

SUIT UP

Ephesians 6:13-18



Session Seven

BREAKING GROUND

Find an object or item of clothing to represent each of the pieces of armour we have learnt about so far - the belt of truth, the breastplate of righteousness, the shoes of readiness, the shield of faith, and the helmet of salvation.

Place them at one end of a biggish space. Relay race back and forth to pick up an item and as you run back, shout out the name of the corresponding piece of the armour of God.

GET THINKING

Can you remember the five pieces of armour that we've learnt about so far in Ephesians 6?

What do they all have in common?

DIG IT UP

Read Ephesians 6:17 -

"Take the helmet of salvation and the Sword of the Spirit which is the Word of God."

How is this last piece different to all of the other pieces? Why do you think we only have one weapon?

If you've been adding to your picture from week 2, add in this final piece of the Armour of God.

But what does it mean, that God's Word is a sword?

Take a stick of some sort (a bat, a stick, a pool noodle, or rolled up newspaper.)

Set up a number of cereal boxes with lies written on them. (Such as, "God won't forgive you for that," "you won't really get in trouble for stealing," etc.)

Inside the box, have a card with a Biblical truth that refutes that lie.

The stick represents the sword, the Bible. Swing at objects that have lies written on them. When they knock over the object, the truth will be revealed.

To make this harder, have some truths mixed in with the lies, and the kids have to decide which is which. They knock down only the boxes with lies.

QUESTION TIME

For 3-5 year olds:

Can you act out using a sword? Now do the same holding a Bible.
Shout 'Thank you God for your mighty word' as you do this.
What's your favourite Bible story? What does it tell you about God?

For 5-7 year olds:

What does the Bible verse say the sword is?
What is the word of God?
Why is God's word like a sword?
What's your favourite Bible story? Find it in a Bible and read it together. What truth does it teach you?

For 7-11 year olds:

Why do you think a sword is used to represent the Bible? Look up Hebrews 4:12.
Jesus used the word of God as a sword against Satan. Can you remember when?
How will you get better at using the sword of the Spirit?
Have you got a favourite Bible passage? Why is it your favourite? Who can you share it with to encourage them with this truth?

For 12+ year olds:

Read Genesis 3:1-5 and Luke 4:1-13. How did Satan attack? What's the difference between how Eve responded and how Jesus responded?
How important is it to know and remember the word of God? Why? How are you doing this?
Have you got a favourite Bible passage? How can you use it to defeat the attack of Satan?

For the grown ups:

Read Gen 3:1-5 What does Satan think of the word of God? How important is it to know and remember the word of God? Why? How are you doing this?
Think of times when you have seen God's word powerfully change a person and praise God!
How can it both be a weapon to attack and defend?
Why is it the very best weapon we could have? The Word of the Lord has the ability to penetrate stubborn human hearts, to open their eyes to the truth of God, and to give them an opportunity to accept the gift of salvation from Jesus. The Word of the Lord also helps us when the devil launches defences against Christianity. He may ask us difficult questions or cause us to have doubts, but if we regularly engage with the Word of the Lord, we can remind ourselves of who God really is.

Time to chat:

When we use the Bible as a sword, we are able to "cut through" the things the world tells us and get to the truth. Sometimes TV shows, music, adverts and people can tell us things that may sound really good, but when we compare it with the Bible, these things aren't really any good at all! Notice examples this week and see if you can speak God's truths to each other instead of the worldly message.

PRAYER

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

Thank God for his mighty power and love.

Ask for help to become better swordsmen, by reading God's word and learning it, applying it to our situations.

SONG

Why not listen, sing or dance to "Dig, Dig, Hammer Saw" by Colin Buchanan

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

<https://www.youtube.com/watch?v=UUCni9CBhvA>

(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

For this activity you will need a helmet, cross, sword and Bible (either the physical items or a picture!). Everyone in the group stands in a line, one behind the other. The relay begins when person A passes the helmet to person B while reciting the first few words of the memory verse. Person B then takes the helmet and passes it, reciting the verse to person C. Person A waits for person B to turn back to them and then repeats the action, this time passing the cross. Each item travels up the line, from one person to another, until everything has been passed and the verse is completed. Use the list below to know which words to say when passing each item.

Helmet - "Take the helmet"

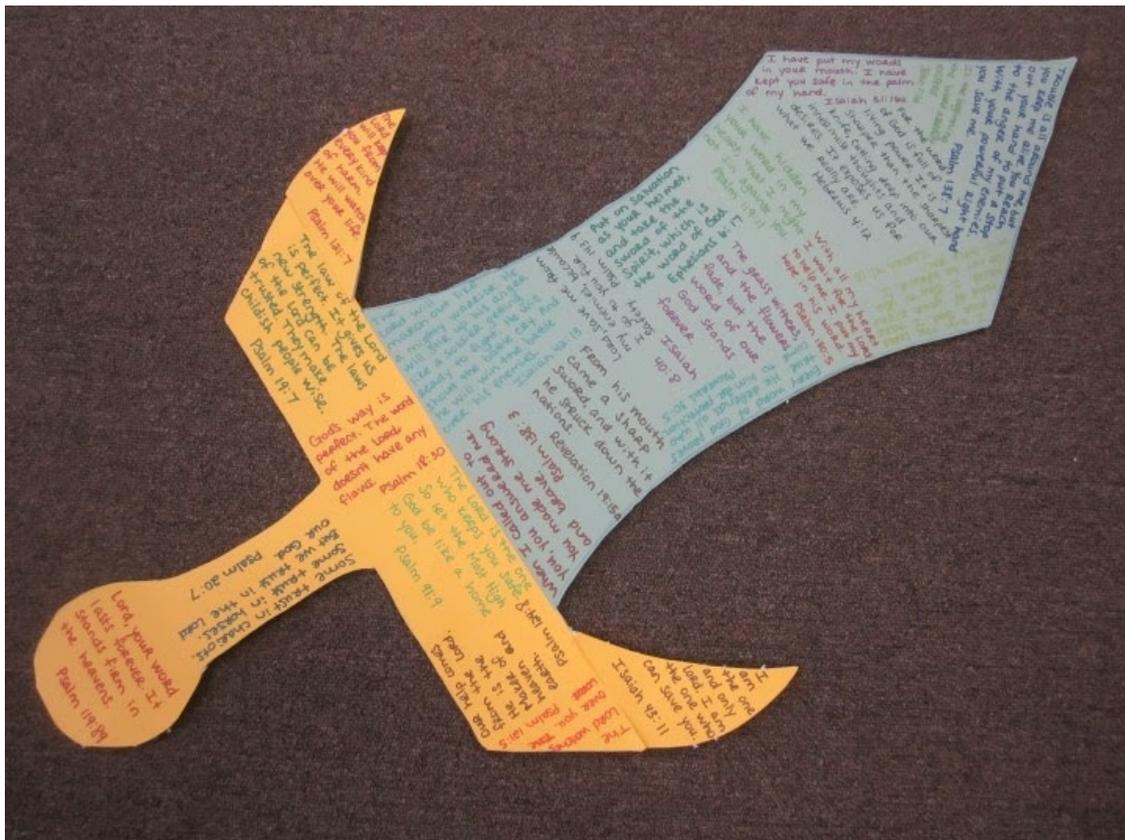
Cross - "of Salvation"

Sword - "and the sword of the Spirit"

Bible - "which is the Word of God."

CHALLENGE TIME

Cut some swords out of paper or card and write Bible verses on them. Add to your sword collection over time as you learn more from the Bible and are better equipped to keep standing. Or make one big sword to write all of your favourite verses on.



Take...
the Sword
of the
Spirit

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which
is the
Word
of God.

Ephesians 6:17b

