

SUIT UP

Ephesians 6:13-18



Session Six

BREAKING GROUND

Do a 'hat towers race' - Find different hats and see how many hats can you pile up on one person's head before they fall off? Who can pile up the most?

Or

Play helmet charades - guess the type of helmet to be worn from acting out an activity - eg firefighter, policeman, cycling.

GET THINKING

What does a helmet protect?

Why is it important to protect that?

DIG IT UP

Read Ephesians 6:17:

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

Today we'll be looking at the first part - we'll look at the second part next week!

What's the first piece of armour Paul talks about in this verse? Add it to your picture from week 1 if you're completing it!

What do you think salvation means?

'Salvation' means 'being saved' - saved from hell and death, from the power of sin in our lives and from Satan's attempts to separate us from God.

How are we saved? Read Acts 16:30-31.

Tick what we need to do to be saved. Cross the ones that won't save us:

Answering all the questions at Sunday school (or from this pack) correctly?

Knowing lots of Bible stories.

Doing good things like helping other people and giving money to charity.

Believing in Jesus and following him as your King.

Trying to be a nice person.

Reading the Bible and saying prayers.

QUESTION TIME

Don't assume your children are saved because they know the right answers. Try to get them to explain why they think it's true, and what it means for them in different situations. Also, remind them that it's ok to ask questions - encourage them to do so, even if the question they ask makes you think they don't believe yet. It is good for the children to know they can ask questions and helped to think about the answers. And keep praying for the Holy Spirit to open blind eyes, soften hard hearts, so they can believe.

Questions for all:

Name some people who might save you if you were in trouble? How would they save you?
Why might they need to save us? Because we are in danger!

For 3-5 year olds:

Where does a helmet go? What does it protect?
Does God love you?
Whose child are you?
Did you know you're also a child of God because he loves you? Shout "Thank you God!"

For 5-7 year olds: Do you know what the word salvation means?

What did Jesus do to save us from our sin?
What do we become when we are saved?
Shout 'I am a child of God'!

For 7-11 year olds:

What can you do to save yourself from sin?
What means has God provided to save you from your sin?
Do you believe this to be true?
When you're wearing the helmet of salvation (trusting Jesus) who do you belong to? What does it mean to belong to God?
Sometimes the devil tries to convince us that God will no longer love us. Look up Romans ch8 v37-39.
Is there anything that can make God stop loving us?

For 12+ year olds:

What did Jesus die to save you from? What did Jesus die to save you for?
What is our identity now? What is our relationship with God?
What are the blessings of this relationship
Can this relationship change and be broken? How so?
How does reminding ourselves of these truths help us to stand our ground?

For the grown ups:

What might we find our identity in instead of being a child of God?

Time to chat:

Thank God for the free gift of salvation. There's nothing we can do that will make God love us any more or any less - we just need to rely on what Jesus did at the cross to know we're saved.
If we belong to God, we are in the safest possible place we can be, because whatever happens, we're in his arms. When is it hard to remember this? What can you do when you think God doesn't love you?

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 God to protect your thinking and to help you know that you belong to him.

Bring a specific doubt / temptation before the Lord and ask for his help in dealing with it.

Maybe you haven't yet decided to follow Jesus but want to now? You could pray a prayer like this one:

Dear God, I'm sorry for the many times I've lived my own way, ignoring you as my Creator and loving heavenly Father. I do believe that Jesus died on the cross to pay for my rebellion and that he rose again to defeat sin, death and Satan. Thank you so much for saving me. Help me to live with Jesus as Lord of my life from now on. Amen

SONG

Why not listen, sing or dance to "Take Every Thought and Catch it" by Colin Buchanan

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

<https://www.youtube.com/watch?v=fD0qqGg0vKc>

(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 armour of our Lord,

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

MEMORY VERSE

Helmet relay - pass the helmet from head to head along your line saying one word at a time: 'take - the - helmet - of - salvation'. Whoever is wearing the helmet on the word 'salvation' runs to the front of the line and starts again.

Watch out for our memory verse videos for some more ideas!

CHALLENGE TIME

Cut a piece of A4 paper into 6 strips. Children decorate the strips. Use 2 strips to make the headband and sellotape or staple to fit round the child's head. Use the remaining strips to cover the head.

If you have a printer, there are some great, and relatively simple templates here:
<https://www.firstpalette.com/printable/roman-helmet.html>



Make these by following the link above and printing!

The Armor of God
The Helmet of Salvation



Ephesians 6:13-17

And take the



Ephesians 6:17a

