

# Activity 1

## Belt of Truth

Go over the verse with the kids as they decorate their belts with crayons and stickers. Put a piece of duct tape on both ends of the cardstock (for reinforcement), punch a hole in each end (through the duct tape), and string yarn through it so they can tie the belts around their waists.

Supplies: yarn, stickers, strip of cardstock with Ephesians 6:14, duct tape, crayons, hole punch  
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# Activity 2

## Hula Hoop Memory Challenge

Have the kids take turns and see how long they can keep a hula-hoop up around their waists. Have them try to say their memory verse while keeping it going the whole time.

Supplies: hula-hoop  
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# Activity 3

## Stuck to Christ Like Velcro

Talk about how Velcro is strong and was created to hold things together. For it to be strong the soft side of the Velcro must be stuck together to the rough side. We are going to pretend that Christ is like this soft side of the Velcro and we are like the rough side. What happens to us if we are not stuck to Christ's side? Take your rough piece of Velcro and see if you start sticking to the objects in the box. You stick to things you don't want to and you get all dirty when you try to pull away from it. Now put the soft piece over it and see how Christ protects you and keeps you from sticking to the wrong stuff when you are stuck to Him.

Supplies: velcro, felt, cotton balls, yarn (can use the carpet on the floor as well)

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# Activity 4

## Huge Pants Relay (Inside or Outside)

You will need a very large pair of pants for each team. Set up an obstacle course or play it outside as just a race. Have the kids line up in two teams. The first person puts on the pants and must run the course and back. Then he/she takes off the huge pants and hands the pants to the next player. The team to have all of their teammates complete the course wins.

The point: Like a belt holds up our pants, having God's Truth around us holds us to Christ and helps us stand firm when Satan tempts us. If we have the belt of Truth, we won't be stumbling around and tripping and falling into sin.

Supplies: 2 large pair of pants

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