

# SUIT UP

Ephesians 6:13-18



Session Three

# BREAKING GROUND

Read out the instructions below one at a time and get the children to complete. Each time you give a new instruction, the children must complete all of the previous ones as well as the new one. How many can they do before they start to get them wrong or forget some?!

Do 3 star jumps  
Touch your toes and stand up straight  
Turn around twice  
Hop 5 times  
Give someone a high five  
Say your name as loudly as you can  
Say your age as quietly as you can  
Sit down and stand up twice  
Play some air guitar  
Freeze for 5 seconds

# GET THINKING

Was it difficult to remember the instructions correctly?  
How long was it before you started to make mistakes?

God gives us lots of instructions to follow in order to live his way. We might get some of these right, some of the time, but none of can do it perfectly.

# DIG IT UP

This section is a bit longer than normal, but it's worth spending a bit longer trying to get to grips with what the word righteous means! For younger ones this can be simplified by telling them that no-one lives God's way perfectly (even the people who we think are pretty good), except Jesus. When we trust in Jesus, we get his perfect record instead of our own imperfect one! This means we can be called righteous if we trust in Jesus, even though we make mistakes.

For older ones, you could talk through this illustration.

Draw a ladder going upwards. Write good/right at the top and bad/unright at the bottom.

Write down some of these names on bits of paper and place them on the ladder where you think they go on the scale of good and bad. If you don't think your children will know some of these people, put in your own.

A robber, Melvin, their teacher, mum/dad, doctor, Hitler, King David, Note: Don't spend a long time debating these! It doesn't really matter - the names should be spread out along the ladder to some degree or another!

Where would you put yourself?

Draw a line between the word 'good' and the ladder with all the names on it.

Explain that God asks us to live a certain way (and that is the best way to live!) and he asks us to live that way all of the time. He calls people who live his way 'righteous' - that is, they live the right way (God's way) all of the time.

Read Romans 3:10. Who is righteous? No-one!

Draw two circles and write 'Righteous' in one circle and 'Unrighteous' in the other circle. Move all of the names from the ladder into the 'Not Righteous' circle.

All of the people who have ever lived, including me and you are not righteous, because we don't live the right way (God's way) all of the time.

Except one person. Who is the only person to have lived a perfect life, living God's way completely all of the time? Jesus! Put his name in the 'Righteous' circle.

Because we are not in the 'Righteous' circle, we cannot be friends with God.

But when Jesus died on the cross for our unrighteousness (our not living God's way) he swapped places with us. All we need to do is trust in him, and we can have his righteous record.

Move the piece of paper that represents you over to the 'Righteous' circle and Jesus over to the other.

This means that, if we trust in Jesus, when God looks at us, he sees Jesus's righteousness rather than our unrighteousness. It's not just that God looks at us and pretends we haven't done anything wrong - he says we *are* righteous because of what Jesus has done. It's like we are being given a clean heart.

# QUESTION TIME

## Questions for all:

### Read Ephesians 6:14

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

Label your Roman soldier from last week with the next piece of armour - what part of the body is the breastplate protecting? The breastplate of righteousness is protecting the new heart that God gives us when we trust Jesus.

**You might want to cover the answers in the questions for the younger children in order to build up to the questions most appropriate for their age group. Think your child can cope with more? Try them with the older questions! Don't worry if they don't give exact answers, let them have a go and then talk through the right answers. Discussing it together might help move them on.**

## For 3-5 year olds:

Can you point to your heart?

Does God want our hearts to love him or love ourselves most of all?

When we choose to do good things that God likes, we show our heart loves God. What good thing could you do that pleases God today?

## For 5-7 year olds:

Can you be good and do everything right all the time?

Who can and did? Jesus paid for all our wrong at the cross. When we believe this and are sorry, it's like a swap - he gets our sin, and we get his goodness / righteousness.

Can you think of a choice you face to do the thing God wants or do the thing you want? Pray for help to put on the breastplate of righteousness and do what God wants!

## For 7-11 year olds:

Even with the new heart God has given us, we will still make mistakes, but the more we live God's way, the more we will want to (as the saying goes, practice makes perfect!) and the less we will be tempted to believe Satan's lies that living not-God's way is better. The more we choose to live God's right way, the thicker our breastplate gets. We aren't getting more righteous (remember we are given Jesus' righteousness, and that's perfect!) - but we will get better at fighting off and saying no to unrighteous living.

What might help you make the right choices to live God's way?

How does remembering that we have Jesus' righteousness help us?

## For 12+ year olds:

Why can't our own righteousness protect us? What's going to happen if you trust in your own righteousness to protect you from the enemy? How does Christ's righteousness protect us? How does Christ's righteousness help us to live in obedience to him?

## For the grown ups:

Can you think of a time when making godly choices has protected your heart? What actions / words for you show you are saying 'yes' to God's ways and 'no' to sin? This is when you are putting on the breastplate of righteousness!

### Time to chat:

One of Satan's greatest lies is that we aren't good enough for God and that when we keep messing up, he won't keep forgiving us. But because we have Christ's righteousness, we can know with absolute certainty that we are forgiven. How amazing is that!

## PRAYER

Thank God for his mighty power.

Thank God for Jesus who won the biggest battle of all when he died and came alive again.

Thank Jesus for the brilliant swap he made - our sin for his goodness - not because we deserve it but because he is so generous and loves us.

Ask God for help to put on the breastplate of righteousness and do what God says, so we can protect the clean heart Jesus gives us.

## SONG

Why not listen, sing or dance to "God Suit" by Cheeky Pandas.

It is available to listen to on Spotify or YouTube here:

<https://www.youtube.com/watch?v=B4dTFJxNM28>

(Or search on YouTube)

## MEMORY VERSE

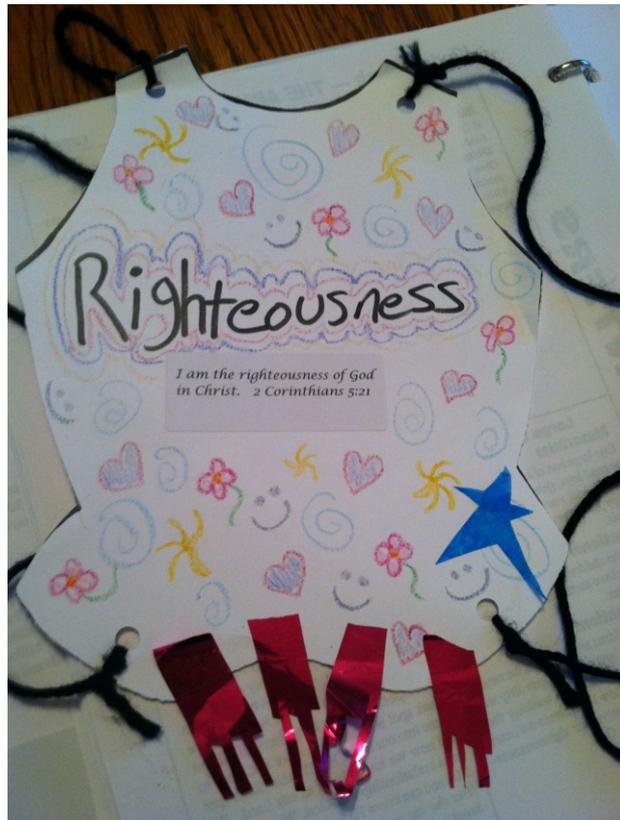
Write the verse on four pieces of paper/card and stick them up in places where you get dressed/ready for the day - On your cupboard door, on the bathroom mirror, the shoe rack etc. Every time you get dressed or change your outfit, stand firm and read the verse out loud. Do some actions along with it to jog your memory when you aren't reading the words off a piece of paper!

For a more messy option, draw the outline of a person wearing a suit of armour. Write the words of Ephesians 6:14 on the breastplate and belt. Attach the drawing to a tree or wall and take turns reciting the verse and throwing paint-soaked (or water soaked) sponges at the paper person. Once all the words are covered with paint, test each other to see if you have memorised the verse.

# CHALLENGE TIME

Make a breastplate of righteousness - cut out using a sheet of cardboard, cut up an old t-shirt or use some junk to make some armour to protect your heart.

Please let us know if you'd like some craft resources - we'd be happy to drop some round for you!

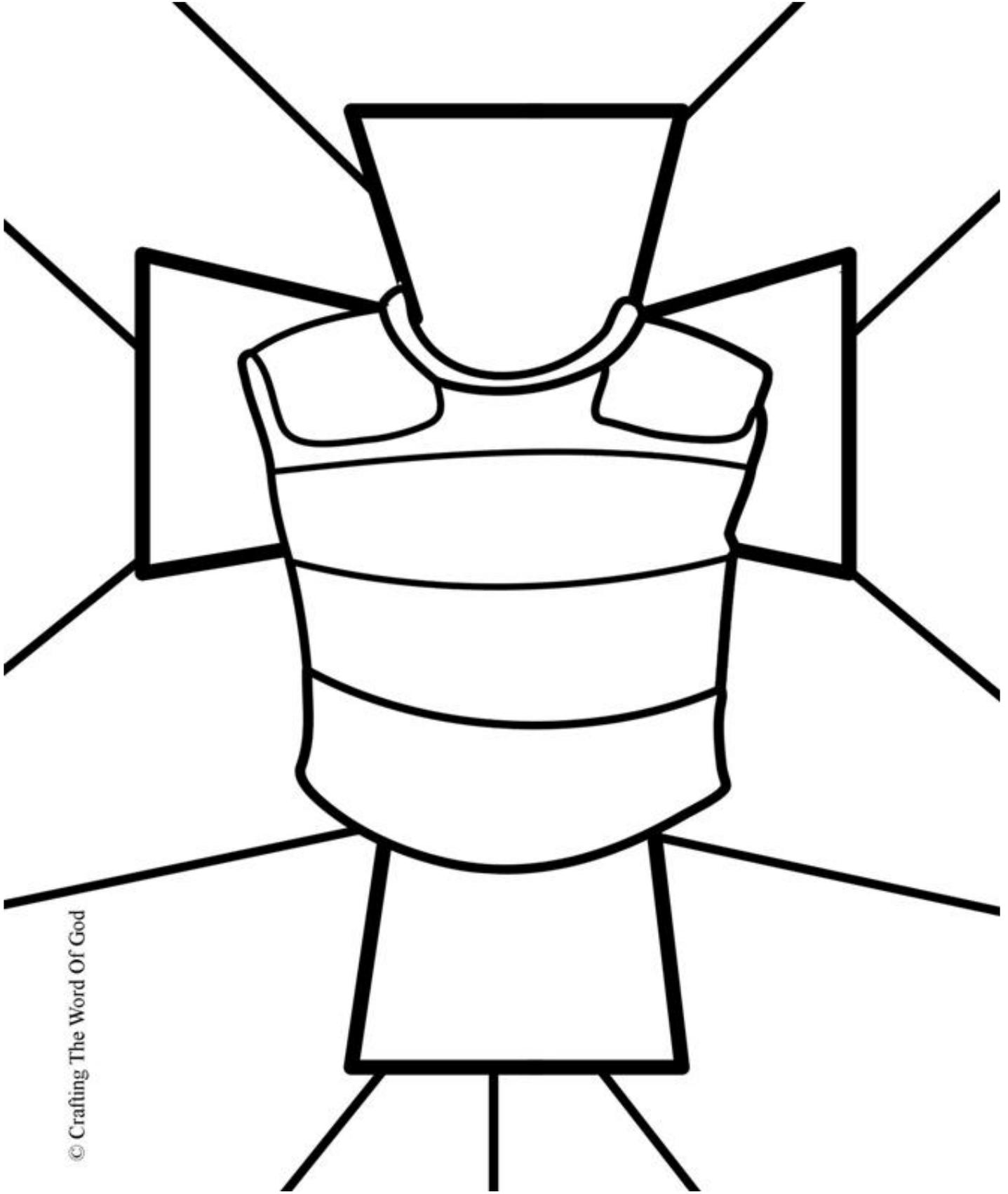


*The Armor of God*

# The Breastplate of Righteousness



Ephesians 6:13-17



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