



WEEK 3: STAND FIRM!

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LEGENDARY

WEEK 3: STAND FIRM!

Bible Verse: Ephesians 6:13-17

Bottom Line: Stand firm against the enemy.

SUPPLIES

- Copies of Week 3 - Coloring/Take Home Sheet
- FOR OPENING GAME
 - Two pool noodles
 - Two belts
 - Two hats (any kind, but the sillier they look, the better)
 - Two medium sized cardboard boxes
 - Four brown paper bags
 - Two pan lids with handles
 - Two bags of candy
 - Masking tape
 - A permanent marker
 - A box cutter
 - Legend of Zelda music in mp3 format
 - Music player
 - Floor space
- For ILLUSTRATION (PICTURES or real things)
 - A pair of flip flops
 - A pair of high heels
 - A pair of tennis shoes

LEADER NOTES

Welcome to the third week of our series called Legendary

This 4-week series continues teaching students they can be legendary, just like their favorite Bible heroes, by taking them through the armor of God and showing kids how to use their armor every single day.

Throughout this series so far, kids have learned their strength comes from God, not themselves. They've learned they have a real enemy, the devil, and they know they have an armor to wear into battle.

This week, kids will learn the pieces of the armor and why each is important. They'll learn they can stand firm for God no matter what happens.

Prayer: God, help me to stand for you even when it is not easy. Help me to teach the children they can stand firm for you and not fall for the devil's tactics. Remind me you have equipped me with everything I need to live for you. Amen.

WELCOME

Say: Welcome! I'm so glad each of you are with us for our third week of this series. Do you remember what we've been learning?

We are learning how to be legendary, just like our heroes from the Bible.

Last week, we learned who our enemy really is.

We know God gave us a suit of armor to wear in the battle, and we're supposed to wear that armor every single day.

Wearing the armor of God and leaning on God for strength is so important.

It is the ultimate power-up.

Just like the heroes in our video games need their special power-ups to meet the challenges and level-up, so do we.

This week, we are going to learn about the pieces of our armor and what they do.

Remember, God's armor is the perfect defense just as it is, so we don't have to level-up the armor itself.

We do have to learn how to use it though to level-up our own faith, and that's one thing you will learn today.

We're also going to learn how wearing our armor helps us stand firm against our enemy the devil.

Before we get started, let's talk about a few things we want to remember that will help our time together to be awesome!

If you don't know much about God, today will be your day to learn who He is.

Ask a leader or kid to open in prayer.

OPENING GAME: Armored Up and Ready to Stand

GAME PREP

Clear plenty of floor space and use masking tape to draw two long lines parallel to each other.

Leave enough space beside each line on one side of the room for students to work as a team.

This is where students will start the game.

Use the box cutter to cut a hole in the top of each box large enough for a child's head and two holes in the sides large enough for a child's arms.

Write Breastplate of Righteousness on the boxes with a Sharpie.

Write Helmet of Salvation on two pieces of masking tape and attach the tape to the two hats.

Write Sword of the Spirit on two pieces of masking tape and attach the tape to the two pool noodles.

Write Belt of Truth on two pieces of masking tape and attach the tape to the two belts.

Write Shield of Faith on two pieces of masking tape and attach the tape to the two pot lids.

Write Shoes of the Gospel of Peace on four paper bags.

Separate your two “suits of armor” into two piles and place each pile at the start of one of the lines on the floor.

Place a bag of candy on the opposite end of each line.

Cue up the Legend of Zelda music on the music player, so it may be started as soon as you say go.

Divide the students into two teams when they arrive and have each team pick a team leader to be their champion.

HOW TO PLAY THE GAME

Say: It is time to put on some armor!

For today’s game, you are going on an epic quest to recover a treasure.

Your team leader is your champion.

Your champion must embark on this quest alone, but it is your job to work as a team to equip your champion for battle.

There are several pieces of armor that you must equip your champion with before the quest can be completed.

When I say go, grab the armor and prepare your champion.

Your champion must wear the Belt of Truth, shoes of the Gospel of Peace, and the Helmet of Salvation.

Your champion must carry the Shield of Faith and the Sword of the Spirit.

Get your champion ready as fast as you can after I say go.

As soon as your champion is equipped, your champion must walk the line on the floor, careful not to step off of it for any reason, and retrieve the treasure at the other end before walking the line back to the starting point.

If your champion does not stay on the line, your champion must return and start again.

The first team to retrieve the treasure is the winning team.

You may go as soon as the music starts.

Cue Legend of Zelda music.

After the game, have the kids return to their seats for the lesson.

LESSON (SLIDE 7)

Say: That game was awesome!

You completed your quest!

I love the way you worked as a team.

Champions, your teams equipped you well.

You looked great in your armor, but I bet it wasn't very comfortable to wear.

I have good news for you, the Armor of God is much easier to maneuver around in than our game armor.

As a matter of fact, the armor of God helps us stand firm when it would be easier to fall down.

Do you know what I'm talking about when I say stand firm?

We've all fallen and skinned our knees a time or two, right?

It hurts.

It isn't fun to fall from a standing position, and trust me, falling doesn't get any easier as you grow up.

When you fall, you injure yourself, right?

Well, when we fall spiritually, for example, like when we fall into temptation and sin, that hurts us, too.

It hurts our relationship with God when we choose not to obey him.

Nobody wants that, right?

That's why we must stand firm, so we don't fall into temptation.

The names of the pieces of armor tell us some things about the armor we are wearing and how it helps us do what is right and stand.

Roman soldiers wore belts to hold their weapon in place.

Without the belt, where would they put their swords?

You can't go to battle without a weapon.

We wear our Belt of Truth to remind us of our weapon, the Sword of Truth.

The Sword of Truth is God's Word, the Bible, and it is the ultimate truth.

Every word of the Bible is from God, and He cannot lie.

When we put on the Belt of Truth, we remember to tell the truth.

We remember to be honest when it would be easier to tell a lie, because we want to be more like Jesus.

He never lied.

Since the belt is for carrying our weapon, and our weapon is the Sword of Truth, we should always tell the truth.

Our feet should wear the shoes of the Gospel of Peace.

Everywhere we go, we should be sharing the Gospel, the Good News about Jesus, with others.

Shoes were important for Roman soldiers because they had to walk a lot and stand even more.

Their shoes were equipped with spikes to dig into the ground and keep them standing firm.

When we share the Gospel, we must stand firm in the truth of Jesus and not be swayed by what others say against him.

The Shield of Faith is for defense.

When attacks come, we need to defend ourselves from them, so we don't fall under the pressure.

Our Faith is in Jesus as our savior, and there is no greater defense than knowing Jesus.

The Breast Plate of Righteousness reminds us to protect our hearts and stay true to God.

The Helmet of Salvation reminds us to protect our minds and keep our focus on God.

It also reminds us that we are saved by God, and He is our ultimate protection.

I hope knowing what the pieces of armor do will give you confidence, and make you stand firmer in your faith.

Standing against the devil is your job, and you can do it.

The more you stand against the devil, the harder it will be for him to tempt you into falling into sin.

You'll be leveled-up and legendary in no time.

Let's read a Bible verse that will lay the foundation for our lesson.

BIBLE VERSE

This week our Bible verse is Ephesians 6:13-17.

Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

BOTTOM LINE

Our bottom line is: Stand firm against the enemy.

ILLUSTRATION

I need three volunteers.

Hand one volunteer a pair of flip flops, another a pair of high heels, and another a pair of tennis shoes.

Each of you are holding a pair of shoes, but those shoes all have different purposes.

I'm going to call out different activities.

When I call out an activity your shoes would be appropriate for, hold them up high so everyone can see.

Ready?

As you call out the list, allow enough time for each volunteer to hold up the correct pair of shoes.

A wedding.

Riding bikes.

The Beach.

Running.

A fancy dinner.

Skateboarding.

A hot summer day.

Playing Basketball.

Going to the zoo.

You guys did great.

Did you notice that the tennis shoes were needed for more of the activities than the flip flops or the high heels?

Why do you think that is?

Flip flops and high heels have their purposes, but they aren't as easy to walk in for long periods of time, are they?

I doubt your basketball coach would be too excited if you showed up for the game in high heels.

But, I guess your mom would have something to say about you girls wearing worn out tennis shoes with your pretty dress to your cousin's wedding, too.

You have to wear the right shoes for the right occasion.

Remember me mentioning those shoes the Roman soldiers wore?

The spikes made it easier for them to hold their standing position by digging into the ground.

These guys were often doing hand-to-hand combat.

Falling wasn't an option if they wanted to win.

We want to win in the spiritual battles we face, right?

For us, winning means standing against the enemy.

When we are equipped correctly, we can stand.

What if the Roman soldier had on a pair of heels or flip flops?

They couldn't stand very well in battle, could they?

How about a pair of tennis shoes?

Without the spikes, they'd still run the risk of falling.

No, the soldiers had to wear all their armor if they wanted to win, and so do we.

Let's stay suited up and ready so we can stand firm every single time.

To the volunteers... Thanks for your help! You can go ahead and return to your seats.

PRAYER

I want to end our time together by praying God will help us stand firm against the devil, so we don't sin against Him.

Let's pray together.

Close in prayer.

Next, divide kids into groups of 5-6 people, with an adult leader, or an older student leader, in each group.

Give each kid a copy of the Week 3 Activity Sheet, and pencils or crayons to complete the activity sheets.

Also, give each kid a take-home coloring sheet before the end of your time together.

SEE YOU NEXT WEEK!

TITLE SLIDE

SMALL GROUPS: LOWER ELEMENTARY (SLIDE 11)

SUPPLIES

- Copies of Week 3 - Activity Sheet
- Copies of Week 3 – Coloring/Take-home Sheet
- Crayons/Markers

SAY: Today, we talked about standing firm for God.

We also talked about each of the parts of the armor of God and what they represent.

Can you name the pieces of the armor?

Why do you think it is important to wear the shoes of the Gospel of Peace?

Do you think it is important to tell the truth like the belt of truth reminds us?

Have you ever been caught telling a lie?

Do you think someone who you wanted to lead to Jesus would believe what you were saying if you were known for telling lies?

What's our weapon?

Why is it important to wear the whole armor and not just certain parts?

After each question, allow kids to respond with a few answers.

SMALL GROUPS: UPPER ELEMENTARY (SLIDE 11)

SUPPLIES

- Copies of Week 3 - Activity Sheet
- Copies of Week 3 – Coloring/Take-home Sheet
- Crayons/Markers

SAY: Today, we talked about standing firm in our faith.

We learned how each piece of the armor helps us stand properly when the devil comes against us.

What are the pieces in our armor? Describe each piece to the best of your ability.

Only one of those pieces is a weapon. Which one is it?

How do we use our weapon in battle with the devil?

Why is it important to wear the whole armor of God and not just part of it?

The belt of truth reminds us to be honest. Is it easy for you to tell the truth or do you struggle with it? Why is it important to tell the truth?

What would happen if we faced the enemy without the armor in place?

Would we be able to stand?

After each question, allow kids to respond with a few answers.