

Printout 28.3

SUITING UP WITH GOD'S ARMOR

Help your child remember what they've learned about the Armor of God by building a simple, faith-filled routine into your mornings! Each day, take a moment together to "put on" each piece of God's armor. You can say it out loud, act it out, or even make it part of your drive to school!

MORNING ARMOR TIME (5 MINUTES)

Helmet of Salvation: "God saved me. I belong to him."

Place hands on head like a helmet.

Breastplate of Righteousness: "I choose to do what's right today."

Place hands on chest.

Belt of Truth: "I will speak and believe the truth."

Motion like putting on a belt.

Shoes of Peace: "I will go where God leads and brings peace."

Tap feet or pretend to tie shoes.

Shield of Faith: "I trust God no matter what."

Hold up imaginary shield.

Sword of the Spirit: "I will use God's Word to make wise choices."

Swipe an imaginary sword.



TALK ABOUT IT

Ask your child, "Which piece do you think you'll really need today?"

Talk briefly about situations they might face at school, at home, or with friends—and how one of the armor pieces can help.