



## Armor of God

### Lesson 2 – Belt of Truth

“Stand firm, with the belt of truth buckled around your waist.” Ephesians 6:14

#### Circle Time

A belt holds up a very important part of our clothing. Much like we need a belt to keep our pants up, we need God’s belt of Truth around us to be strong in the Lord and to stay away from sin. We use a regular belt to hold up our pants, but can we just use it to have God’s truth? (No way!) What tool do you think we need to use to learn God’s Truth? (A Bible.) That’s right the Bible! Ephesians 6:14 says, “Stand firm, with the belt of truth buckled around your waist.” Ephesians 6:14

The Bible is God’s holy word. Everything that is written in that book is true. There are NO LIES in the Bible. Did you ever hear the story that is in the Bible about a young man named Daniel? He was thrown into a lion’s den because he wouldn’t believe the lie that worshiping other gods was okay. But God protected him from being eaten by the lions and he came out of that scary place alive! That is a true story. There are a lot of things we see on TV and in video games that are not real. But we can believe that everything we read about in the Bible is God’s truth. We need to use this very special gift from God as a tool to fight the lies of Satan.

God loves us so much that He wants to protect us from the lies that the world tells us that will really end up getting us in trouble. He knows that if we lie, steal, hit someone, say mean things or sin in any way it will lead to trouble. We end up hurting ourselves and other people. When you lie, people don’t believe you anymore. If you steal or cheat, people won’t trust you anymore. If you are mean to others, people will not want to play with you because you hurt their feelings. Satan tricks us into doing these things because he makes us think we’ll get out of trouble or have things that we want. Anything that goes against God’s Word is a lie and will hurt us. Following God’s truth will keep us safe much like wearing your seatbelt in the car.

So when Satan tempts us we can stand firm with God’s belt of truth around us. But remember, we have to know what His truth is, first. Where do we find His truth? (The Bible.) Can we stand firm without it? (No way!) We can stand strong, BUT only with God. Jesus said “I am the way the TRUTH

and the life!" If we follow Him we can stand strong!

## Prayer Time

### Activity Time

The goal of this time is to utilize a variety of engaging activities –passive and active play, crafts, application, and more – to reinforce what was taught in the lesson. While you may not get to every activity, we encourage you to complete the "Take-Home" activity so children leave with a tangible reminder of what was discussed today.

If numbers are high and/or time and space allow, you may want to use a center format: divide the class into groups (one for each activity) and rotate through the centers after an allotted time.



### Belts of Truth

Supplies:

Yarn

Stickers

Strip of cardstock with Ephesians 6:14

Duct tape

Crayons

Hole punch

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.



### Hula-Hoop Memory Challenge

Supplies:

Hula-hoop

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.



### Stuck to Christ Like Velcro

Supplies:

Velcro

Felt

Cotton balls

Yarn (can use the carpet on the floor as well)

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.



## **Huge Pants Relay (Inside or Outside)**

Supplies:

2 pairs of large pants

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.



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