson makes God's divine protection very easy to understand as a coat of armor for daily living!

#### How to Use the Lesson Kit:

This kit includes a variety of activities that you can select from to customize your perfect lesson. We suggest beginning with the Scripture Reading & Lesson followed by the Discussion Questions. From there, feel free to mix & match the activities to build your lesson plan based on the time you have allotted and the age level/interests of your kids.



#### WHAT'S INCLUDED:

- Scripture Reading & Lesson
- Discussion Questions
- Craft
- Coloring Page
- Wordsearch
- Crossword Puzzle
- Learning Lookups Journaling
- Parent Handout
- Quiz
- Reference Sheet
- Certificate of Completion
- Answer Page



#### MATERIALS LIST:

- White paper
- Stick glue
- Scissors
- Hole Punch
- Brad Fasteners
- Ball of twine/yarn

# THE ARMOR OF GOD

## SCRIPTURE & LESSON

### EXCERPTS FROM EXCERPTS FROM EPHESIANS (NIV)

Read the following excerpts as shown (NIV translation), or read from your chosen Bible translation:



### EPHESIANS 6:10-20

<sup>10</sup> Finally, be strong in the Lord and in his mighty power.

<sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's schemes.

<sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

<sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

<sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,

<sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace.

<sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

<sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God.

<sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

<sup>19</sup> Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel,

<sup>20</sup> for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

## Questions for Children About the Armor of God

1. What is the purpose of the armor of God? **To help you stand against the devil's schemes.** What does it mean that “our struggle is not against flesh and blood?” **Our struggles are not ultimately against other people.** Who are the struggles against? **The dark forces that can influence people, like the fallen angels, also known as devils or dark forces.**
2. Verse 14 tells us to “stand firm.” What is the opposite of “standing firm?” **Falling down.** How does the armor of God keep you from falling down? **It makes you stronger.** Think of a time when you could have used the “shield of faith,” or of a time when you had less faith than you should have. Describe it.
3. The “sword of the spirit” is also known as the word of God. Have you ever had a time when knowing more Bible verses would have helped you be stronger? Have you ever had a time when Bible verses helped you? Describe either.



## TEACHER'S MIGHTY MESSAGE

Jesus said to his disciples in Matthew 10:16, “I am sending you out as sheep among wolves.” The world has many ways to lure our spirits away from God and tempt us to do wrong. In school, on playgrounds, in other people’s houses, there are sometimes peer pressure and bullying and mocking and teasing. We don’t want to participate.

We need to dress up our spirits in the armor of God so that we can be protected. There are six pieces to the armor of God. They are the

1. **Helmet of Salvation**
2. **Breastplate of Righteousness**
3. **Belt of Truth**
4. **Sword of the Spirit**
5. **Shield of Faith**
6. **Feet of Peace**

Have students stand up, recite them with you, and touch the right body parts on themselves for each. When you get to the sword of the Spirit, just pretend to joust.

If we learn six pieces to the armor of God and some ways to use them, we will be protected from the forces of darkness, just like a knight in shining armor is protected from objects of war.



# THE ARMOR OF GOD

## PRINTABLE CRAFT

### ARMOR OF GOD COSTUME

We've provided a complete Armor of God Printable Costume! Depending on the time you have available, feel free to pick and choose which pieces of the costume you want to complete with your kids. Do NOT feel like you need to make the entire costume in one hour (that would be too hard). Instead, we suggest picking one element for all the kids to make (for example the Belt of Truth). We also provide you with a black and white template in addition to the color template. Please select whichever one suits your needs best!



### MATERIALS:

- **White Paper or Cardstock**
- **Stick Glue**
- **Scissors**
- **Coloring Utensils (if using black and white version)**
- **Pencils**
- **Hole punch**
- **Reinforcement labels for hole punches**
- **Round head fasteners (Brads)**
- **Ball of twine or yarn**

### BASIC INSTRUCTIONS:

1. If you are using our black-and-white (bw) version, have children color or paint before cutting. It will prevent bigger messes and allow them to go outside the lines and still have a nice look.
2. Have students cut out their printable pieces if you have not done it for them.

### TO MAKE THE BREASTPLATE:

1. Punch holes where indicated for students: two punches in the top of the back and front; two in each shoulder strap.
2. Add the reinforcement labels to strengthen the holes.
3. Connect the pieces together using fasteners. That will require four for each. Note: If you have a larger student, connect the pieces with string in the back, allowing for extra room in the shoulders



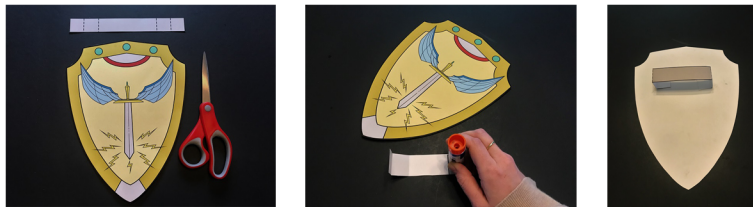
## TO MAKE THE BELT:

1. Glue the two Belt Pieces to the Belt Buckle, forming a long belt.
2. Punch two holes where indicated on the belt pieces, and connect them with a round head fastener. Students will get in and out of this piece by unfastening the back. If the belt doesn't reach for larger students, use string to attach the back pieces.
3. Add the Belt of Truth tails by punching the four holes where indicated and fitting them up to the belt so that they are spread out, but in order for each child. Punch corresponding holes in the belt and attach with fasteners, positioning the tails beneath the belt. Attach reinforcement labels to strengthen the holes.



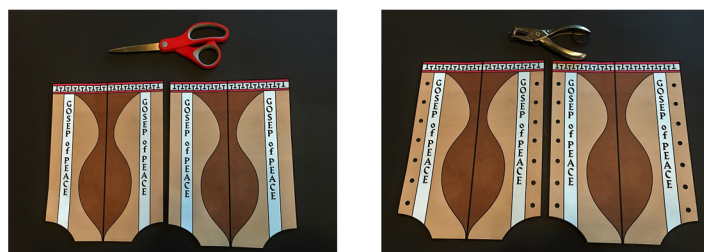
## TO MAKE THE SHIELD:

1. Cut out shield and handle
2. To create a handle, fold on four dotted lines.
3. Add glue on each end handle piece in last section on each edge of the handle  
Paste handle to the back of the shield



## TO MAKE THE BOOTS:

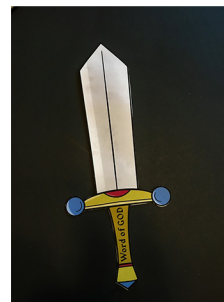
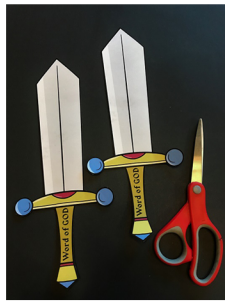
1. Cut out two calf pieces of the boots and two shoe toppers. To cut the calf piece of the boots, students should not cut down the center line, only the outside lines. (That center line is a mark that should go at the very back of the student's calf, and the boots wrap around pant legs when completed.)
2. There are seven holes on each side of the calf piece, marked in gray. Punch the holes for each and add reinforcement labels. Lacing simply requires running a long piece of string through each, like lacing a shoe. Do not pull too tightly. They should rest over clothing without the holes tearing. Tie in a bow at the top
3. The shoe toppers have rectangular tails. These are meant to tuck under actual shoes.





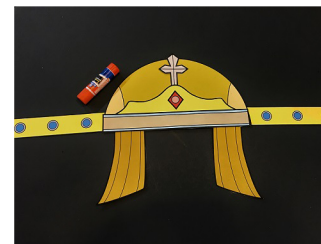
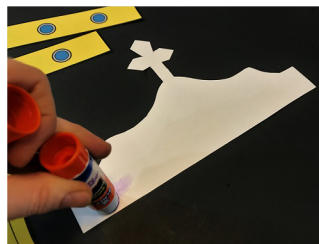
## TO MAKE THE SWORD:

1. Using stick glue, add glue to back sides of both sword pieces.
2. Paste sword pieces, back sides together.
3. Cover just the blade with aluminum foil (optional).

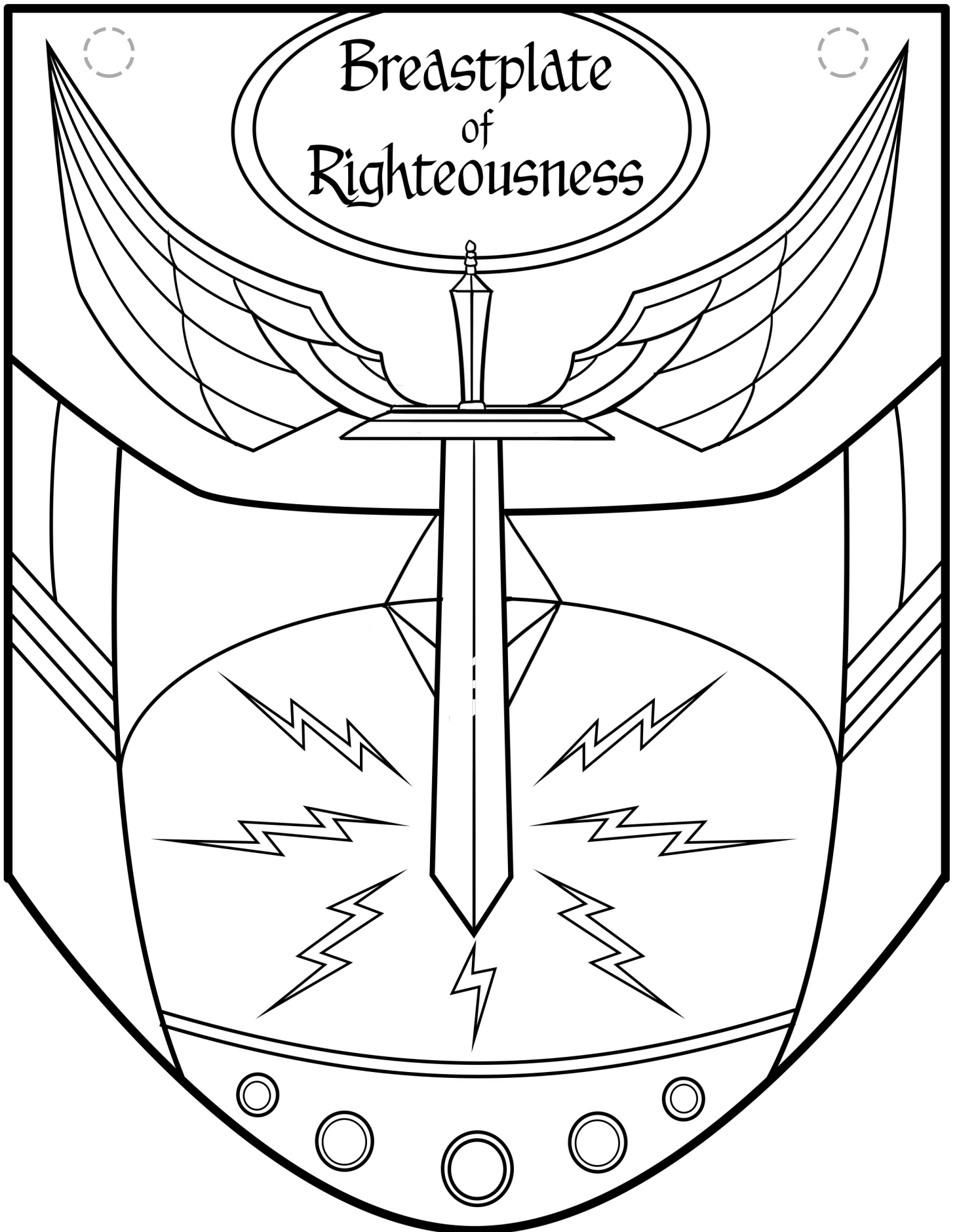


## TO MAKE THE HELMET:

1. Glue the Helmet band pieces on each side of the Helmet.
2. Glue the front piece with the cross on top of the rounded Helmet piece.
3. Attach the two Helmet band pieces together with glue. To create a tight fit, put Helmet on student's head over forehead and above ears, and mark where band ends. Then take it off and glue together.
4. Glue the side pieces so that the child's whole face shows.
5. Have students put their names on both pieces.

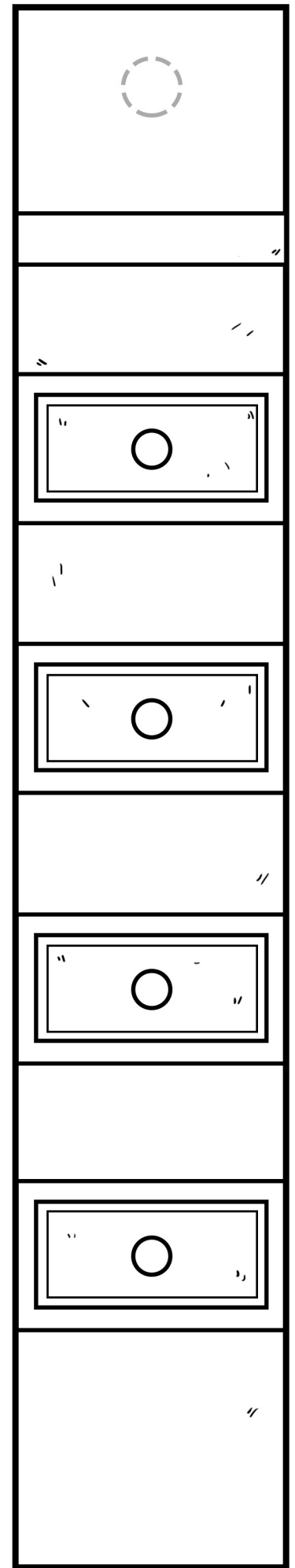
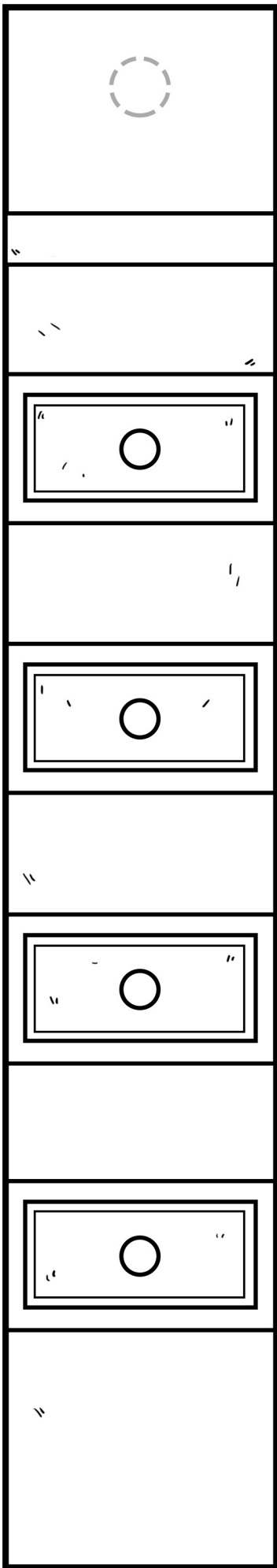


Breastplate  
of  
Righteousness

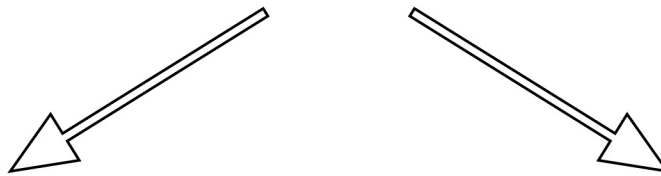


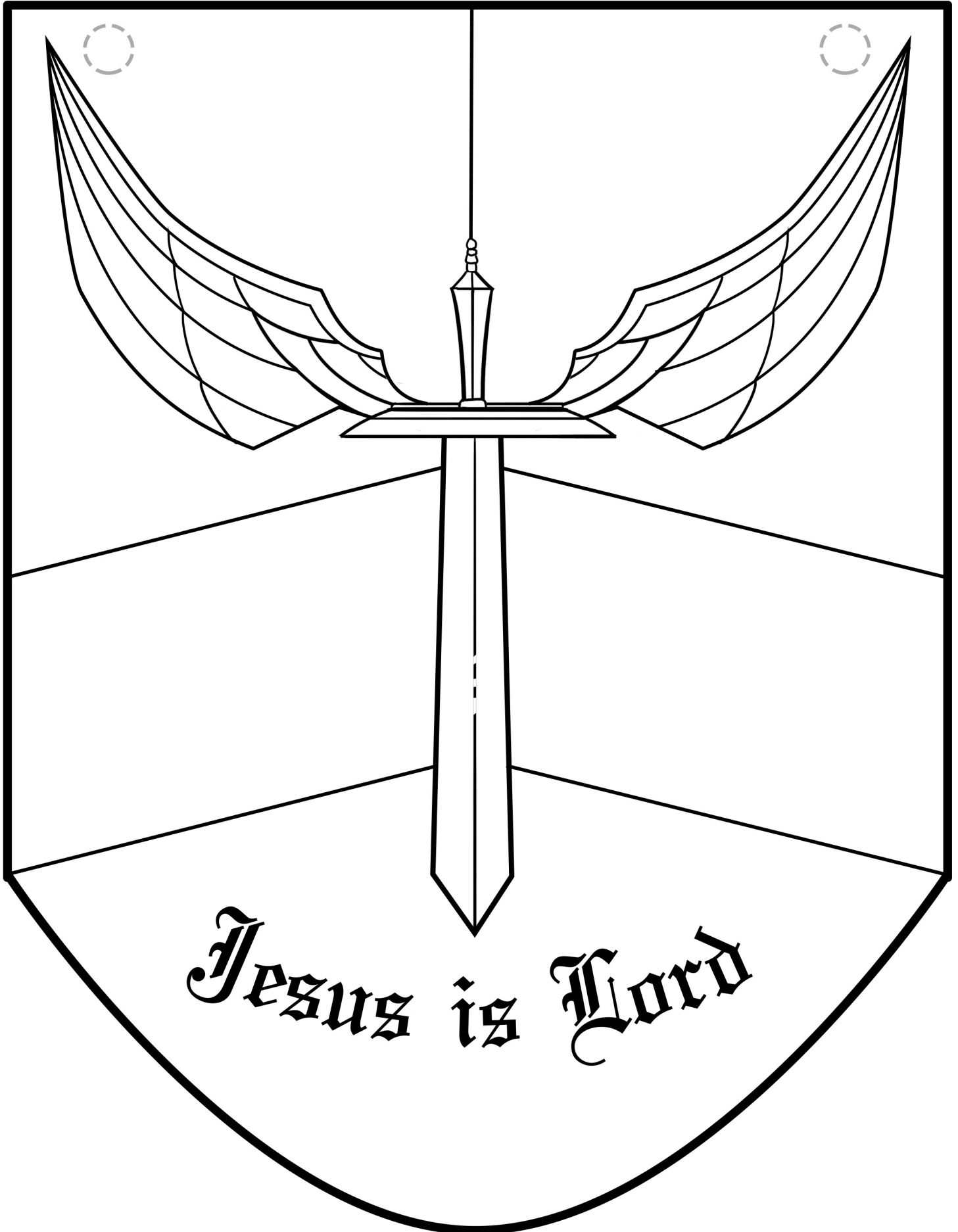
# BREAST PLATE SHOULDER STRAPS

These straps attach the back and front of the breast plate. Punch the holes and fit them with the holes in the front of the breast plate.



Adjust for size by creating own  
hole punches.



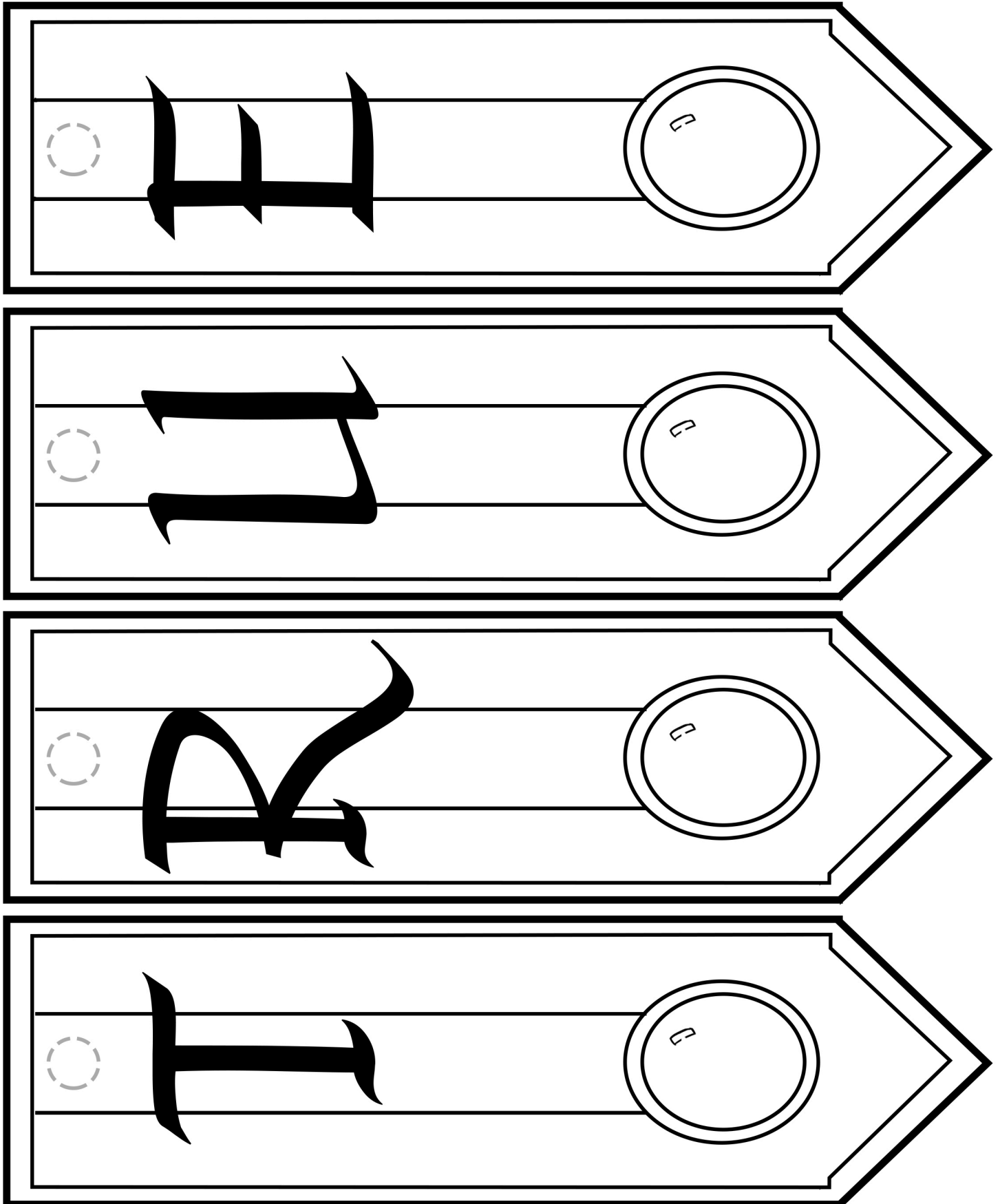


*Jesus is Lord*

# BELT OF TRUTH

## Belt Tails

These four belt tails attach to the belt, two on either side of the buckle. Space them according to each child's size. Punch holes and attach with round-head fasteners.

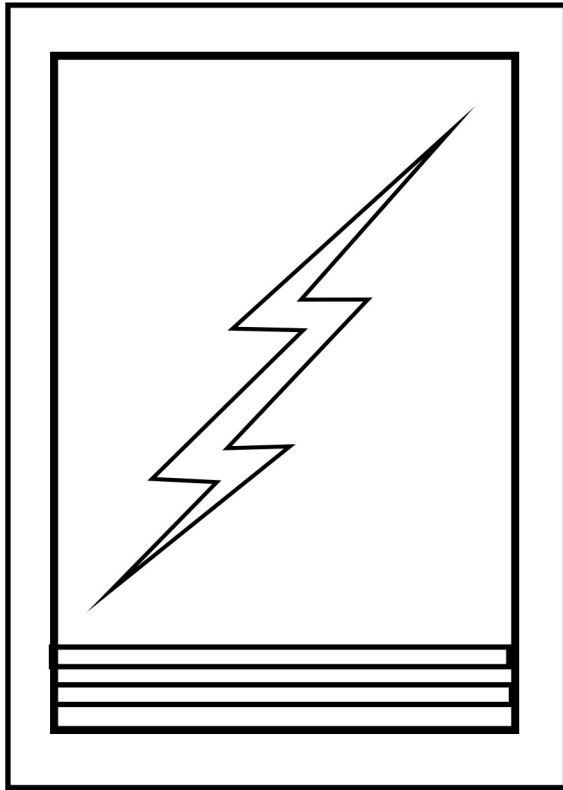




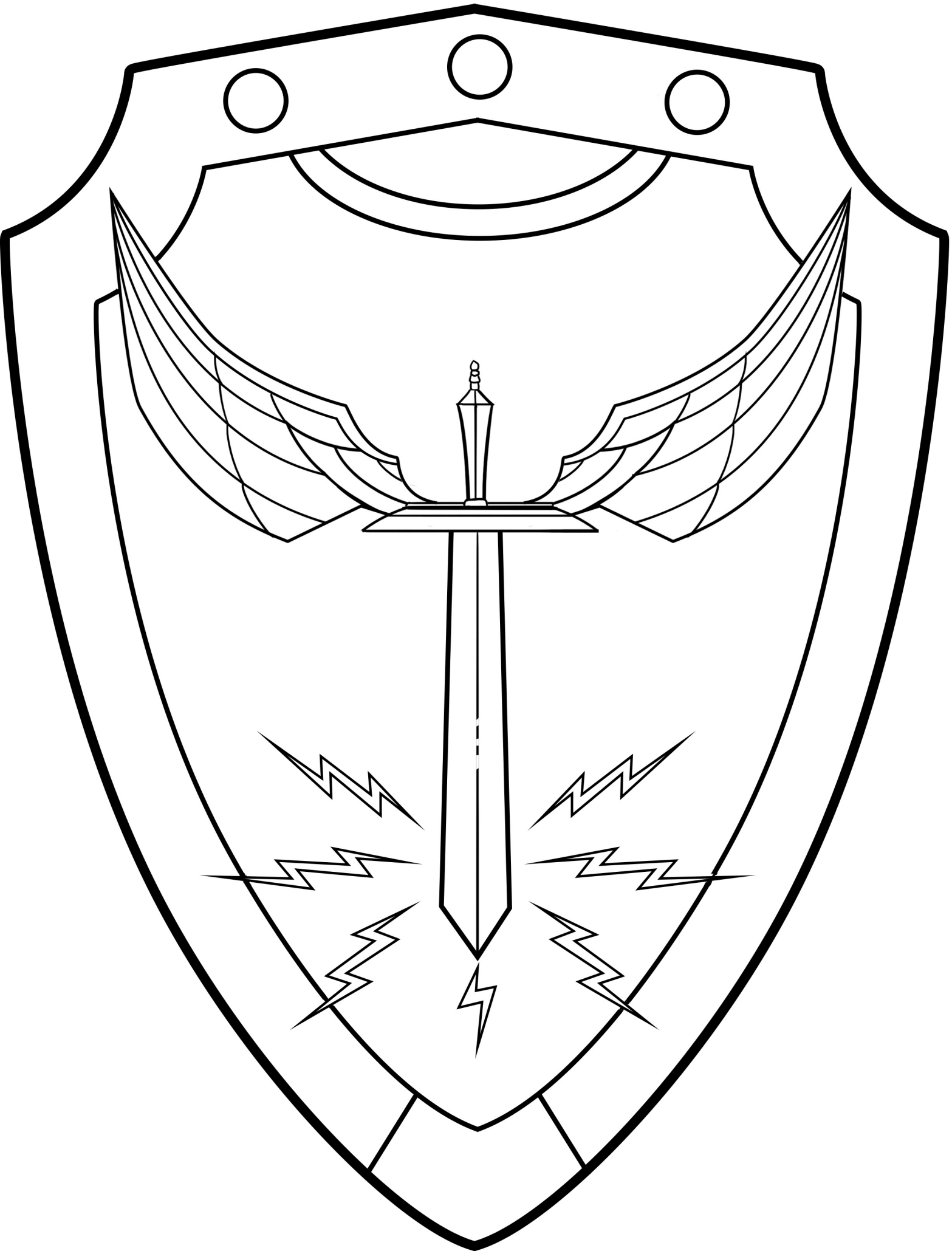
# BELT OF TRUTH



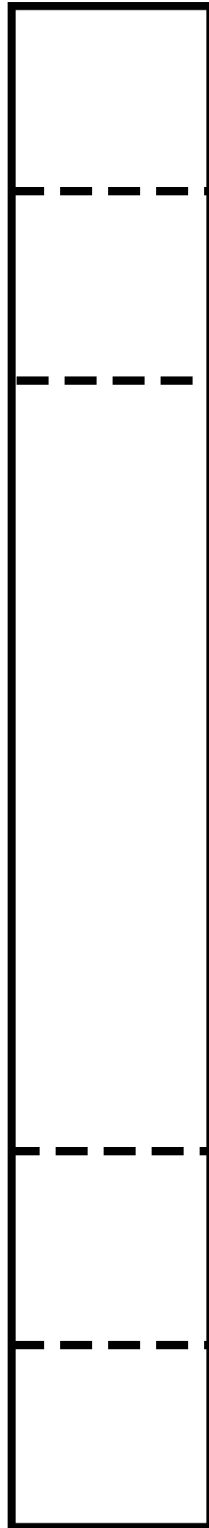
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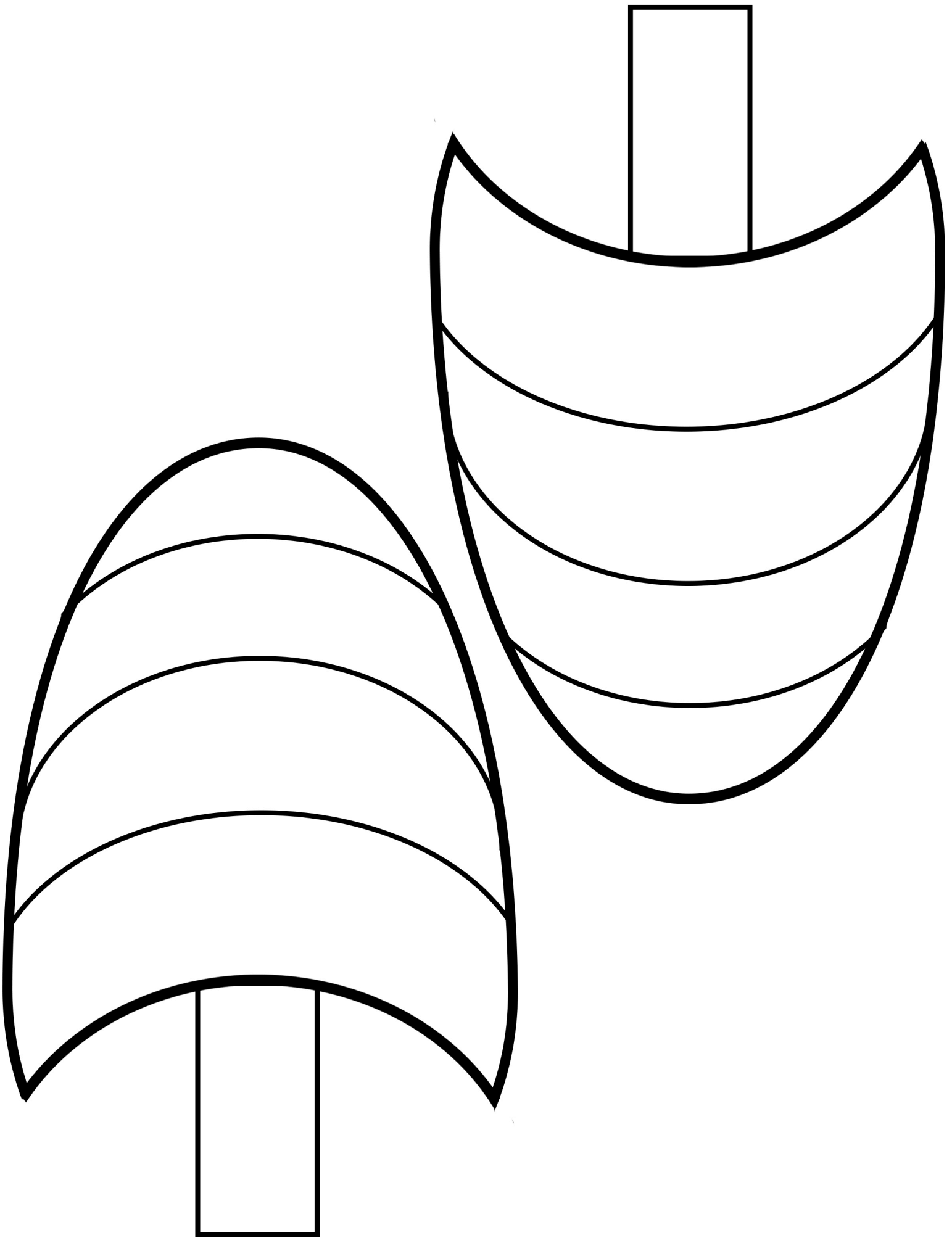
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# SHIELD HANDLE

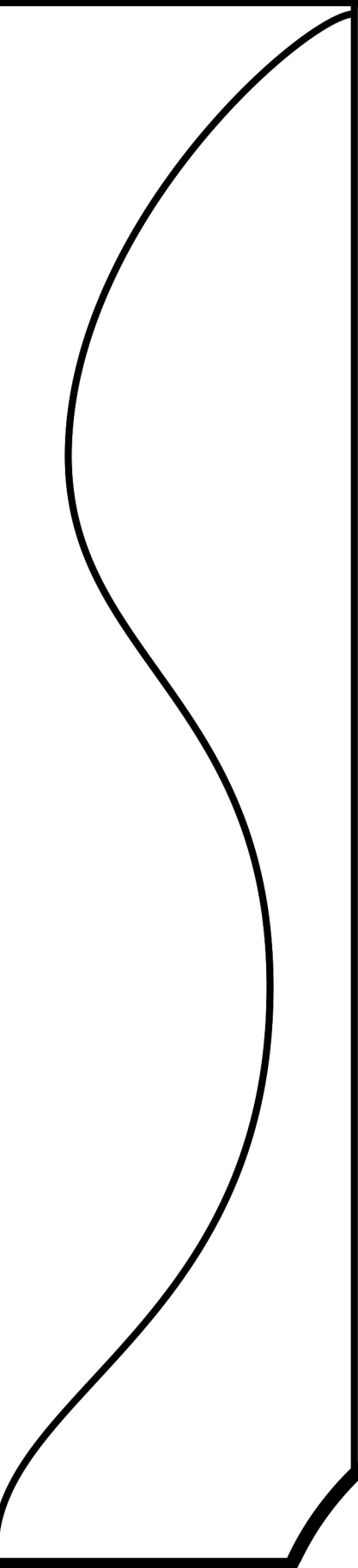
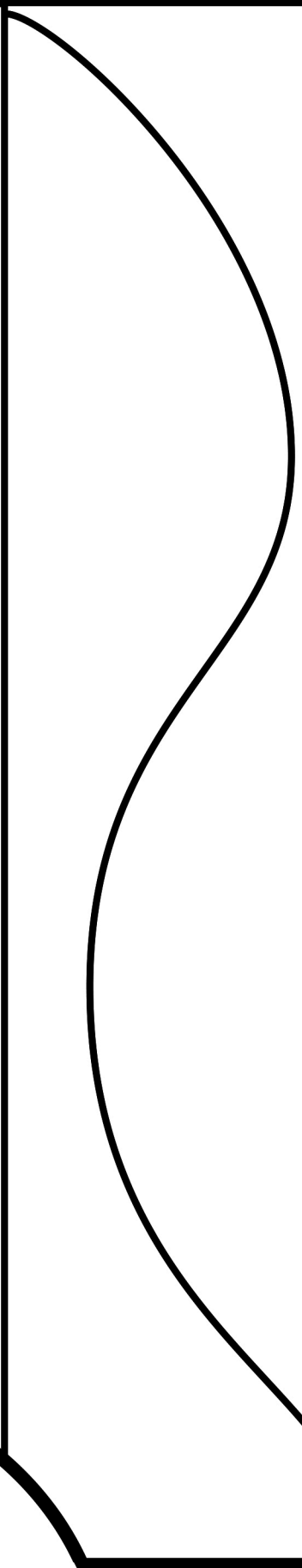








**OSPEL  
fo  
PEACE**

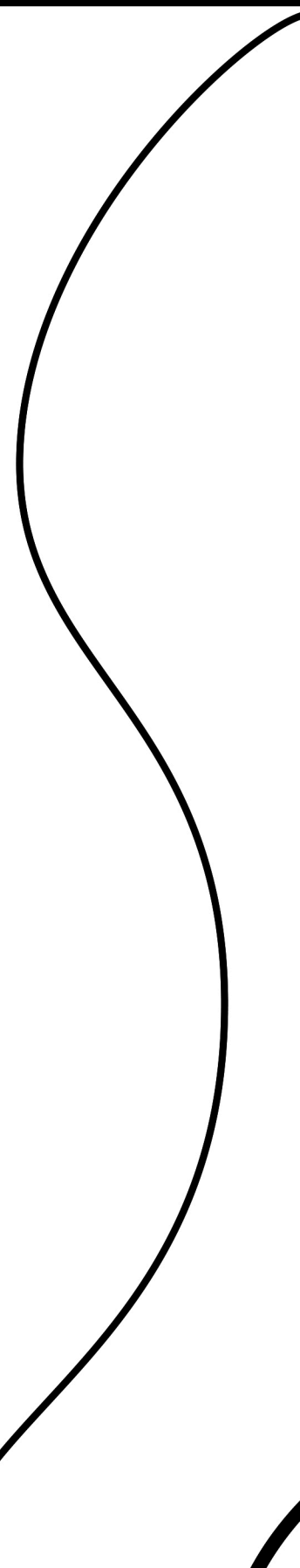
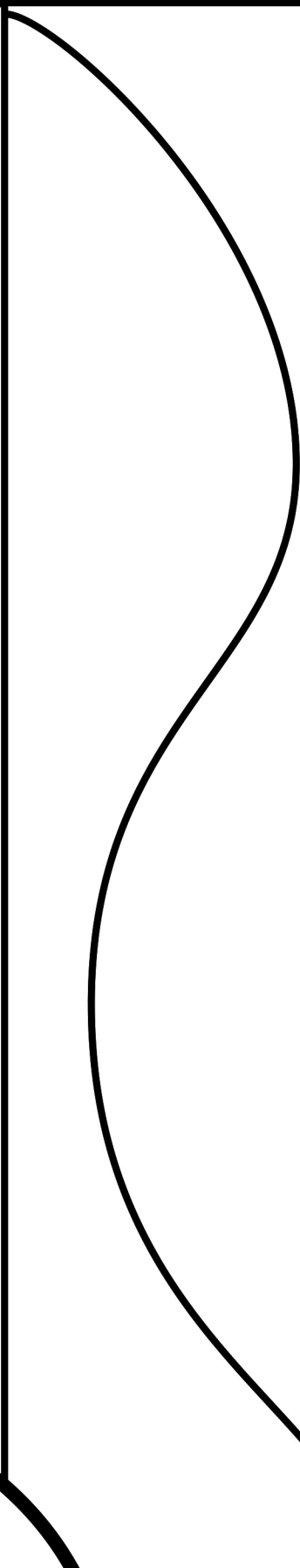


**OSPEL  
fo  
PEACE**





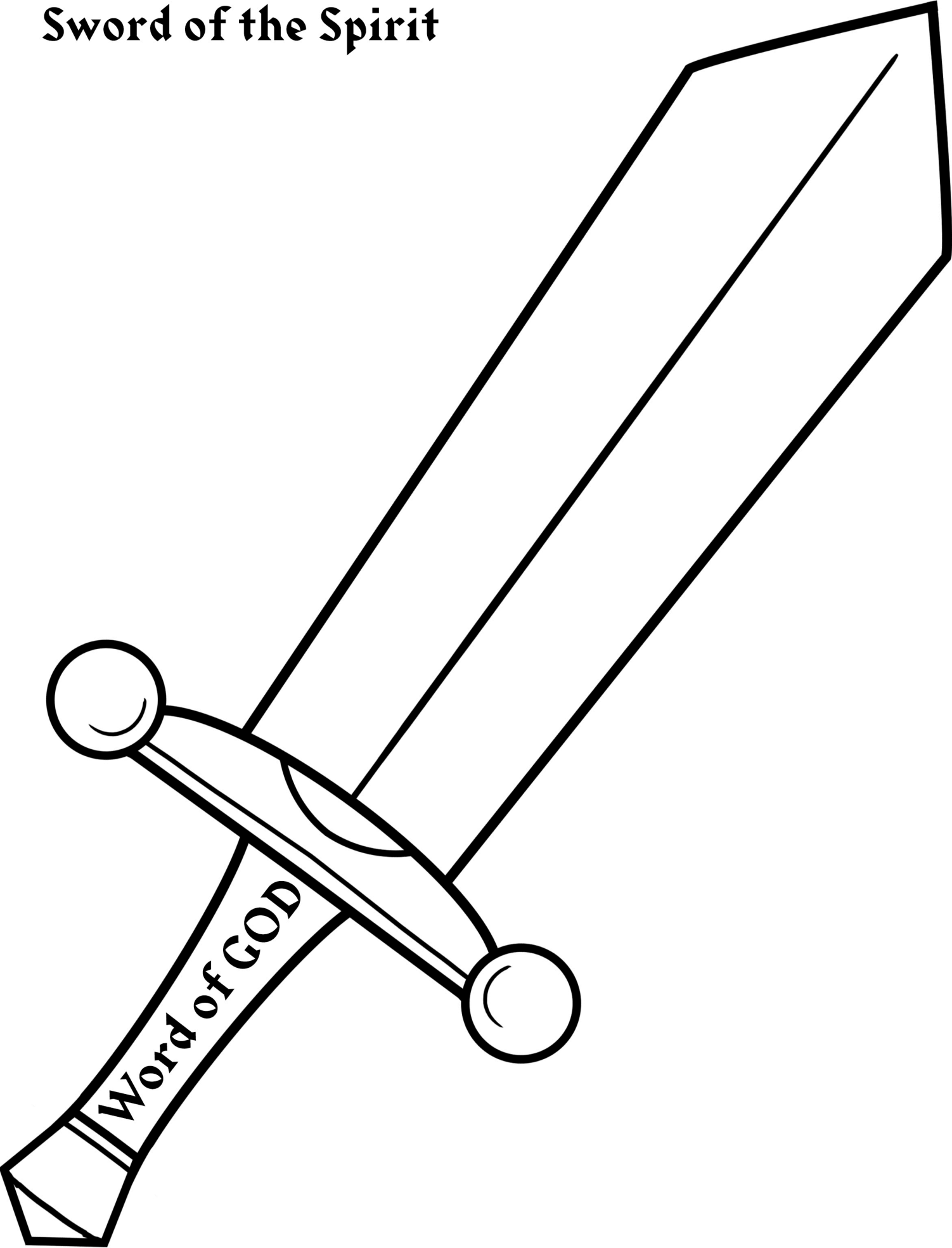
**GOSEPEL OF PEACE**



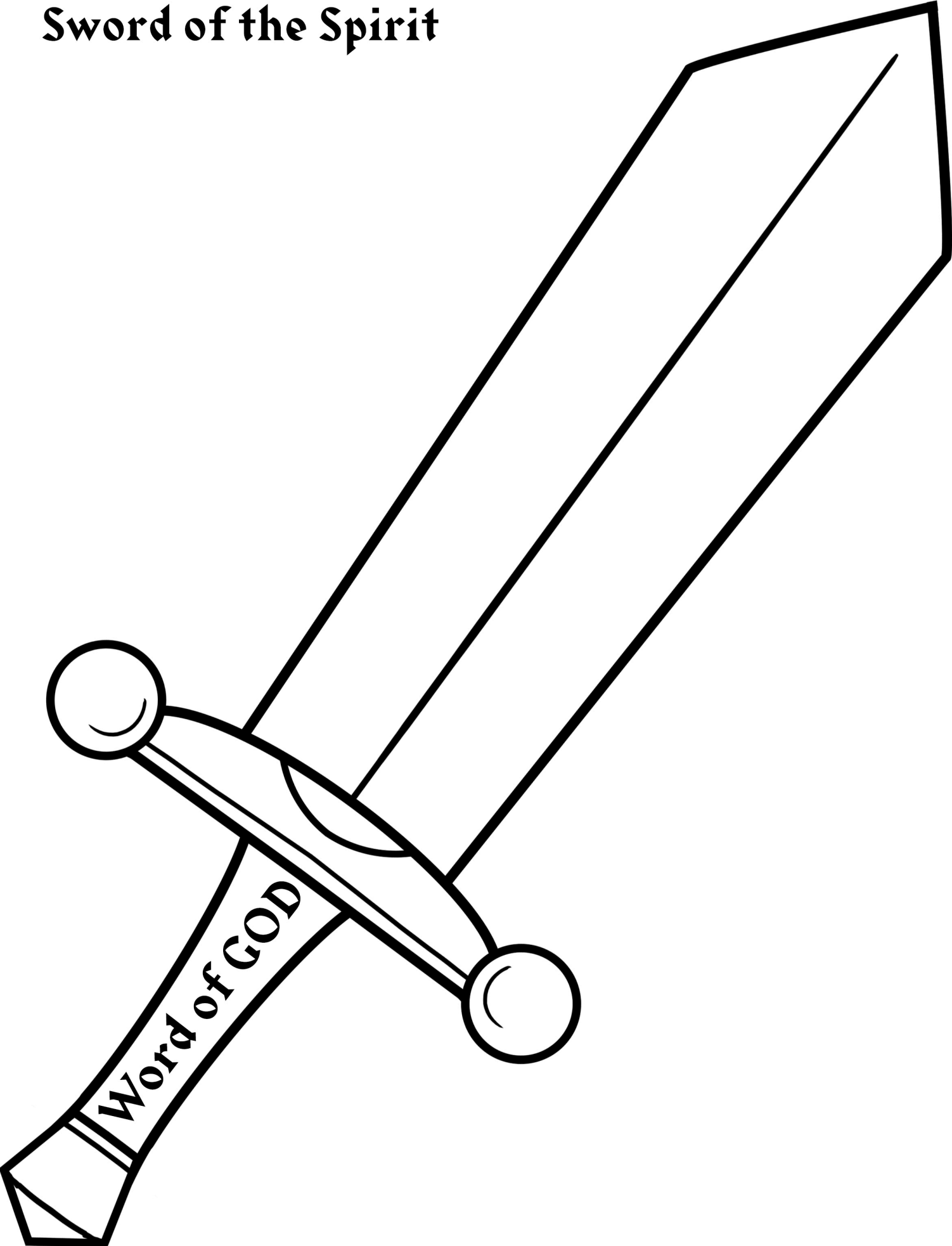
**GOSEPEL OF PEACE**



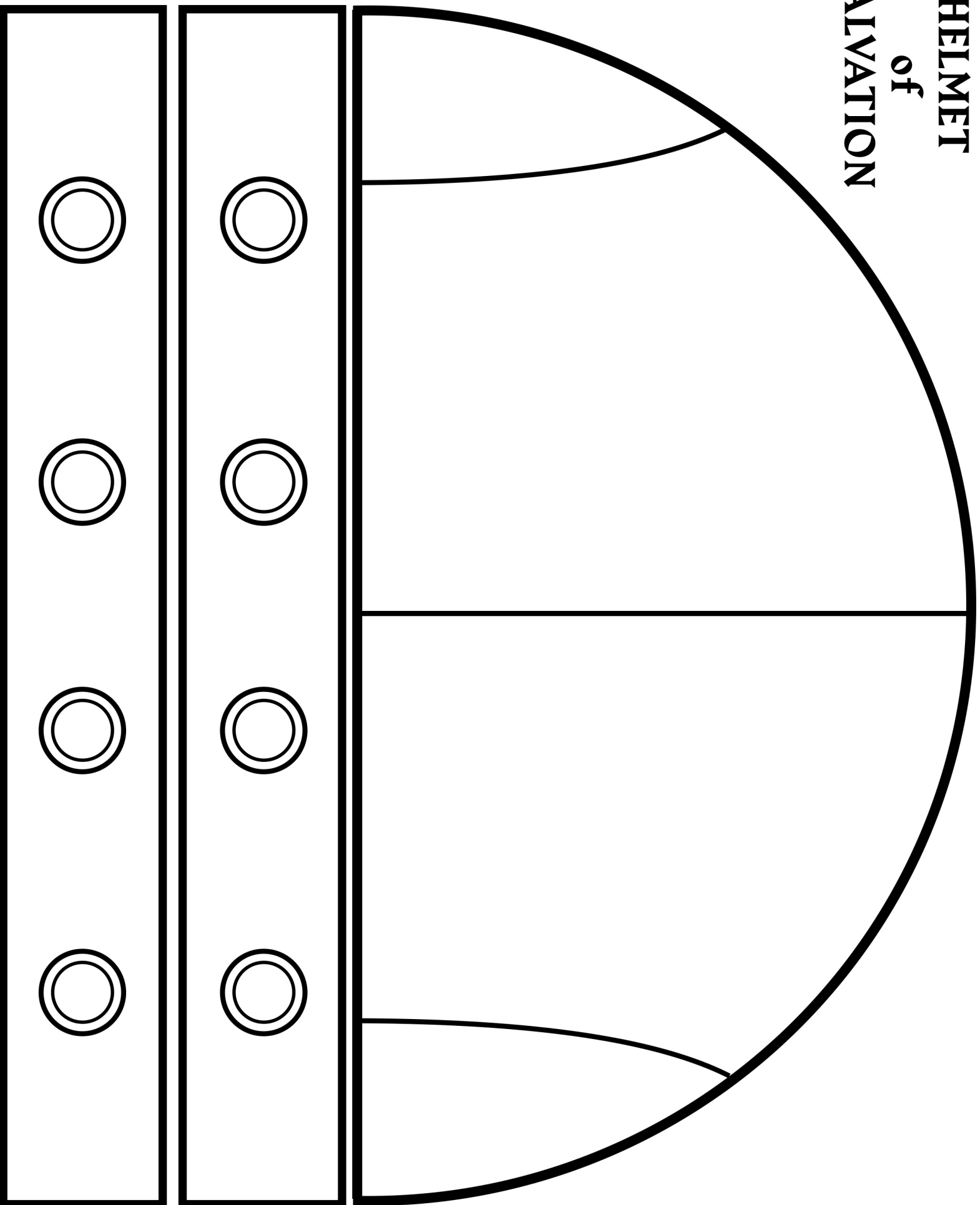
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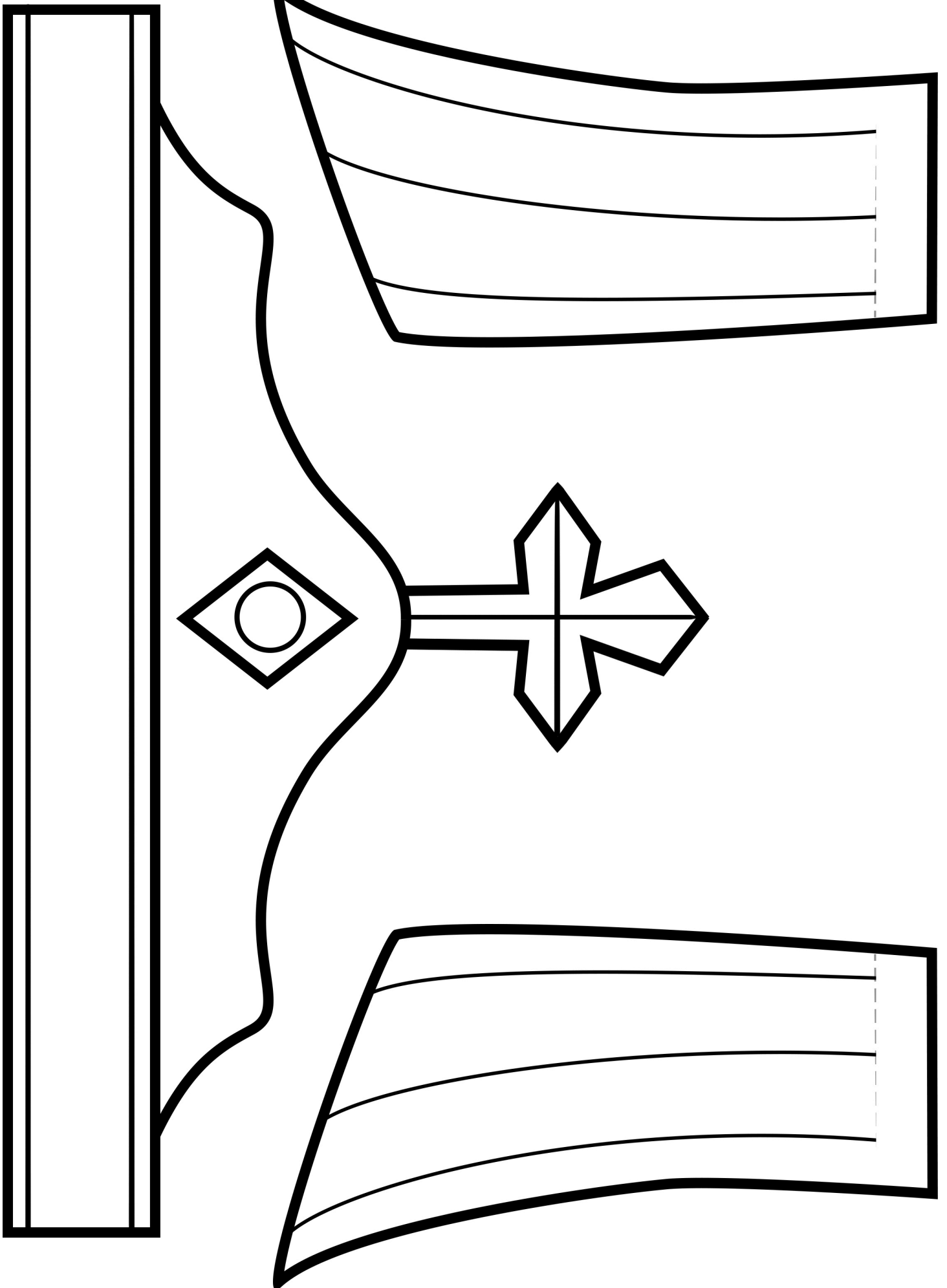


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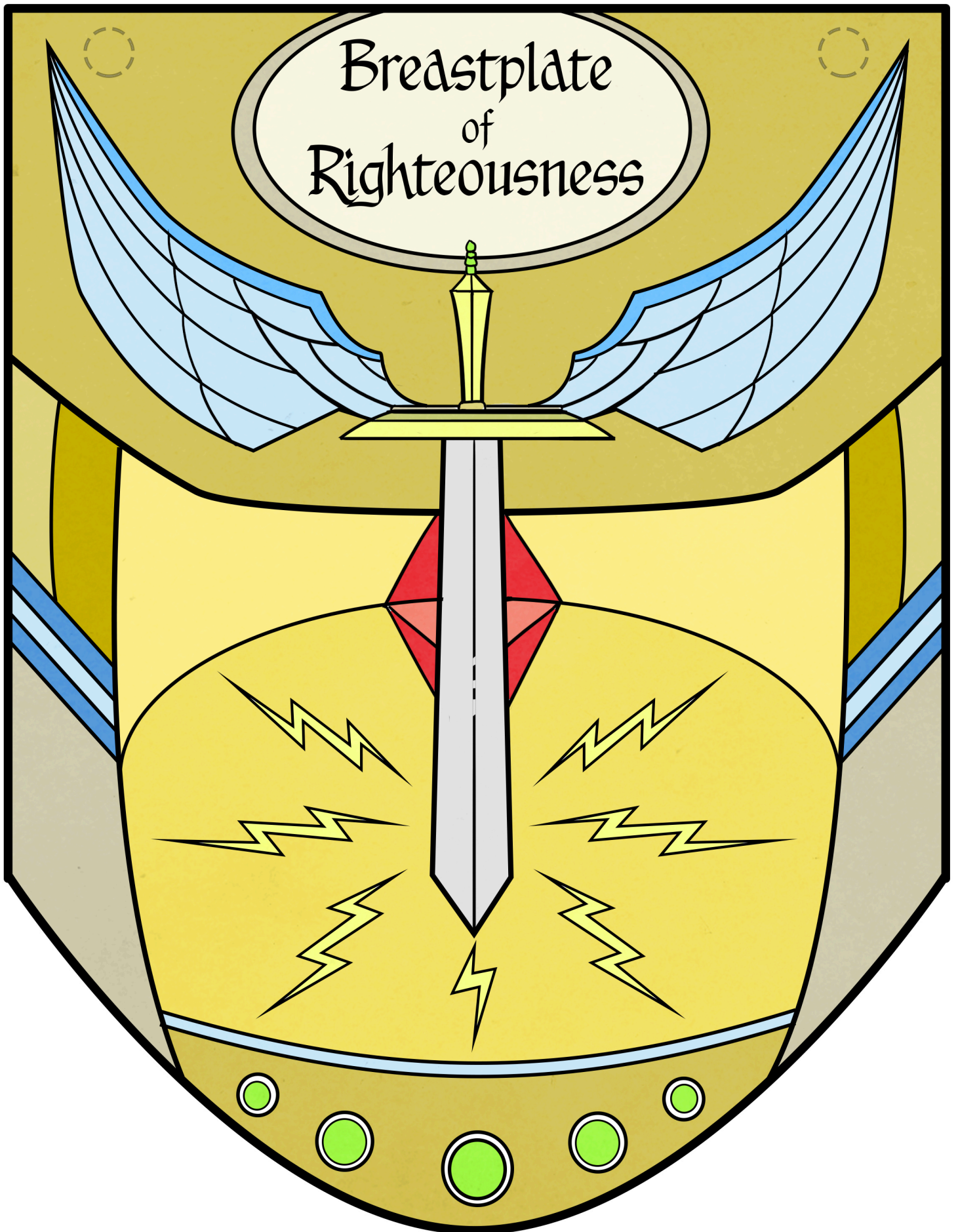


**HELMET**  
**of**  
**SALVATION**





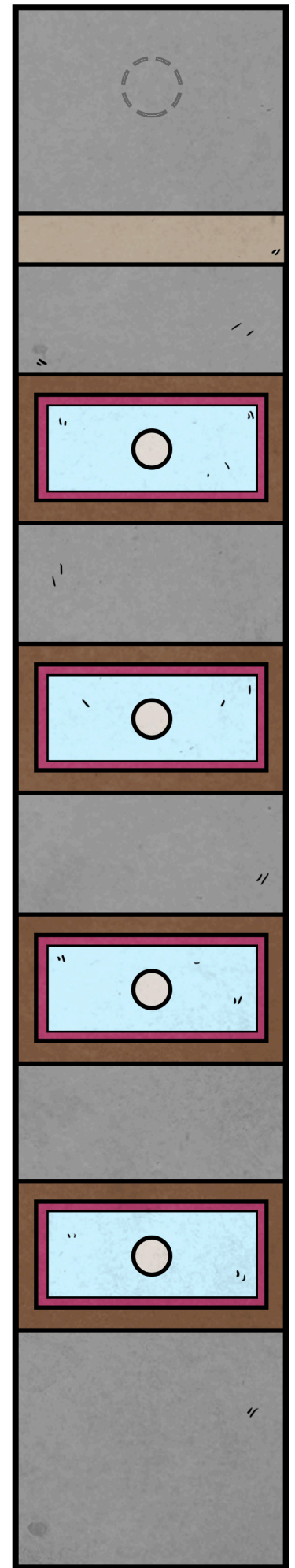
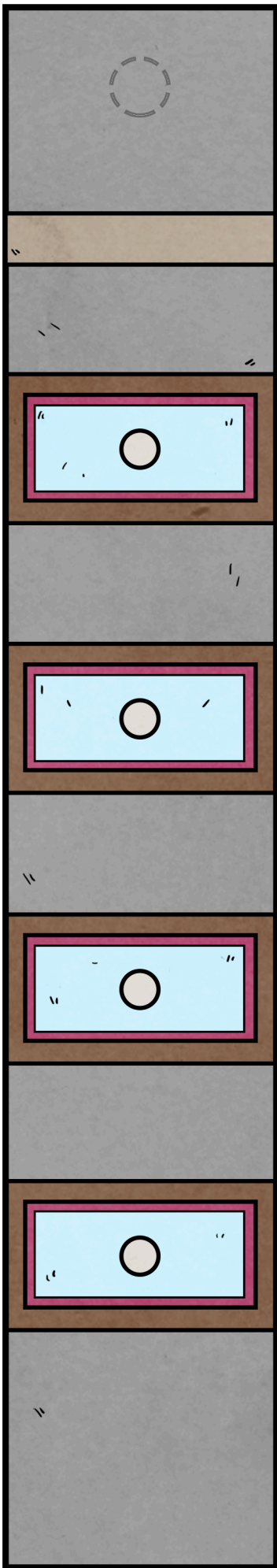
Breastplate  
of  
Righteousness



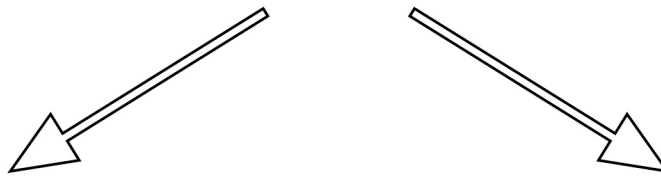


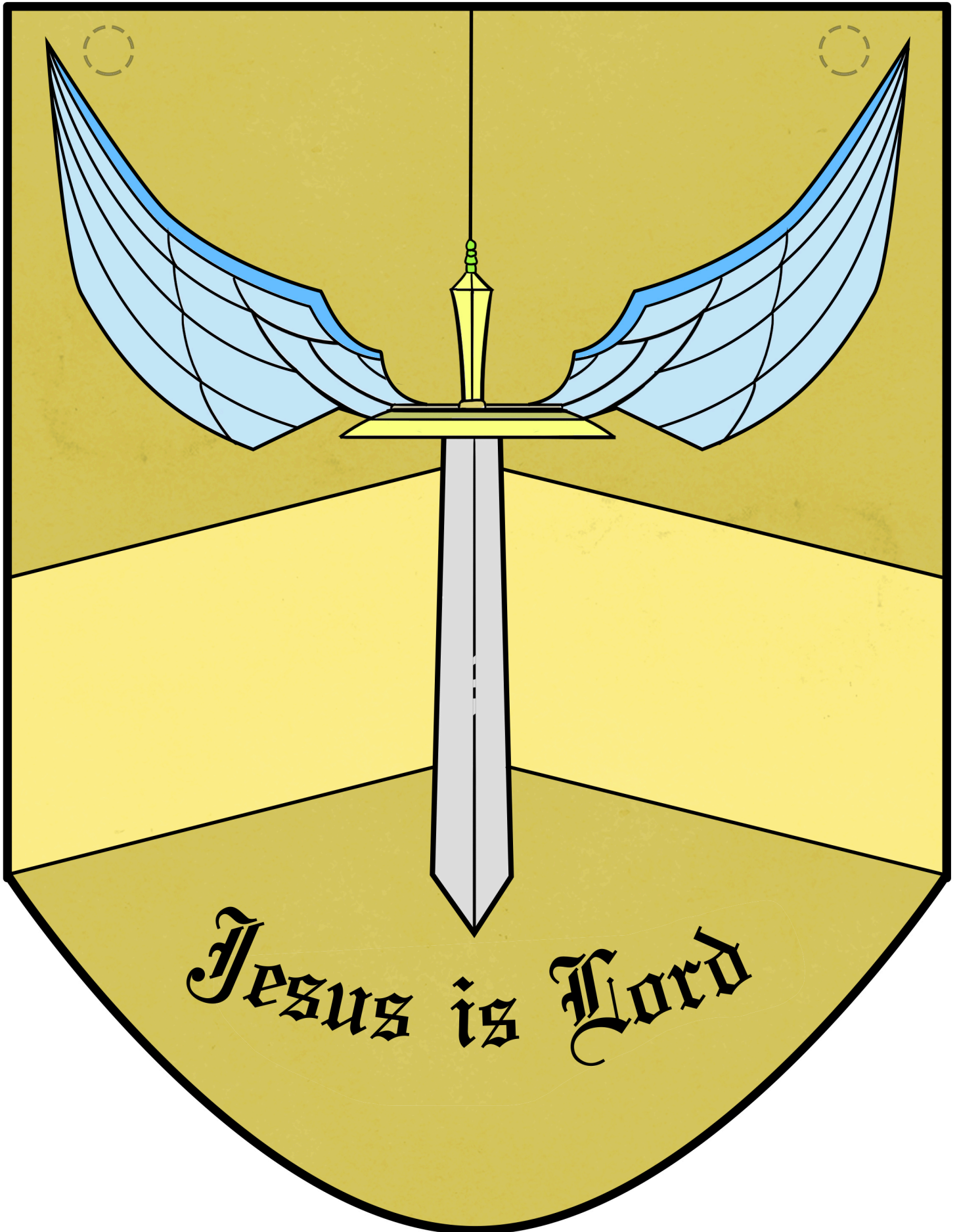
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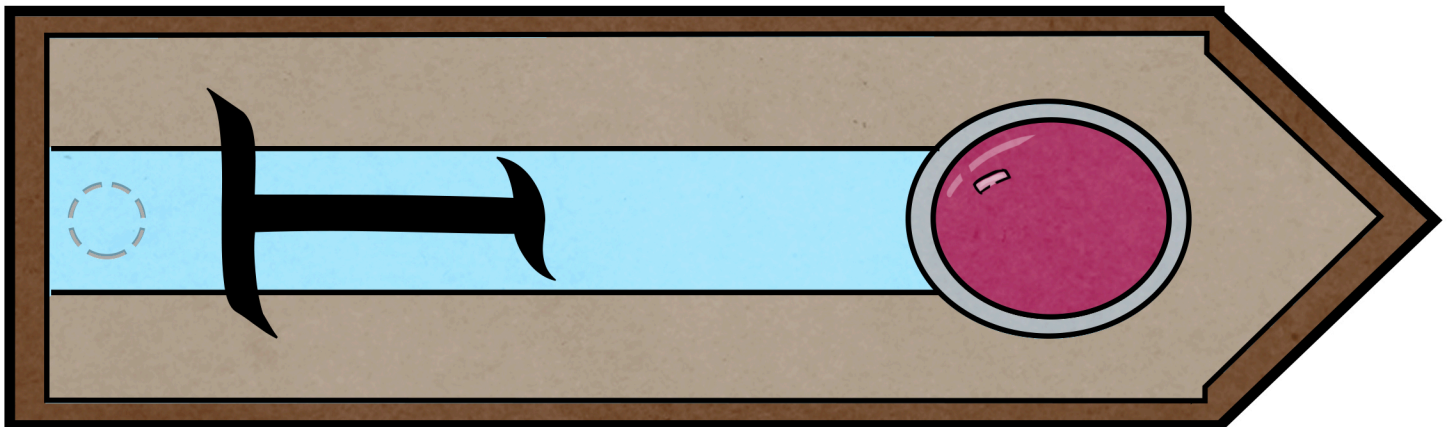
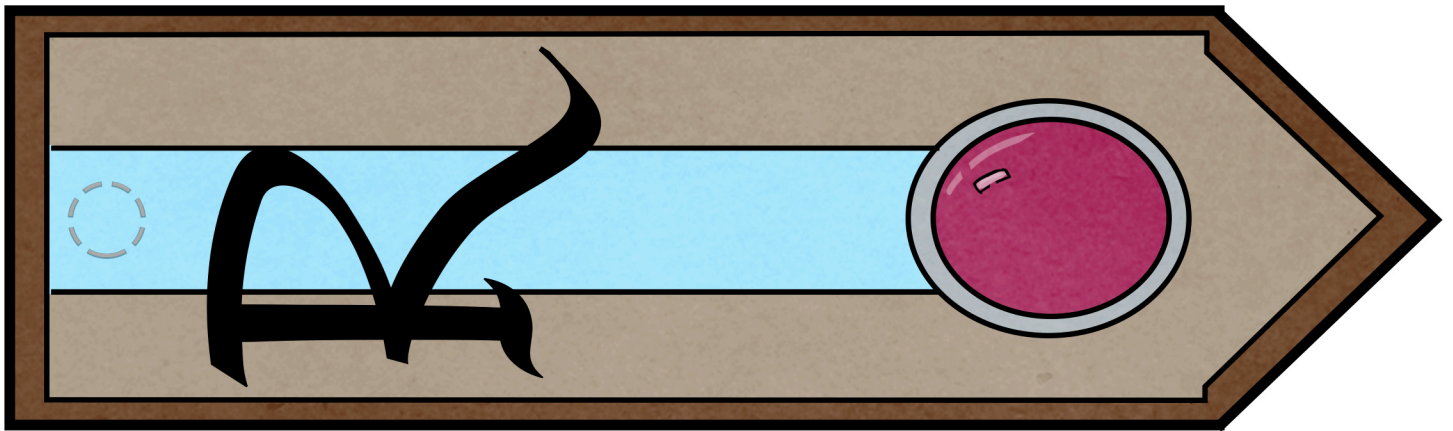
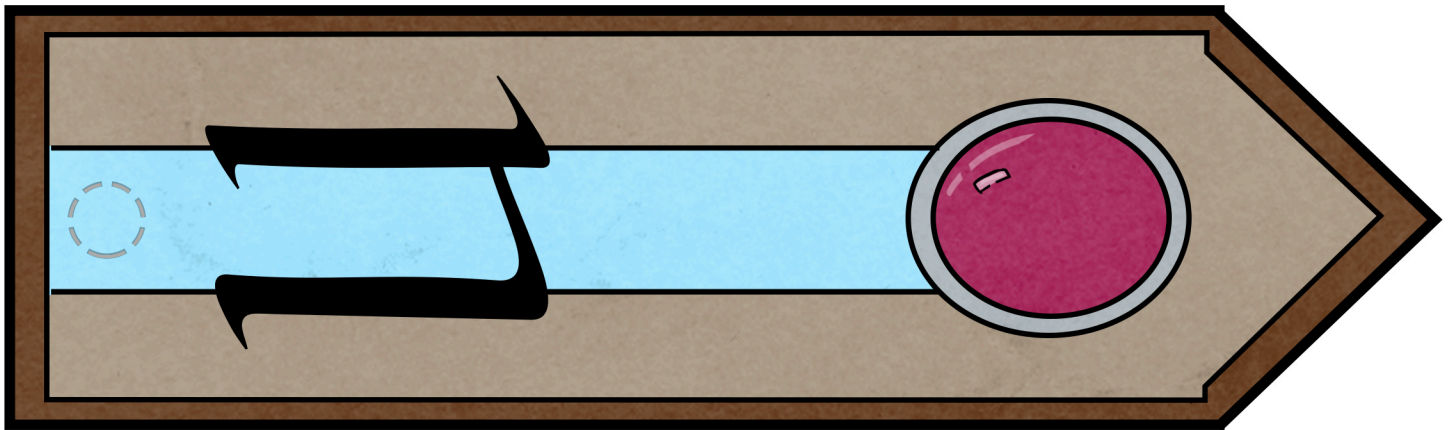
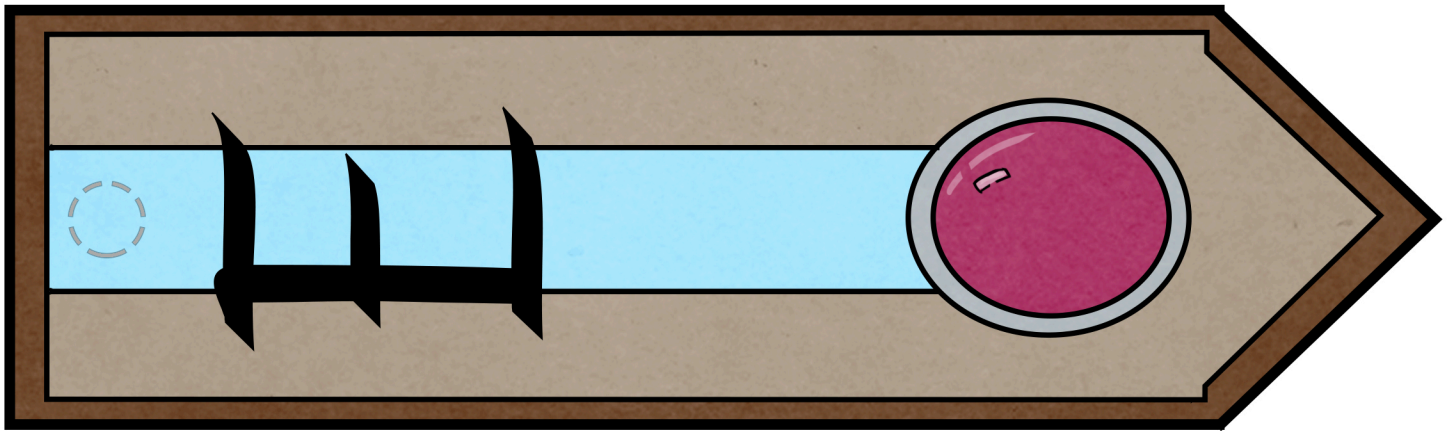


Jesus is Lord

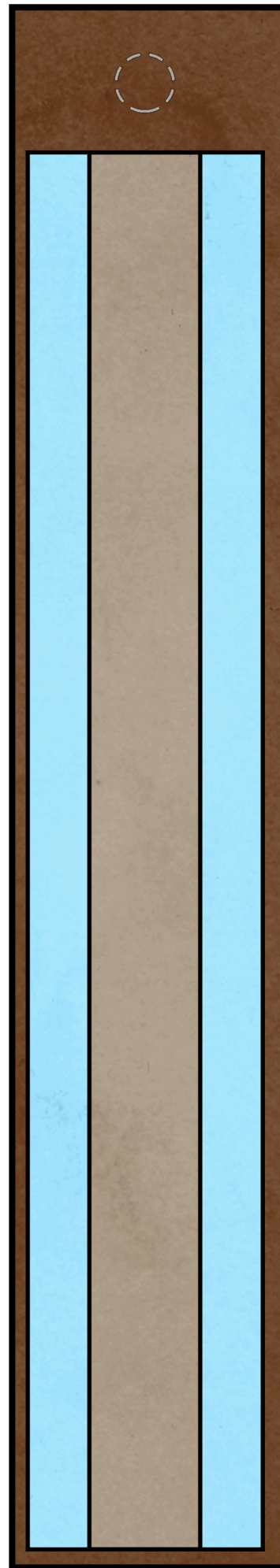
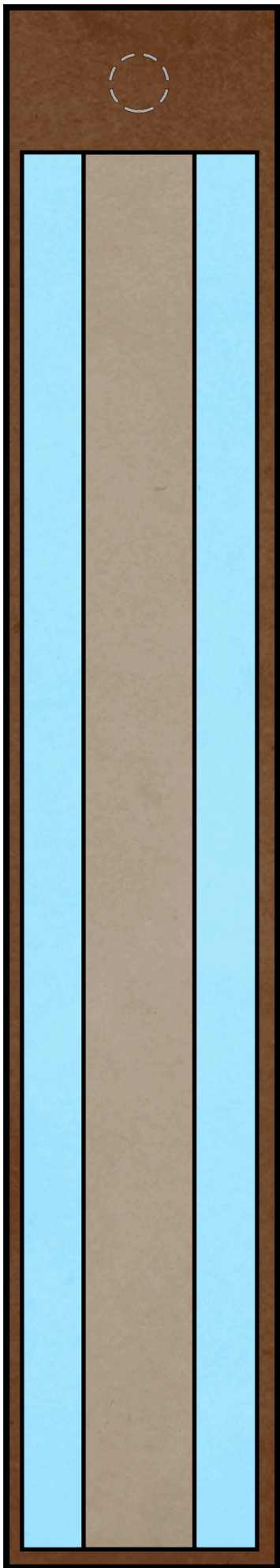
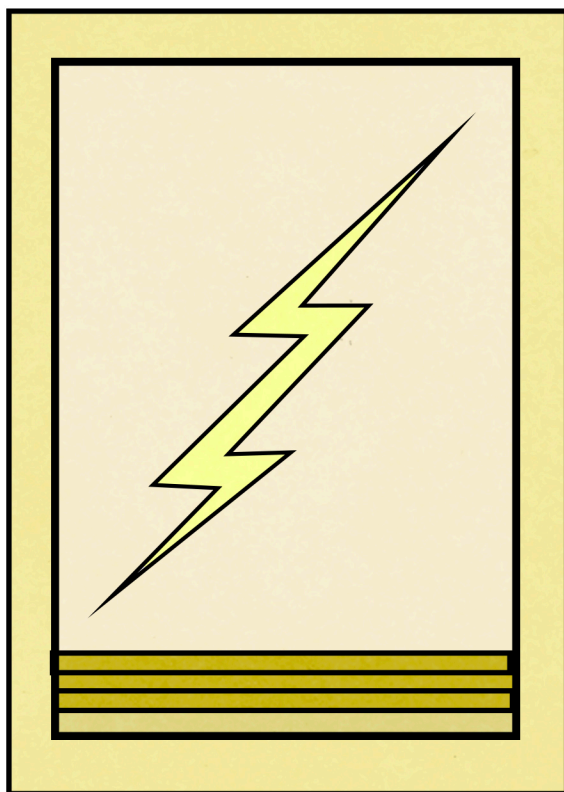
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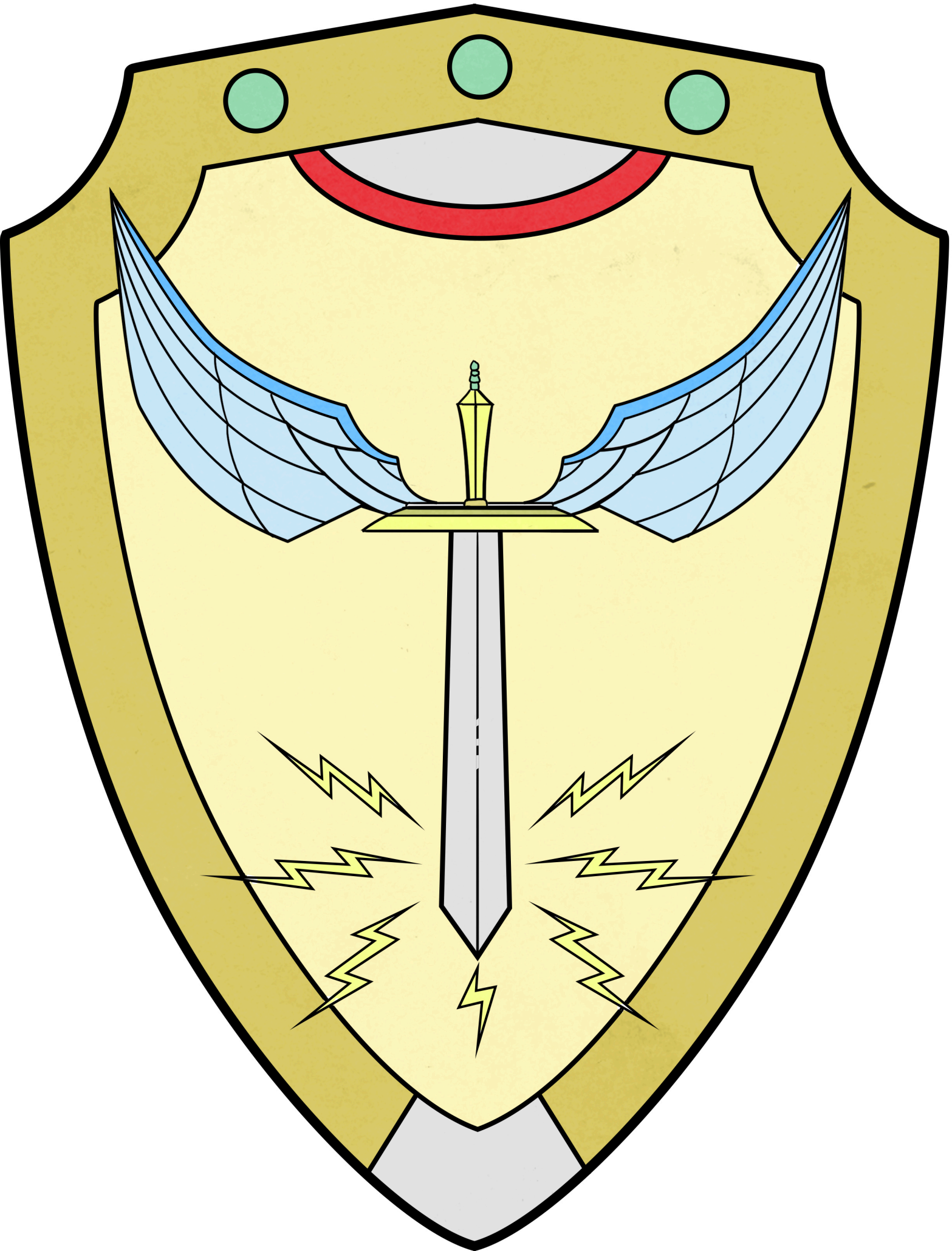
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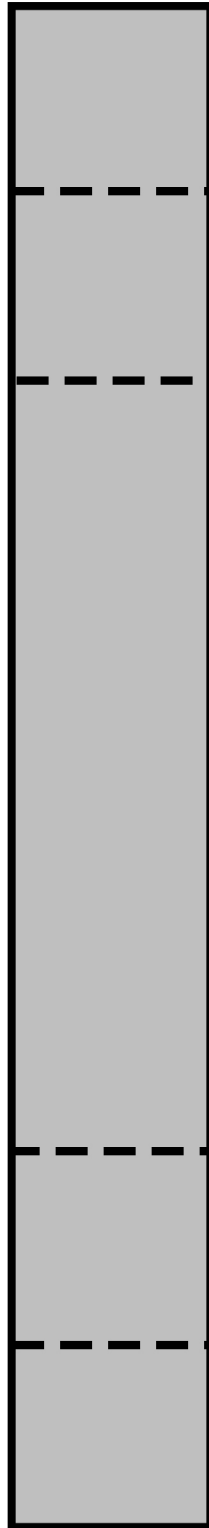


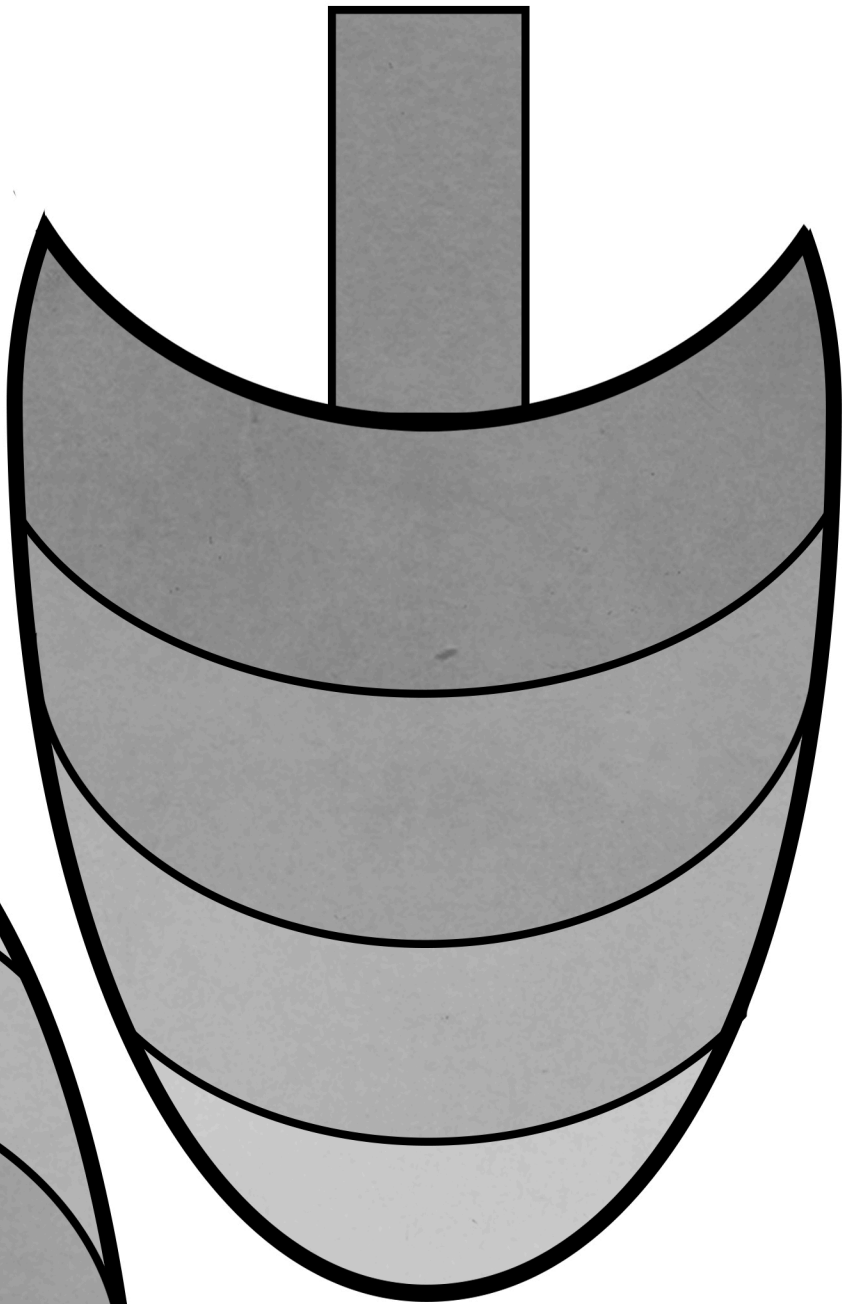
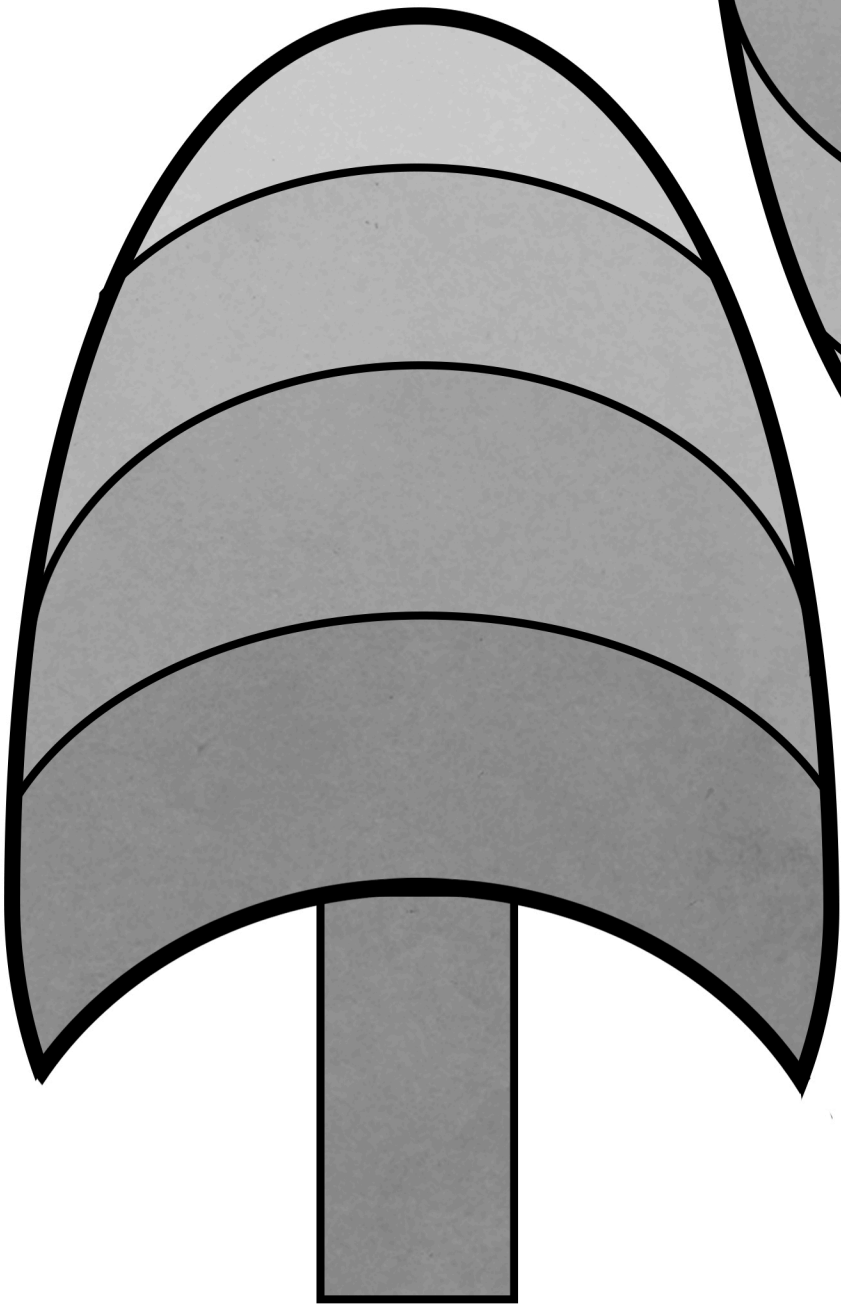
# BELT OF TRUTH





# SHIELD HANDLE

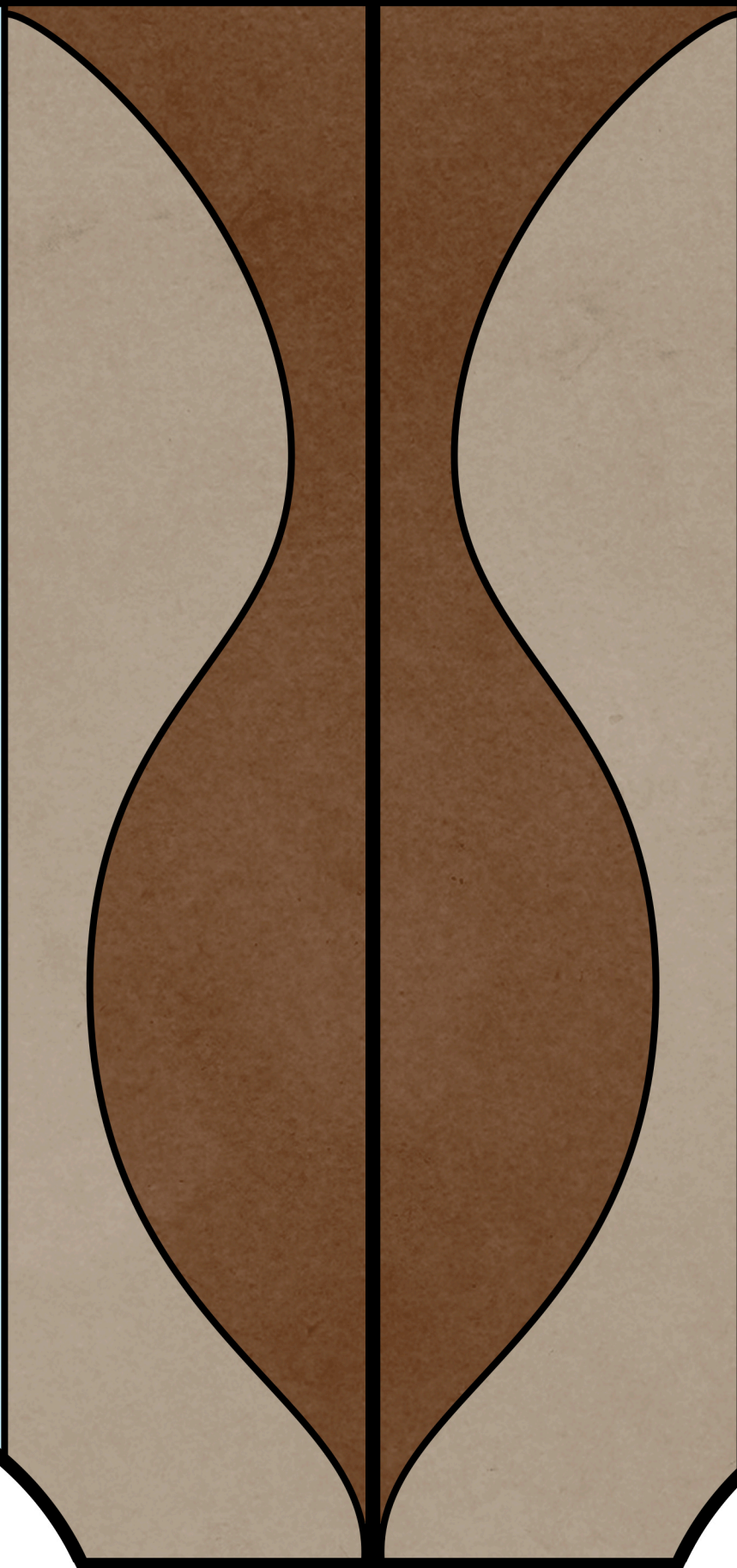






**GOSPEL of PEACE**

**GOSPEL of PEACE**

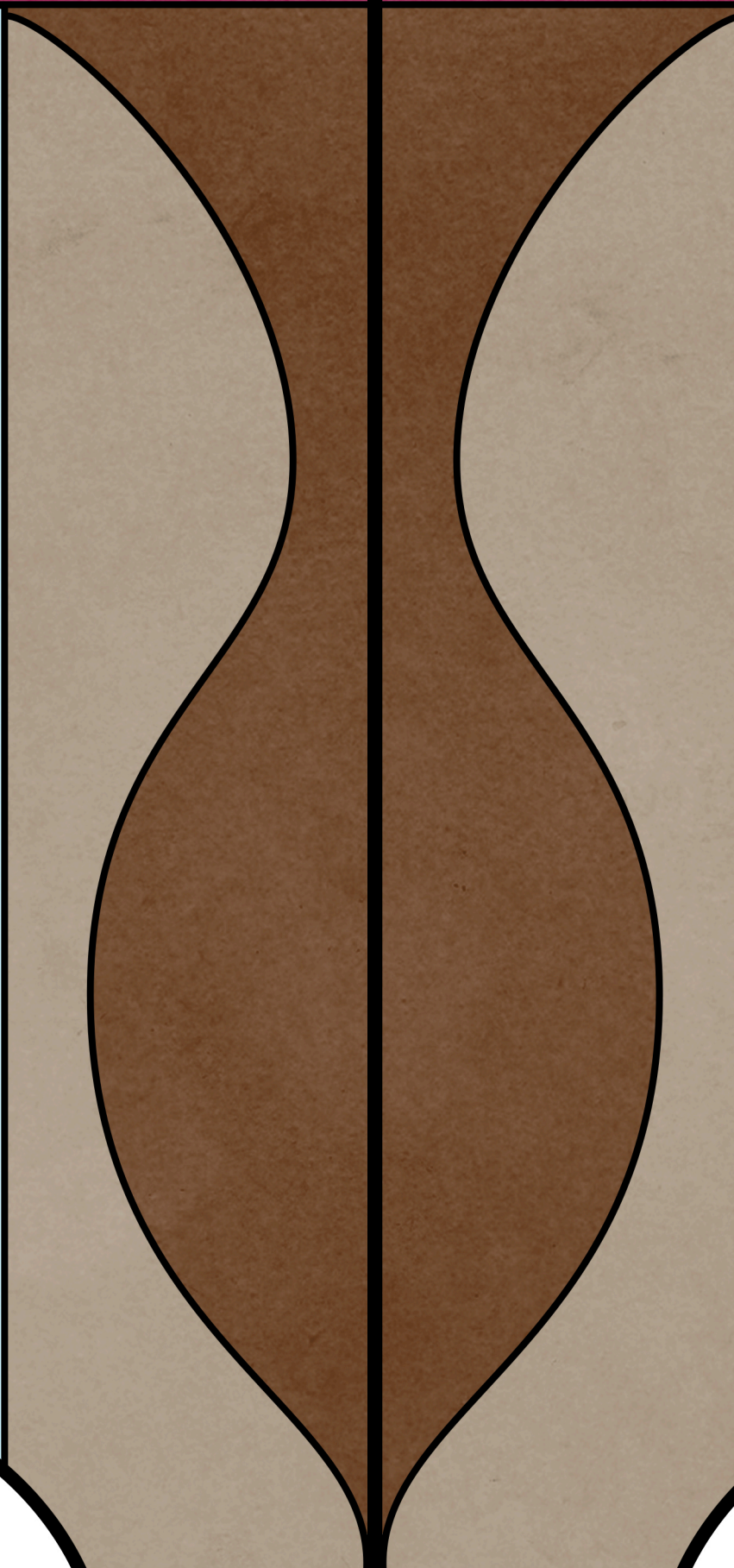




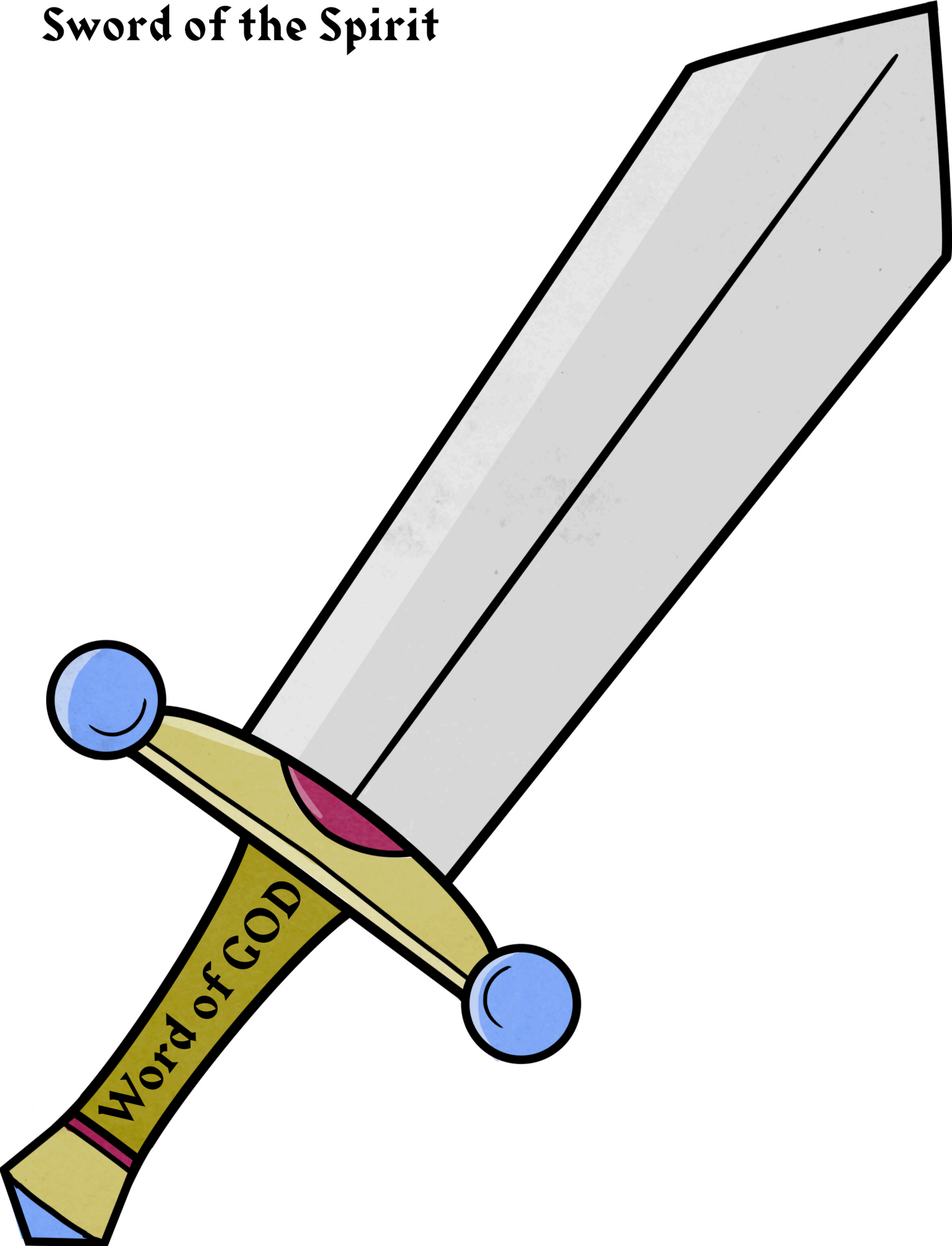


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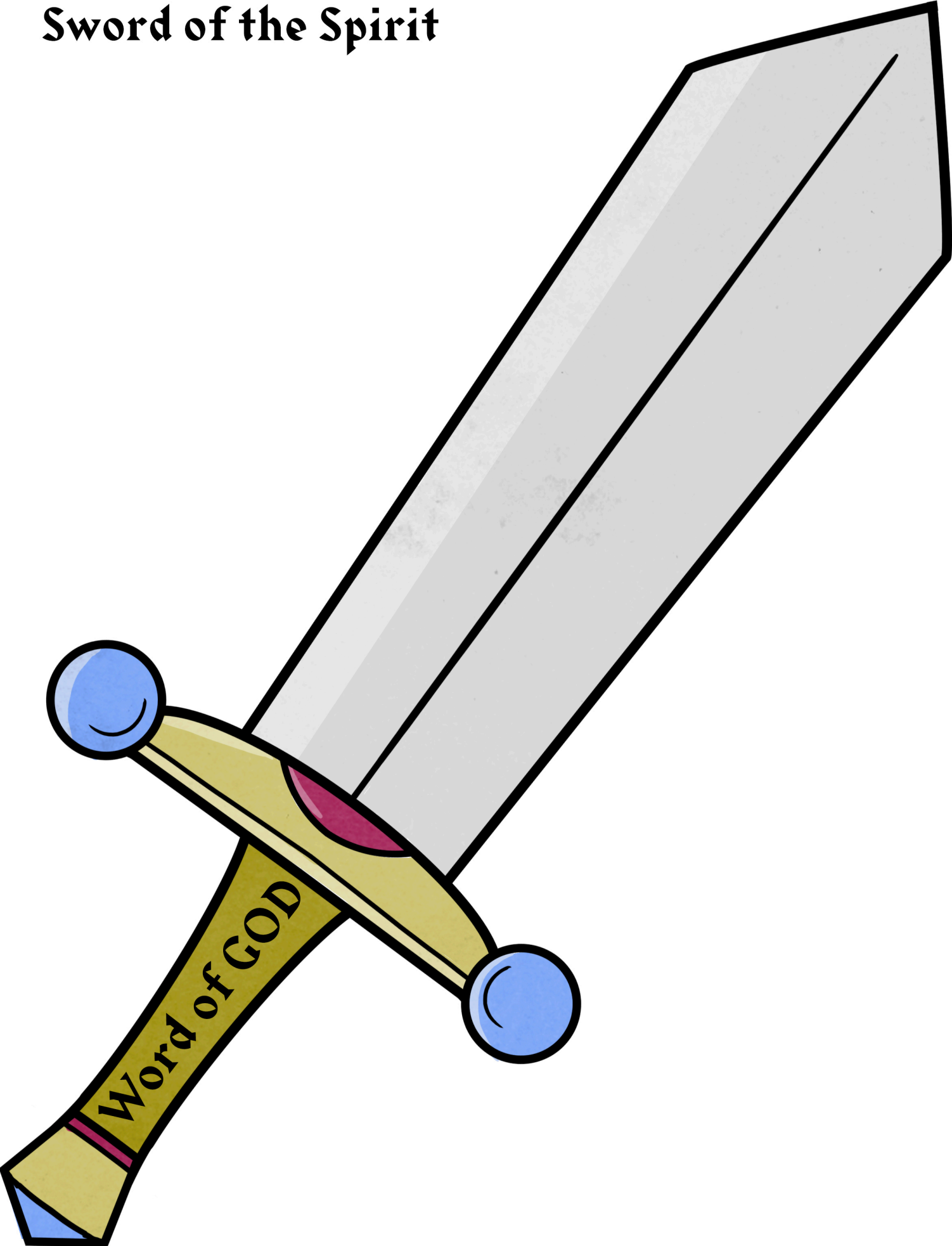
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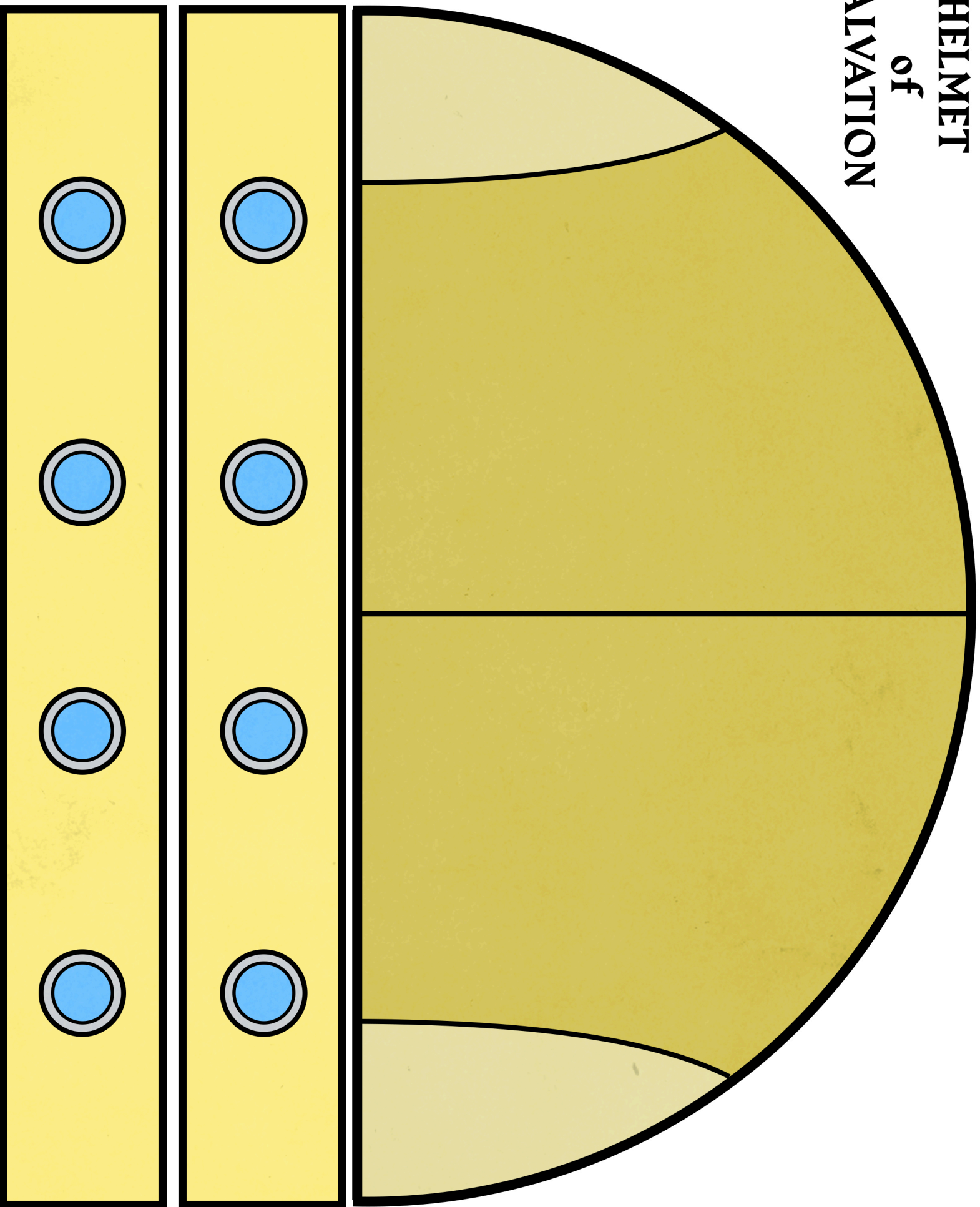
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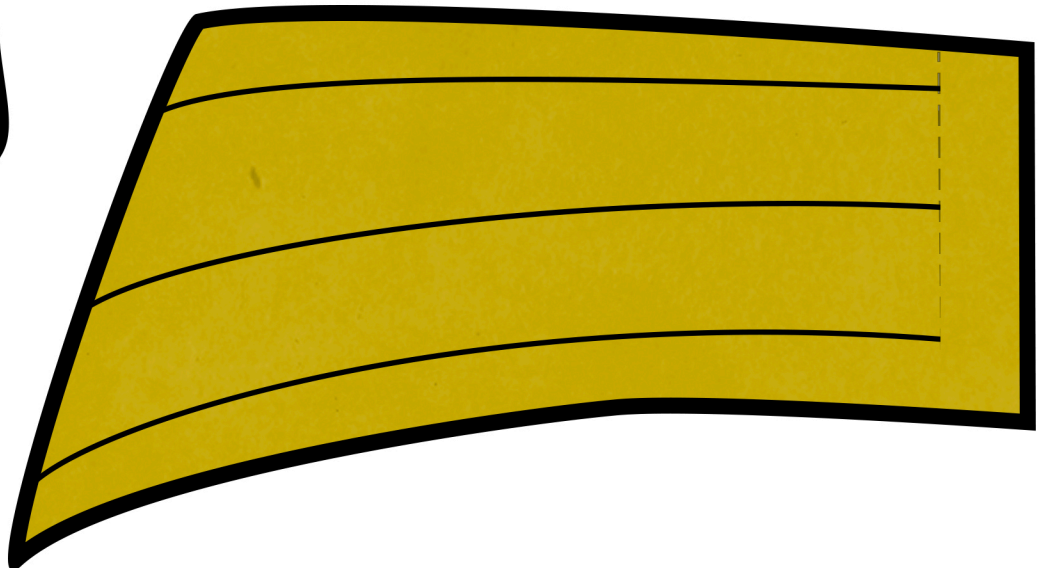
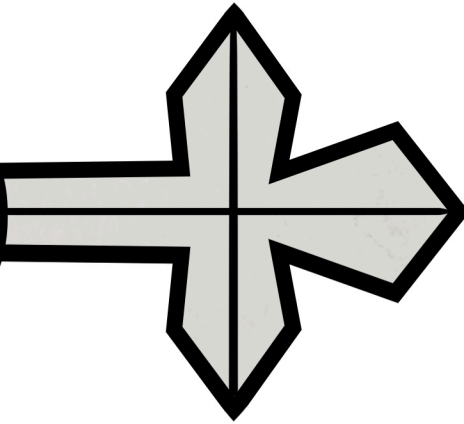
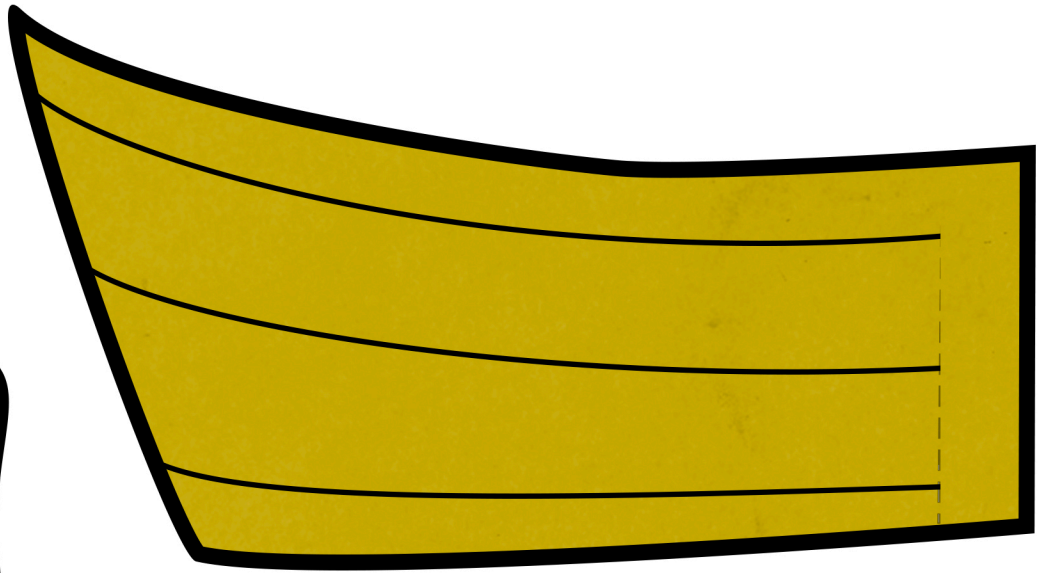
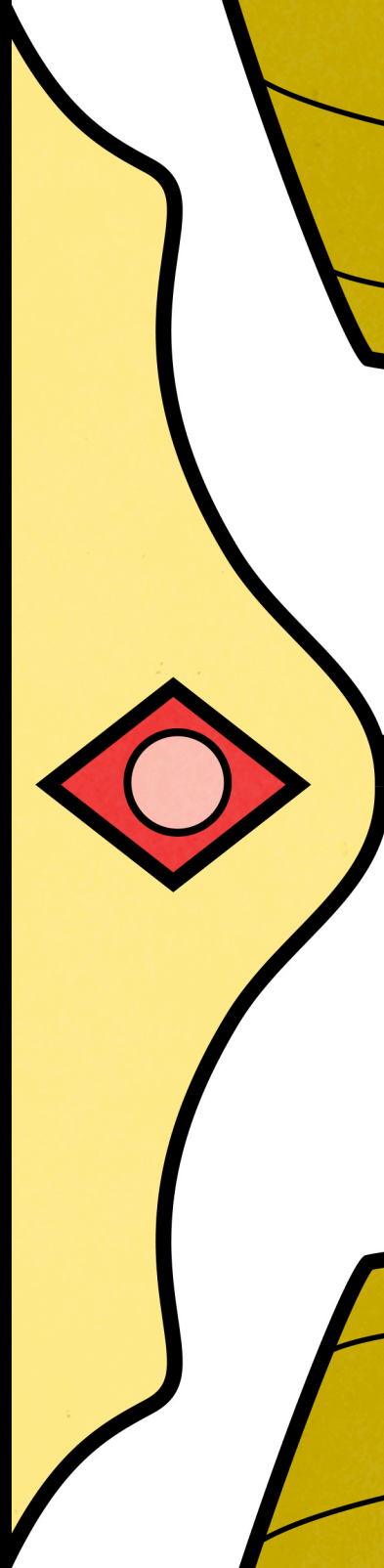
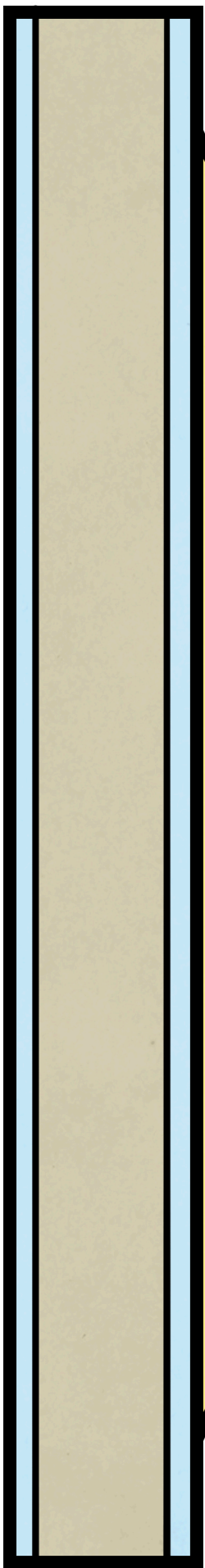


# Sword of the Spirit



**HELMET**  
**of**  
**SALVATION**





# THE ARMOR OF GOD

## GAME

### ARMOR MATCHING RELAY

In the Armor of God scriptures in Ephesians 6, the pieces are not listed from head to toe--or toe to head! This memorization game with teams will help kids not only learn the six pieces of the Armor of God, but also the descriptive words that surround each in the scriptures.

#### OBJECTIVE:

Be the team to get the armor pieces cards (blue boxes) and their descriptive cards (red boxes) in the order they are mentioned in scripture (yellow box).



#### MATERIALS:

- **Armor of God Cards file (follows the game Instructions)**
- **Stopwatch, such as one on a smartphone**



#### PREPARATION:

1. Print out a copy of the game cards for each team.
2. Cut out the pieces. Shuffle the cards in each team's deck and place the scripture card beside each deck.



#### INSTRUCTIONS:

1. Split the class into two teams, dividing up the good readers evenly as possible.
2. Have the students recite the scripture card several times, asking them to speak along with you and get a mental picture in their heads of the six parts of the Armor of God.
3. Say "Go!"
4. Both teams should work to put the Armor cards and their corresponding description cards in two matching columns in order of the scripture.
5. The first team to get the order completely right wins.
6. Play several rounds, switching up the teams or trying to be a preceding time (stopwatch needed).

**Armor of God Game Cards**

Create one set for each team in the game-

**BELT**

**BREASTPLATE**

**FEET**

**SHIELD**

**HELMET**

**WORD**

**OF TRUTH**

**OF RIGHTEOUSNESS**

**FITTED WITH THE  
GOSPEL OF PEACE**

**OF FAITH**

**OF SALVATION**

**OF THE SPIRIT  
(WORD OF GOD)**



# THE ARMOR OF GOD

## Ephesians 6:13-17

<sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

<sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,

<sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace.

<sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

<sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God.



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# THE ARMOR OF GOD

EPHESIANS

6:11-18

Helmet of Salvation

Breastplate of Righteousness

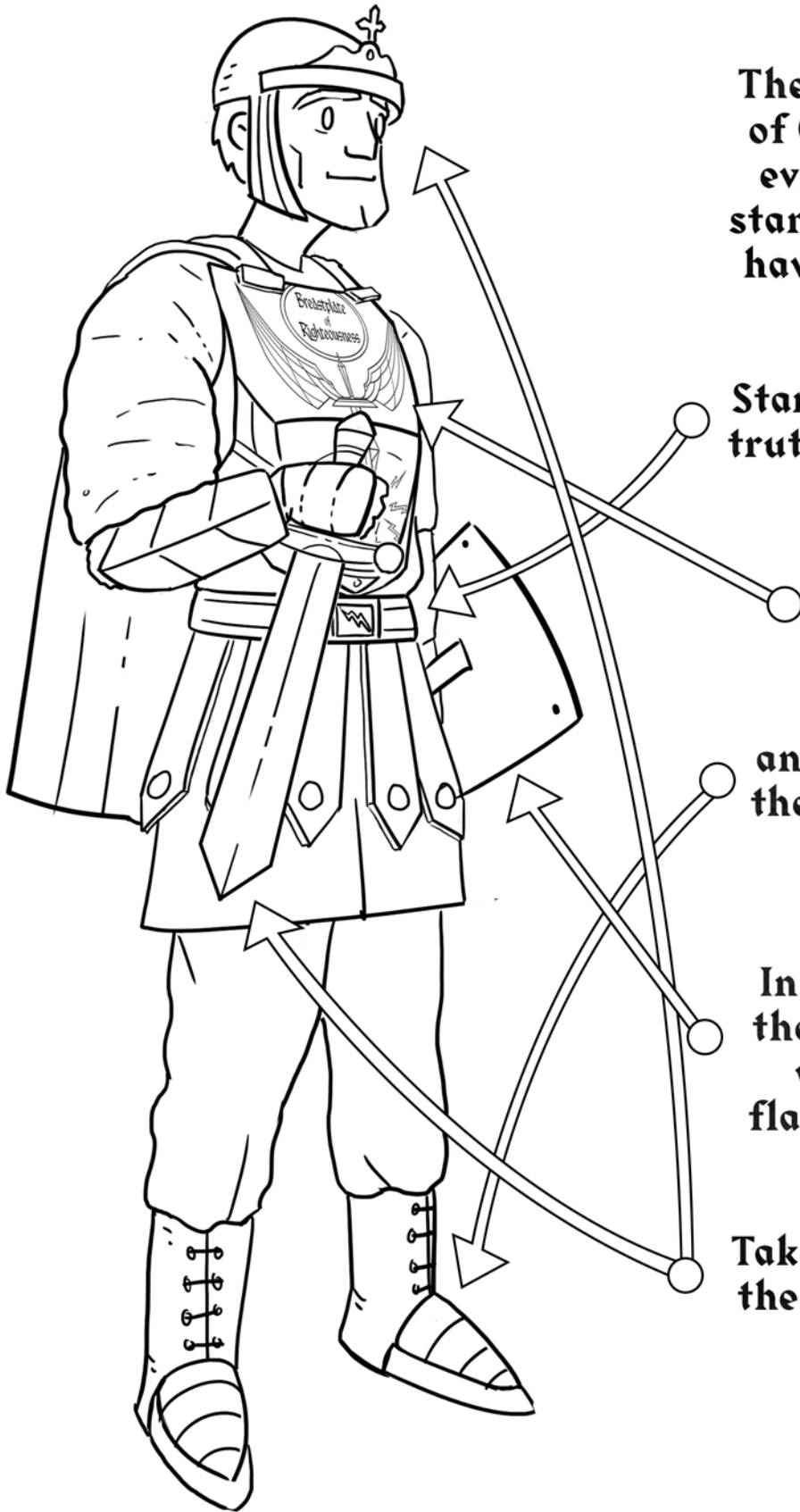
Sword of the Spirit

The Belt of Truth

The Shield of Faith

Shod your feet  
In Preparation

# Ephesians 6:13-17 (NIV)



Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Stand firm then, with the belt of truth buckled around your waist,

with the breastplate of righteousness in place,

and with your feet fitted with the readiness that comes from the gospel of peace.

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

Take the helmet of salvation and the sword of the Spirit, which is the word of God.

# THE ARMOR OF GOD

## WORD SEARCH

All the important words in the Armor of God, including the pieces and their descriptive words, are in this word search. Find them!

A	F	G	Q	J	V	I	T	L	K	A	F	Z	M	V	B
B	R	E	A	S	T	P	L	A	T	E	V	Y	Q	J	R
Y	F	E	E	T	L	F	S	H	I	E	L	D	H	D	I
A	S	I	W	O	R	D	L	Q	Z	M	T	D	B	T	G
H	H	P	A	O	M	G	F	A	I	T	H	S	J	B	H
I	E	Z	I	T	Y	I	T	G	X	P	L	A	L	X	T
K	H	L	E	R	T	C	R	R	W	D	H	L	G	K	E
M	S	U	M	I	I	Q	U	Q	W	O	D	V	O	B	O
A	W	Y	V	E	B	T	T	V	N	E	O	A	D	V	U
R	O	E	M	L	T	E	H	H	T	V	M	T	W	Z	S
M	R	D	G	H	Y	G	L	T	N	W	P	I	V	C	N
O	D	N	X	W	A	K	I	T	U	P	E	O	Z	J	E
R	F	M	E	F	V	F	U	Y	Y	Z	E	N	E	A	S
S	U	W	B	P	A	L	E	E	G	E	W	A	E	L	S
G	O	S	P	E	L	F	U	O	T	K	L	V	C	Y	I
S	N	C	U	G	K	E	A	Y	I	J	M	T	P	E	K

**Words to Find:**

BELT  
 RIGHTEOUSNESS  
 BREASTPLATE  
 TRUTH  
 FEET

FITTED  
 GOSPEL  
 PEACE  
 SHIELD  
 FAITH

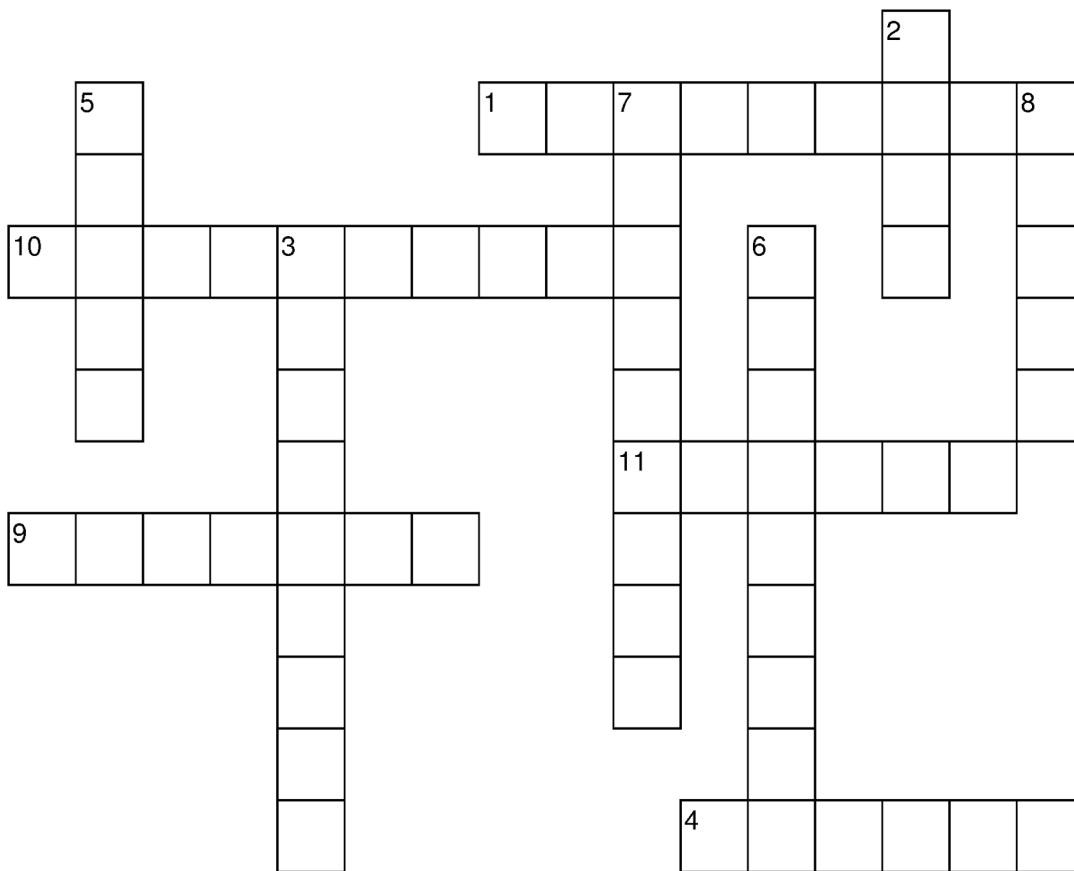
HELMET  
 SALVATION  
 SWORD  
 SPIRIT  
 WORD

GOD  
 ARMOR

# THE ARMOR OF GOD

## CROSSWORD PUZZLE

The Armor of God was written under extreme circumstances. The author, Apostle Paul, was a prisoner in Rome and was trying to teach people who lived far away in Ephesus. Learn more about this famous passage by using your At-A-Glance Sheet and filling in the crossword.



### Across

1. Bible book where the Armor of God is found
4. The Armor of God is found at the end of Ephesians and is sometimes know by this literary word
9. In Chapters 1-3 of Ephesians, Paul calls believers this kind of sons
10. God picked believers before this time of the world
11. In Chapters 4-5 of Ephesians, Paul encourages believers to walk in this manner

### Down

2. This Apostle made up the Armor of God
3. Name of the silversmith who got rich building silver idols
5. Our struggle is not against flesh and this
6. These forces of evil in heavenly realms are what we fight
7. We are created in Christ as God's....
8. Decade AD in which the Armor of God was written

# THE ARMOR OF GOD

## PARENT HANDOUT



**Scriptures to Read:** Ephesians 6:10-20

“

### This Week We Learned About ...

...the Armor of God, a great example of how to protect themselves from hurt, pain, regret, temptation and hardship. This lesson makes God's divine protection very easy to understand as a coat of armor for daily living!

”

#### ✓ Questions for Kids:

1. We should wear the breastplate of what?  
**A. Righteousness**
2. And carry the shield of what? **A. Faith**
3. And the helmet of? **A. Salvation**

#### ✓ Dinner Table Discussion:

A breastplate protects our heart. How can being righteous keep our hearts safe from evil? Discuss it with your family.

A shield is something we hold up when someone throws or shoots a weapon at us. What are some of the spiritual weapons people use? For example: someone might laugh at Christianity to makes us doubt, or peer pressure us into behaving badly. Can you think of more? How does having faith shield us from such weapons?

#### Scripture Notes (tuck in lunchboxes, tape to mirrors, etc.):



*Now faith is the assurance of things hoped for, the conviction of things not seen.*

**Hebrews 11:1**



*That your faith might not rest in the wisdom of men but in the power of God*

**Corinthians 2:5**



*Whoever pursues righteousness and love finds life, prosperity and honor.*

**Proverbs 21:21**

# EPHESIANS

## AT-A-GLANCE



N.T. BOOK #10



AUTHOR: APOSTLE PAUL



WRITTEN: 60-62 AD

Old Testament: 39 Books

10 Testament: 27 Books

**CLAIMS TO FAME:** Contains the famed passages about the “armor of God.”

### PROBLEMS OR ISSUES THIS BOOK IS ADDRESSING:

- Paul visited Ephesus twice. The second time, a rich silversmith, Demetrius, found his business suffering greatly because people were converting to Christianity. He built silver for the idols, and suddenly there wasn't as much demand. There was a near-riot that led Paul to leave Ephesus, but only after he had done much to stabilize and grow the Christian community there. He wrote this letter while in prison in Rome to encourage them.

### MOST FAMOUS VERSES:

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ***Ephesians 6:12***

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. ***Ephesians 2:10***

## Important Points about the Book:

- In Chapters 1-3, Paul greatly encourages believers, calling them “adopted sons” of God, and saying things like God picked believers before the foundation of the world.
- In Chapters 4-5, he encourages believers to walk in a manner worthy of their calling. Chapter 6 is where he tells the church how to do this, by putting on the full armor of God.



## LEARNING LOOKUPS



## THE ARMOR OF GOD

**Lookup:** Psalm 91:1-13. Write down the famous verse 11.

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**Lookup:** Ephesians 6:10-12. Write down verse 10.

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Children often want their parents to be proud of them. Name some things below about your How In the top verse God is saying how he will protect his loved ones. In the second verse, he is telling us how he expects us to work on our own protection. Are they for different circumstances? We certainly can't put on the armor of God to protect us from cancer or a car accident when we're not even driving. What kind of circumstances is the armor of God helpful in?

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Create a prayer below. Speak to God and write it. Ask him to show you people you can support, compliment, build up, and stand up for this week. If he gives you any names, write them down.

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# THE ARMOR OF GOD

FILL-IN 

Look up the Armor of God in Ephesians 6 to in the blanks and learn the pieces of the armor of God.

1. All the pieces we need to protect ourselves are known as this  
(Ephesians 6:11)

\_\_\_\_\_

2. Shield of (verse 16)

\_\_\_\_\_

3. This type of breastplate (verse 14)

\_\_\_\_\_

4. The belt would show this virtue (verse 14)

\_\_\_\_\_

5. Our feet should be shod with this in order to share the Gospel  
(verse 15)

\_\_\_\_\_

6. This type of arrows (verse 16)

\_\_\_\_\_

7. Also is known as the Word of God (verse 17)

\_\_\_\_\_

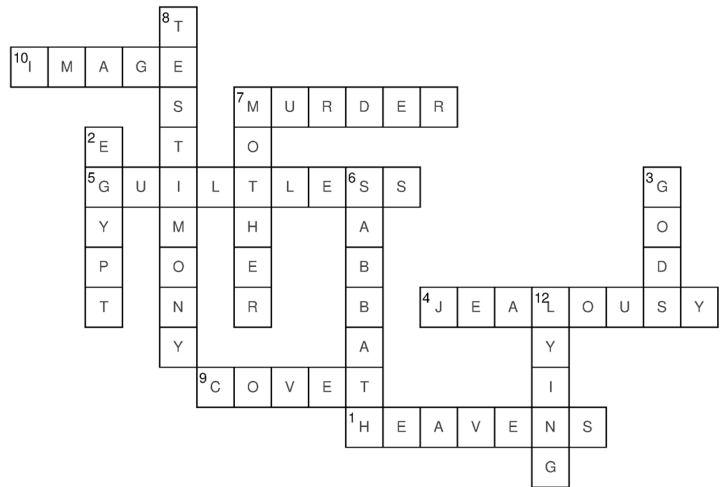
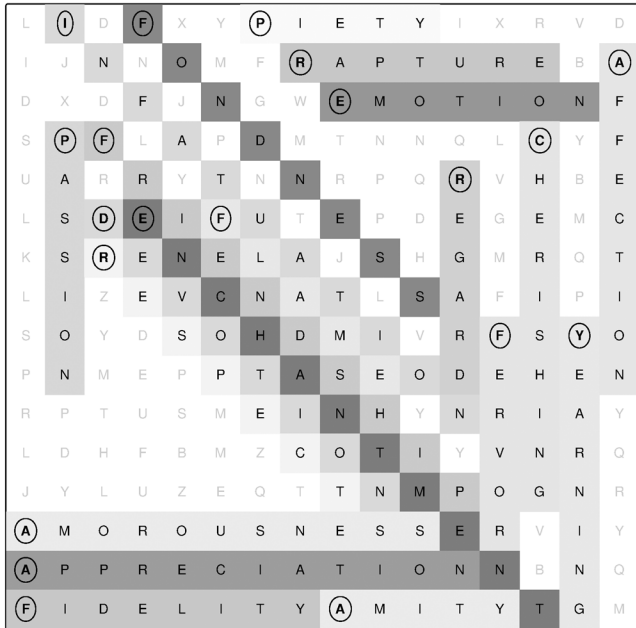
8. This type of helmet (verse 17)

\_\_\_\_\_



# THE ARMOR OF GOD

## ANSWER KEY



### Fill-In Answers:

- Armor
- Faith
- Righteousness
- Truthfulness
- Readiness
- Flaming
- Spirit
- Salvation

# THE ARMOR OF GOD

CERTIFICATE OF COMPLETION

**NAME:**

**DATE:**

