

Lesson 28: The Armor of God

Key Takeaway

God helps me stay strong and do what is right.

Scriptural Basis

Ephesians 6:10-17

Bible Verse

“And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is.” (Ephesians 3:18, NLT).

Learning Objectives:

- Children will understand that God gives us spiritual armor to help us follow him.
- Children will identify each piece of the Armor of God and what it represents.
- Children will explore how to use God’s armor in everyday challenges.

Materials Needed for Small Group:

- ☐ A Bible
- ☐ Name tags
- ☐ A snack per child

Shield of Faith Craft (To Find)

- ☐ A paper plate
- ☐ Crayons, markers, or colored pencils
- ☐ Glue or tape
- ☐ Scissors
- ☐ A strip of paper (for the handle)
- ☐ Printout 2, one per small group
- ☐ Printout 3, one per students

Materials Needed for Large Group:

- ☐ A Bible
- ☐ Printout 1A-1F, printed items (one for each piece: Belt, Breastplate, Shoes, Shield, Helmet, Sword)
- ☐ (Optional) Printed verse cards for Ephesians 6:10–18
- ☐ (Optional) Toy armor items, costume pieces, or props to go with each piece
- ☐ (Optional) Basket or bag for collecting items

Materials Needed for Games:

Game: Truth or Lie? Run to the Armor

- ☐ Signs: "Truth" and "Lie"
- ☐ Optional: Armor pieces hung on walls

Game: Shoes of Peace Shuffle

- ☐ Each child's shoe (they will take off one shoe and place it in the pile)
- ☐ Open floor space

Game: Peace Toss Challenge

- ☐ Beanbags, soft balls, or rolled-up socks (1-2 per team or player)
- ☐ 3-5 hula hoops, baskets, or taped target areas
- ☐ Index cards with peaceful actions written on them (place one card in each basket or taped on each hula hoop)

Example cards:

- "Say sorry first"
- "Pray for someone who hurt you"
- "Share when you don't feel like it"
- "Invite someone who is left out"
- "Forgive a friend"

Game: Shield of Faith Deflection

- ☐ Paper plates (1 per child, these are their Shield of Faith)
- ☐ Crumpled paper balls, soft foam balls, or beanbags (these represent Temptation attacks)
- ☐ Open space

Small Group Session 1

15 Minutes

Distribute name tags and snacks. Choose one of the following activities to do together while children eat their snack.

Share and Listen

Option 1

Ask the children to share their highs and lows (the best and worst things that happened to them either today or from the past week).

Option 2

Ask the children to take turns sharing how they are feeling today using the [“How Are You Feeling?” chart](#).

Pray Together

Collect prayer requests from the students. The leader or a student can pray for the entire group, or a leader can pair up students and invite them to pray for one another.

Opening Questions

- ***“Have you ever played a sport—like soccer, football, or baseball?”***
- ***“What do you wear when you play? A uniform, right? Maybe even cleats, pads, or a helmet?”***

“Athletes wear those things because they help them play their best and stay protected during the game.

Today we are going to talk about the Armor of God, which is kind of like God’s special uniform for life. It helps us get ready for whatever comes our way and protects our hearts, our minds, and our faith.

Faith is important for trusting in Jesus and the first part of the Armor of God we will be learning about is the Shield of Faith. It helps protect us.”

Activity: Shield of Faith Craft

Materials Needed:

- ☐ A paper plate
- ☐ Crayons, markers, or colored pencils
- ☐ Glue or tape
- ☐ Scissors
- ☐ A strip of paper (for the handle)

Step 1: Decorate Your Shield

- If you have a printer: Print the shield template and glue it to the middle of your paper plate.

- No printer? Just write “SHIELD OF FAITH” right on the plate and draw a cross or other decorations around it!

Step 2: Color It In

- Use your favorite colors to make your shield look awesome.
- Try rainbow edges or a cool design like flames, stars, or hearts of faith.

Step 3: Make the Handle

- Cut a strip of paper and glue or tape it to the back of the plate to create a handle—just like a real shield!

Step 4: Suit Up!

- Now you are ready to hold your shield of faith and stand strong!
- **“What do you think are the other parts of the Armor of God?”** (Have students guess what parts are needed for armor.)

The Armor of God:

- The Helmet of Salvation protects your thoughts—like a football helmet protects your head.
- The Shield of Faith blocks the lies of the enemy—like a goalie blocks the ball.
- Belt of Truth helps you know what’s true and stand strong when others lie or try to confuse you.
 - Example: When someone says, “God doesn’t care about you,” the truth says, “God loves me no matter what!”
- Breastplate of Righteousness protects your heart and helps you do what’s right, even when it’s hard.
 - Example: Choosing to tell the truth, be kind, or obey—because it’s what God wants for you.
- The Shoes of Peace help you move and stand strong—like cleats give you traction.
- The Sword of the Spirit (The Bible) is your playbook—God’s Word that helps you know what to do.

“Just like you would never play in a big game without your uniform, don’t go through life without God’s Armor. It helps you stay strong, confident, and ready to stand up for what’s right!”

As we’re getting close to the end of our Crossroads Club for the year, you might be wondering... How can I stay strong in my faith when club is over? How can I remember everything we’ve learned about God, the Bible, and following Jesus?

Well, guess what? God gives us something really special to help us stay strong—it’s called the Armor of God! It’s not armor you can see or touch, like a superhero suit, but it’s even better—because it protects your heart, your thoughts, your choices, and your faith.

Armor helps protect you when things are hard, scary, or confusing. Your faith in Jesus—believing he is with you, that he loves you, and that he’s stronger than anything you’ll face—can protect you every day, no matter where you are!”

Large Group

10-15 Minutes

Welcome the students to Crossroads and tell them you are glad they came this week.

Optional Starters

“Who is Jesus” call and response

Prayer Prompt: “God, I love you because...”

(Share why you love God—maybe because he loves you first, made the world, or always listens to you.)

Opening Song: “Superstar” by Go Fish

Opening Prayer

Tell kids that closing their eyes and folding their hands together can help keep them focused and not distract those around them.

Opening Questions

- ***“When Crossroads Club is over, how can you keep growing with God and stay strong in your faith?”***
- ***“What do you think makes someone strong in their faith?”***
- ***“Have you ever had a time where it was hard to follow God or do what’s right?”***
- ***“What helps you remember God when you’re not here at club?”***

Activity: Armor of God Scavenger Hunt

Materials Needed:

- ☐ 6 labeled armor cards or printed items (one for each piece: Belt, Breastplate, Shoes, Shield, Helmet, Sword)
- ☐ A Bible (or printed verse cards for Ephesians 6:10–18)
- ☐ Optional: Toy armor items, costume pieces, or props to go with each piece
- ☐ Optional: Basket or bag for collecting items

“Okay, Crossroads crew! There are 6 items hidden around the room and each represents a piece of the Armor of God.

You have just a few minutes to search high and low and find them!

Once all 6 are found, we'll bring them up front and talk about what each one means. Ready? GO!"

After all items are found, have the kids who found each item come up to the front. The remaining students should sit down.

"Let's see what you found! One at a time, tell us what item you found and what you think it might stand for."

As each one shares, respond with excitement and connect it to the corresponding armor piece.

Armor Pieces:

1. Belt of Truth
2. Breastplate of Righteousness
3. Shoes of Peace
4. Shield of Faith
5. Helmet of Salvation
6. Sword of the Spirit (Word of God)

"Awesome! Did you know each of these items is in the Bible? In Ephesians 6, God tells us to put on the full armor of God so we can stand strong in our faith. Let's read what each piece means and how it helps us!"

Read Ephesians 6:10–18, stopping briefly to connect each item to the armor of God.

"Great job today, everyone! You found all the pieces of God's Armor—and now you know what each one means."

As we finish Crossroads Club for the year, you might be wondering, How can I stay strong in my faith when I'm not here every week?

The answer is simple: Put on the armor of God every day.

That means:

- ***Remember what's true about who God is.***
- ***Do what's right, even when it's hard.***
- ***Share peace with the people around you.***
- ***Trust God no matter what.***
- ***Know that you belong to Jesus.***
- ***Read and remember God's Word, because it helps you fight lies with truth.***

This armor isn't something we can see—but when we believe in Jesus and follow him, we are protected and ready for anything.

So this summer, when you're at home or at the park or with friends, remember: You're not alone. You're strong in Jesus. And you've got everything you need to stand strong in your faith."

Close in Prayer

"God, thank you for giving us your armor so we can stand strong. Help us remember what we learned at Crossroads and to keep trusting you every day. We love you! Amen."

Small Group Session 2

20-25 Minutes

Share the Key Takeaway: When I put on the full armor of God I can stay strong through every challenge.

Activity: Armor of God Self Portrait

Objective: Students will trace each other on large sheets of paper and “dress” themselves in the full Armor of God, drawing and labeling each piece with its meaning or a personal application.

Materials Needed:

- ☐ Large sheets of butcher paper (1 per student)
- ☐ Markers, crayons, or colored pencils
- ☐ Scissors (optional, for trimming after)
- ☐ Tape (to hang on walls if desired)

Divide the students into pairs. Each student will take turns tracing the other's body outline on a large sheet of butcher paper.

After tracing, students will decorate their self-portrait by drawing the Armor of God directly onto their outline:

Use Ephesians 6:10–18 for reference.

- Helmet of Salvation – draw a helmet on the head
- Breastplate of Righteousness – draw a chest plate
- Belt of Truth – draw a belt or sash
- Shoes of Peace – draw shoes or sandals
- Shield of Faith – draw a shield in one hand
- Sword of the Spirit – draw a sword in the other hand or nearby

Have students label each part of the armor with:

- The name of the armor piece
- What it represents (e.g., “Helmet of Salvation – I know I belong to Jesus”)
- Optional: A short sentence or example of how it helps them in real life

Ask:

- **“Why does God give us this armor?”**

“This armor isn’t just for today—it’s for every day. Just like we put on clothes every morning, we can also choose to put on God’s Armor so we can stand strong in our faith!”

Activity: Armor of God Match-Up

Objective: Students will match each piece of armor to the correct Armor of God. Connect each piece of armor to a Bible character who trusted God during tough times.

Materials Needed:

☐ Printout 1

- The 6 pieces of armor
- The 6 words that connect the armor to the Armor of God

“We’ll match each piece of armor to the word that connects each piece to the Armor of God.”

After completing the match-up activity, connect the Armor of God to people in the Bible that used it when things were difficult.

“We’ve been learning about the Armor of God—how it protects us and helps us stay strong in our faith. But did you know people in the Bible needed that kind of protection too?”

Read each piece of armor out loud, then ask students which Bible character we have learned about this year that it could match. Let them discuss in small groups or as a whole class.

Examples:

- Breastplate of Righteousness – *Noah* — He did what was right when the whole world was doing wrong.
- Shoes of Peace – *Abraham* — He trusted God and followed him, bringing peace through faith.
- Belt of Truth – *Joseph* — He stood for truth even when others lied about him.
- Shield of Faith – *Moses* — He trusted God to part the sea and lead the people even when it seemed impossible.
- Helmet of Salvation – *Paul* — He knew he was saved by Jesus and never stopped sharing that truth.
- Sword of the Spirit – *Jesus (or Paul)* — Used God’s Word to teach, preach, and fight temptation.

Ask:

- ***“What about us? How does God help you when things are hard?”***

Going Deeper

- ***“Why do we need spiritual armor?”***

- ***“Which piece of the Armor of God do you think you need the most right now? Why?”***
- ***“Has there ever been a time when you felt like you needed God’s protection? What happened?”***
- ***“What does it look like to use your “Shield of Faith” when you’re scared, sad, or unsure?”***
- ***“What’s one promise of God that helps you feel safe or strong?”***
- ***“When life feels hard or unfair, what truths from the Bible help you stand strong?”***
- ***“How can remembering God’s promises help you make better choices?”***

Ending Together

5-10 Minutes

“God gave Joseph, Noah, Abraham, Moses, and Paul everything they needed to keep going. And he does the same for us today. When life gets hard, we can hold on to God’s promises and put on his armor—because God is always fighting for us!”

Discussion Questions:

- ***“Why is it important that we put on our spiritual armor every day?”***
- ***“How can we use each piece of spiritual armor at home? At school? At church?”***
- ***“What could it look like to “put on God’s armor” tomorrow morning before school?”***
- ***“How can you help a friend who’s going through something hard remember to put on the Armor of God?”***
- ***“Crossroads Club is almost over—what can you do to keep growing in your faith this summer?”***

Response and Reflection

Give each student Printout 2, encourage them to look over with their family to help them remember the Armor of God and how God can always help them.

Reminders at Home:

- Hang their Shield of Faith craft on the wall or bedroom door.
 - Display the Self-Portrait somewhere they’ll see it regularly (on the fridge, their room, or a family wall).
 - These serve as visual reminders that God is with them and they are never unarmed in life’s battles.
- Print out the Bible verse.

Practice the Bible verse for this unit (Ephesians 3:18). Take a look at the [Memory Verse Game Ideas](#).

Pray with the students and dismiss them.

Close in Prayer

Games

25 Minutes

Game: Truth or Lie? Run to the Armor

Materials Needed:

- ☐ Signs: "Truth" and "Lie"
- ☐ Optional: Armor pieces hung on walls

How to Play:

- The leader reads statements.

Example Statements:

1. God loves me no matter what. → TRUTH
2. If I do enough good things, I can earn my way to heaven. → LIE
3. Jesus died to forgive my sins. → TRUTH
4. God's Word is only for adults. → LIE
5. I can pray to God anytime, anywhere. → TRUTH
6. When life is hard, I'm all alone. → LIE
7. The Bible is the Sword of the Spirit. → TRUTH
8. When I feel afraid, I can trust God to give me courage. → TRUTH
9. If people are mean to me, I should be mean back. → LIE
10. God's truth never changes. → TRUTH
11. It's okay to lie if it helps me avoid trouble. → LIE
12. God can help me stand strong when I feel weak. → TRUTH
13. Following Jesus means I will never have problems. → LIE
14. Jesus gives me peace, even when everything around me feels crazy. → TRUTH
15. I can fight temptation with God's Word. → TRUTH
16. If I feel like giving up, I should remember God's promises. → TRUTH
17. Reading the Bible helps me know how to stand strong in my faith. → TRUTH
18. The Shield of Faith protects me from lies and doubts. → TRUTH
19. God only cares about my actions, not my heart. → LIE
20. Salvation is a gift from God—I can't earn it. → TRUTH

Connection to Lesson: Teaches kids to recognize lies and stand strong with the armor God gives us.

Game: Shoes of Peace Shuffle

Materials Needed:

- ☐ Each child's shoe (they will take off one shoe and place it in the pile)
- ☐ Open floor space

How to Play:

1. Have each child remove one shoe and place it in a large pile in the center of the room.
2. Mix up the shoes well.

3. All kids start at the edges of the room.
4. When the leader says "GO! Find your shoe of peace!" kids run to the center, find their shoe, put it on, and then walk carefully back to their spot using "peaceful steps" (slow, gentle, careful, and kind—no running or pushing).
5. Once all kids return, have them sit and share one way they can walk in peace this week (e.g., forgive a friend, be kind at school, pray for someone).
6. Repeat the game a few times, encouraging them to think about walking in peace with God and others.

Connection to Lesson: The shoes of peace remind us that wherever we go, we can bring Jesus' peace with us.

The game helps kids physically think about how they "put on" peace by choosing kindness, patience, and forgiveness.

The mix-up and careful walking reinforces that peace is not rushing or fighting—but moving carefully and lovingly toward others.

Game: Peaceful Pair Race

Materials Needed: None

How to Play:

- Pair up kids and have them link arms or hold hands. They race across the room while walking in sync and peacefully (no dragging or tugging).
- If they argue or get out of sync, they start over.
- Afterward, ask how teamwork and peace made a difference.

Connection to Lesson: Demonstrates that living in peace with others takes cooperation, patience, and kindness—qualities Jesus helps us grow.

Game: Peace Toss Challenge

Materials Needed:

- ☐ Beanbags, soft balls, or rolled-up socks (1-2 per team or player)
- ☐ 3-5 hula hoops, baskets, or taped target areas
- ☐ Index cards with peaceful actions written on them (place one card in each basket or taped on each hula hoop)

Example cards:

- "Say sorry first"
- "Pray for someone who hurt you"
- "Share when you don't feel like it"
- "Invite someone who is left out"
- "Forgive a friend"

How to Play:

1. Setup the space:
 - Spread out the baskets or hula hoops around the room.

- Place an index card inside or taped to each one with a different peaceful action.
 - Have kids line up at a tossing line (you can mark it with tape or cones).
2. Start the game:
- One at a time, kids toss the beanbag into any basket or target. If the beanbag lands inside, they pick up the card from that basket (or the leader reads it aloud).
3. Reflection moment:
- The player must quickly explain or act out how they could do that action in real life.
 - Example: *"I would say sorry first if I got into a fight with my brother."*
 - Encourage the group to clap or cheer after each answer.
4. Repeat rounds:
- Keep playing until all kids have had a few turns.
 - Optionally, rotate the cards between the baskets after a few rounds to keep it fresh.

Connection to Lesson: The shoes of peace are part of God's Armor because they help us bring peace everywhere we go, even in situations where it hard.

When we "put on" the shoes of peace, we are ready to stand firm, show love, and share Jesus' peace with others.

Game: Shield of Faith Deflection

Materials Needed:

- ☐ Paper plates (1 per child, these are their Shield of Faith)
- ☐ Crumpled paper balls, soft foam balls, or beanbags (these represent Temptation attacks)
- ☐ Open space

How to Play:

- ☐ Setup:
 - ☐ Give each child a paper plate to hold like a shield.
 - ☐ Assign 1-2 leaders (or a few kids) to be the Temptation Throwers.
 - ☐ All other kids spread out in the play area, holding their shields.
- ☐ Objective:
 - ☐ The temptation throwers gently toss the "temptation" paper balls toward the kids.

- ☐ Kids must use their Shield of Faith (paper plate) to block or deflect the attacks without using their hands or body—only the shield can block.
- ☐ Gameplay variations:
 - ☐ When hit, players freeze and shout "Jesus, help me stand strong!" before continuing.
 - ☐ For extra learning, each temptation thrower can call out a temptation word (e.g., lying, anger, fear, selfishness) as they throw.
 - ☐ After the round, gather kids and ask them to share what temptation they deflected and how God's Word can help them resist it.
- ☐ Reset and repeat:
 - ☐ Rotate throwers so all kids get a chance to use both the shield and throw the "temptation."

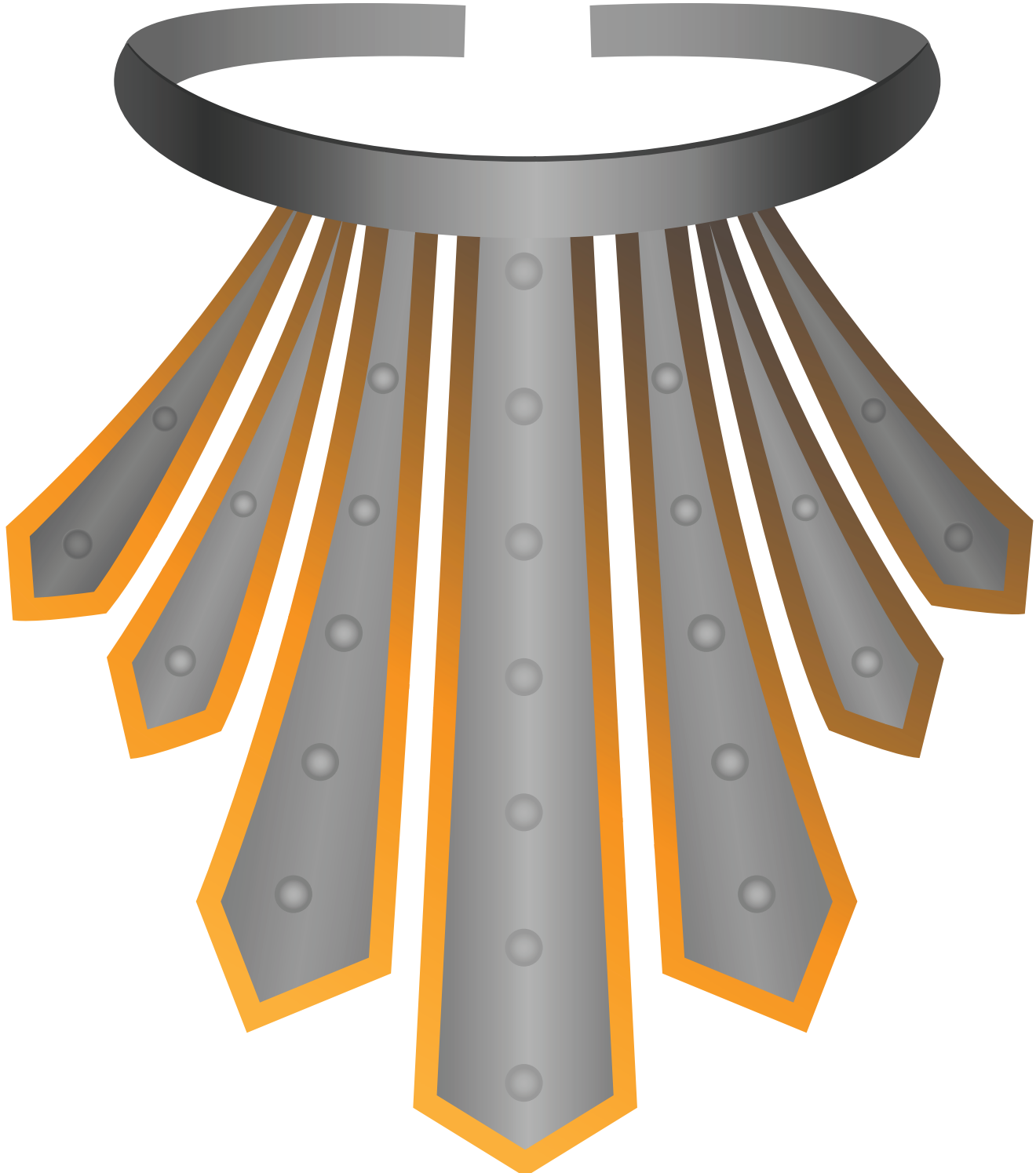
Connection to Lesson: The paper plate shield reminds kids that faith in Jesus helps them block temptation.

Like the Shield of Faith in Ephesians 6, it helps us stand strong against lies, fear, and anything that pulls us away from God's truth.

- How did it feel when you blocked temptation?
- What are some ways we can use our faith to block temptation in real life?

Printout 28.1A

ARMOR OF GOD SCAVENGER HUNT



Printout 28.1

ARMOR OF GOD SCAVENGER HUNT



Printout 28.1C

ARMOR OF GOD SCAVENGER HUNT



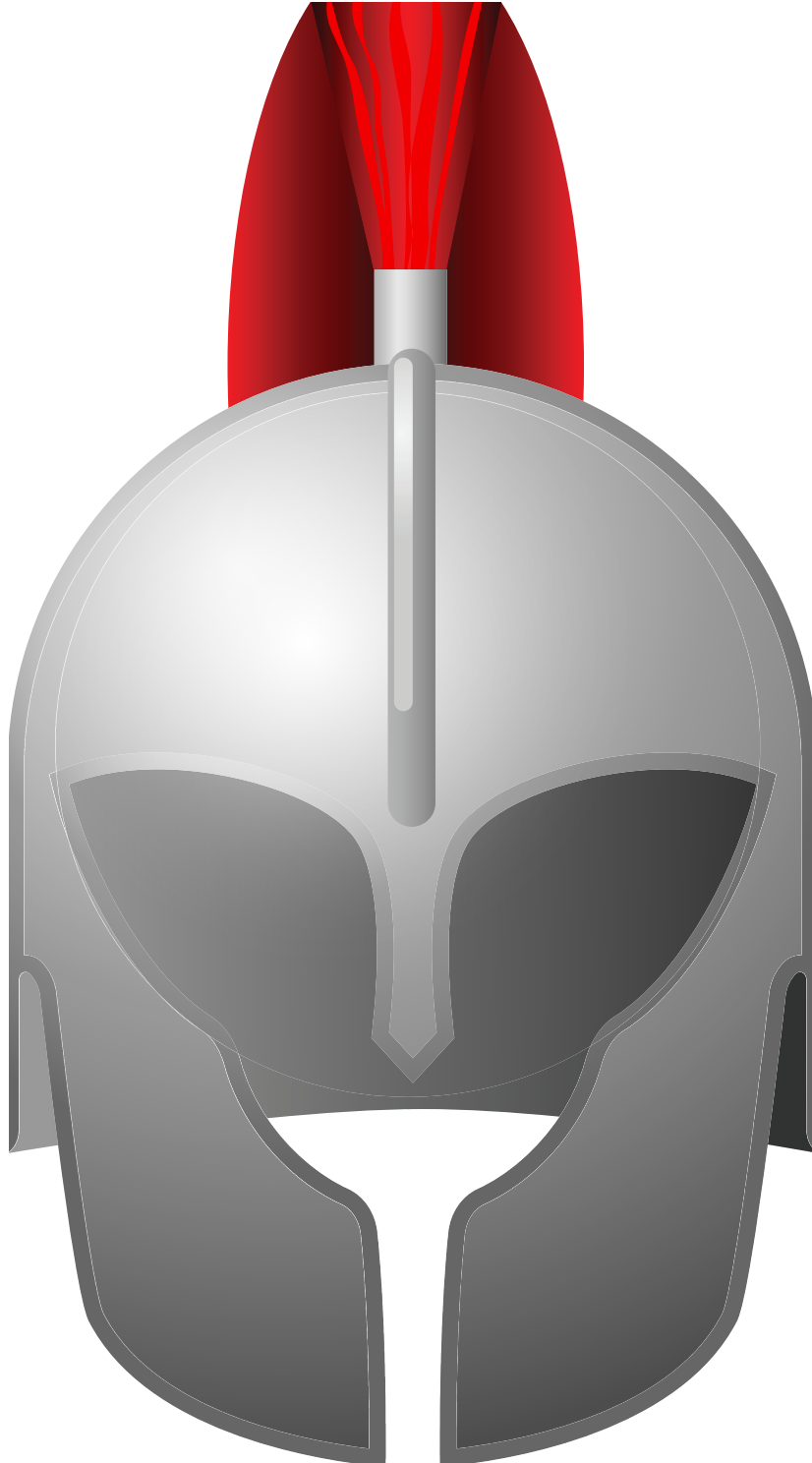
Printout 28.1D

ARMOR OF GOD SCAVENGER HUNT



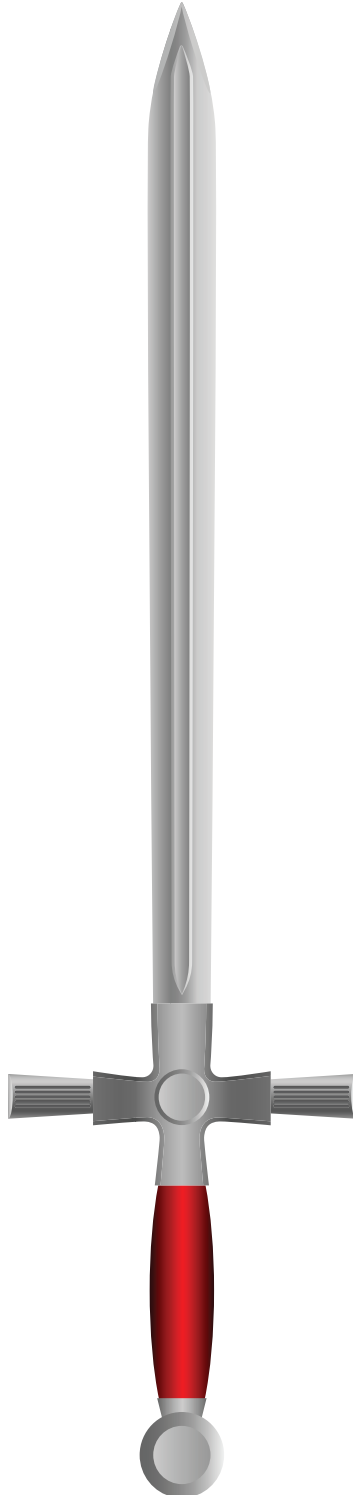
Printout 28.1E

ARMOR OF GOD SCAVENGER HUNT



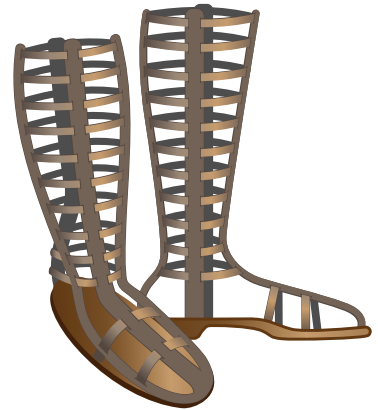
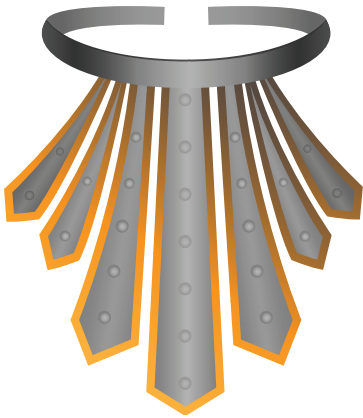
Printout 28.1F

ARMOR OF GOD SCAVENGER HUNT



Printout 28.2

MATCHING ARMOR



Righteousness

Truth

Peace

Spirit

Salvation

Faith

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.