

# Activity 1

## Parachute Trap

Have a bag of candy in the center under the parachute (or blanket). Have the children hold onto the parachute and lift up as the leader calls out a child's name. The child then tries to get the temptation and run out but at the same time the other children will lower the parachute. (Only leave children under for a second, they should have fun with this not become scared.) Discuss how this is what getting caught in temptation feels like. We are trapped. But if we trust Jesus and choose to obey we are protected by His righteousness. (If you'd like, you can give each child a piece of the candy at the end of the activity.)

Supplies: parachute, bag of individually wrapped candy  
Armor – Breastplate of Righteousness

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# Activity 2

## Breastplate Craft

Have children glue the breastplate with the verse to the whole piece of black construction paper. While they decorate that with crayons and stickers, the teacher/teacher's helper should prepare the duct tape to act as straps for the piece of armor. (Take one piece of duct tape, about 12-16" long, and fold it in half, lengthwise, with the sticky side facing in – sticking it to itself.) Give each child 2 duct tape straps and help them tape or staple the straps to the top of the whole piece of construction paper (the front). Then attach the other ends of the duct tape straps to the top of the half-sheet of construction paper (the back). The children can then put their breastplates of righteousness on. Go over the memory verse a few times with them. **"Put the breastplate of righteousness on your chest." Ephesians 6:14**

Supplies: cardstock breastplate with verse, duct tape, black construction paper, stickers, crayons, half sheet of construction paper  
Armor – Breastplate of Righteousness

## Activity 3

### Stronger Than

Pass around two spoons - one plastic and one metal. Then pass around a rock and a piece of paper crumbled to look like a rock, followed by yarn and thread. Ask the children which one is stronger. Make two different piles - one of the weak things and one of the strong things. Look at the weak things with the kids and talk about how they are like our fears and our temptations. (Have them talk about a fear or temptation they have.) **Those things seem strong, but Jesus is like the strong things. He is stronger than anything we face and is stronger than sin. We need look to Jesus and choose His right way. We need Him to lead our hearts but we have to want Him more than anything else in the world! Then He can give us the strength to pass up temptations and choose what is right. How do we know what is right? (Ask God through prayer and reading the Bible.)**

Supplies: one plastic spoon and one metal, one rock and one crumpled piece of paper, a piece of yarn and a piece of thread

**Armor - Breastplate of Righteousness**

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## Activity 4

### Outside Time

Have the children use the squirt bottle to spray the large paper heart with water. They should each have 3-4 sprays and then hand the bottle to the next person in line. Point out how the water ruins the unprotected heart. Then put a heart behind the breastplate and have them try to spray that heart. Point out that the heart is protected from the water by the breastplate, just like our hearts are protected by God's breastplate of righteousness.

Supplies: large red hearts, Breastplate of Righteousness, squirt bottle of water

**Armor - Breastplate of Righteousness**