

SUIT UP

Ephesians 6:13-18



Session Five

BREAKING GROUND

Find some different items you could use a shield - big, small, different materials. Have someone hold each shield and throw something soft at them (Balled up socks work well!). Which shields worked best? Why?

Alternatively, use newspaper and sellotape to make the most effective shield you can - can it withstand socks being thrown at it?

GET THINKING

What makes the best shield?

What does it need to be like?

DIG IT UP

What do you think faith means?

Another word for faith is trust. What does it mean to trust something/someone?

Who do you trust? Why?

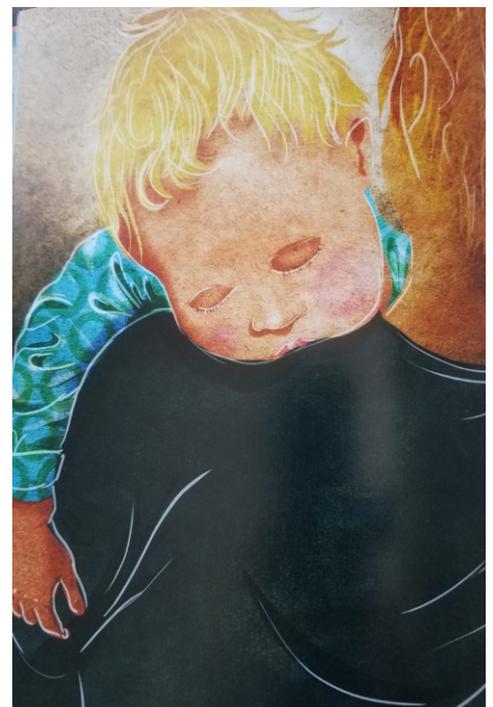
How do you show that you trust them?

Putting all your weight on someone, leaning into them shows that you are trusting them - just like in this picture!

Read Ephesians 6:16

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

Add the shield of faith to your soldier picture.



QUESTION TIME

Questions for all:

Our faith might be small, but its in a great God who can do amazing things! Our faith doesn't depend on what we think or feel, but on God and what he's like and what he's done.

Can you think of some different ways to finish this sentence? If you need some help, why not look up Psalm 111 or 121. "I can have faith/trust in God because he is..."

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 think of a word to describe God? Ask an adult to write it on your shield.

Can your adult carry you round the room while you rest totally on them? That's what God wants us to do - lean on him all the time by remembering he is (good..or whatever word your child said)

For 5-7 year olds:

Why can you trust God?

Is anyone stronger or better than God?

What does this make you want to say to God? - say it now!

For 7-11 year olds:

Say 5 things about God that tell what he is like...

Do these things change just because you sometimes feel sad or worried? No! God doesn't change so we can trust him to still be like this. Shout "Thank you God!"

Who is trying to attack the followers of Jesus with 'flaming arrows'?

These flaming arrows are often lies that we hear from other people or tell ourselves, like "You're useless", "God doesn't love you", "The Bible is all made up".

What will it look like to 'take up the shield of faith'? What are some truths you can say in answer to these lies? Get extinguishing those burning arrows!

For 12+ year olds:

Why is faith a suitable protection against the flaming arrows of the evil one?

Which 'flaming arrow' or lie, can get to you most easily and cause you to wobble in your faith?

What gospel truth do you need to remember?

For the grown ups:

Why do these attacks happen? Which 'flaming arrow' or lie are you most susceptible to let past your shield of faith?

What truths about God will help you to stand firm and 'take up the shield of faith'? Maybe write them down and stick them somewhere you'll see them, so you can remind yourself everyday of what is true.

Time to chat:

Thank God for truths we have in the Bible to counter the lies we so easily hear.

As a family, resolve to inform each other of true things about God every day! Find unexpected ways to do this...notes on a pin board, written onto the back of the cereal packet, popped inside a favourite book, over a meal, magnetic letters on the fridge.

Make a list you can keep adding to...how many can you think of?

Share a time when your trust / faith in Jesus was especially helpful in coping with a situation.

PRAYER

Praise God for who he is and what he's like.

Thank God for his mighty power and love.

Thank Jesus for taking our place and the punishment from God that we deserve for our sin, so we can be forgiven and know peace with God.

Ask for help to 'take up the shield of faith' and speak truths about God to yourselves.

SONG

Why not listen, sing or dance to "Our God is Great Big God" by Vineyard Records UK

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

<https://www.youtube.com/watch?v=eSTfM8M2Md8>

(Or search on YouTube)

Or alternatively, sing these words to the tune of 'Heads, Shoulders, Knees and Toes'. Pretend to put on each piece of armour as you sing it. Hold the sword up high. When you sing "this is the armour of our Lord," march in place.

Belt, breastplate, shoes and shield, Helmet, sword,

Belt, breastplate, shoes and shield, Helmet, sword,

This is the armor of our Lord,

MEMORY VERSE

If you have a printer you could have a go at the following activity:

<http://www.discipleship.net.au/battle.html>

Read the memory verse out and remove one of the battle card pieces to reveal a portion of the victory scene underneath. Continue reading and removing cards until all the battle cards have been removed and you have memorised the verse. Victory!!

If you don't have a printer - take up a shield and get someone to throw something soft at you (again - socks work well!) For every pair you manage to deflect using your shield shout a word from the verse.

CHALLENGE TIME

Make yourself a shield of faith!

If you need any craft materials, please let us know and we are happy to pass some your way!

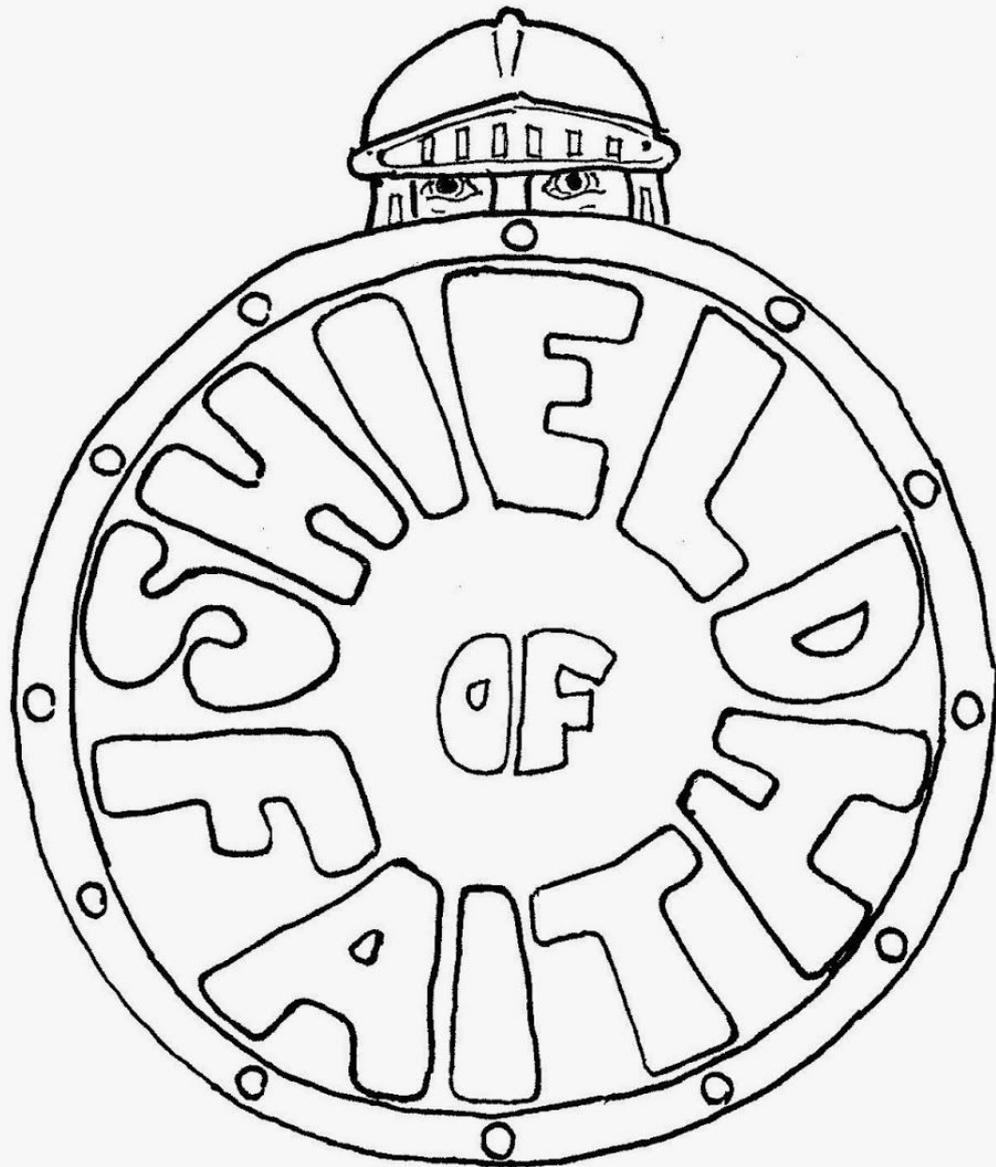


Crafting The Word Of God

The Armor of God
The Shield of Faith



Ephesians 6:13-17



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