



Armor of God

Lesson 4 – Shoes of Peace

“For shoes, put on the peace that comes from the Good News.” Ephesians 6:15

Circle Time

Supplies: several different shoes or pictures of shoes

Intro: Bring in several different shoes or pictures of shoes. High heels, soccer cleats, running shoes, snow boots. Line these up on the floor in the center of the circle (or hold them up if using pictures). Have them tell you what they would do, or where they might go, if they had on each different pair of shoes.

When you were getting ready this morning for church, did you leave the house without your shoes? You're not really ready to go anywhere until you have your shoes on. Shoes help us to be able to do different activities. They protect your feet from things like hot pavement or getting stung by a bee. Shoes can also make us more stable so we don't lose our balance and fall down. You might wear hiking boots when you go on a hike or cleats to play soccer.

The Bible talks about a special pair of shoes that God has for us to wear. Do you think they look like any one of these? (Point to the shoes from the intro.) The Bible says, “For shoes, put on the peace that comes from the Good News.” Ephesians 6:15. We need to have God's love and peace wherever our feet take us. This means we need to have peace with God and believe that Jesus died for our sins. This is the Good News! Our sins are paid in full when we put our faith and trust in Him. We can then have freedom from our sin and be more stable or steady when we go through our day. (Demonstrate what stable or steady looks like. Be silly and pretend to fall over to show them what not having stability looks like.) We need His shoes of peace to protect our feet so wherever we go we can stand steady and ready against the enemy.

Once you say “yes” to obeying Jesus, you have His love and peace in your heart. And when your feet take you places you can tell others about the love and peace that Jesus gave you and wants to give them, too. Where do you go that you meet people who you can tell about Jesus' love? Maybe places

like a friend's house or school. When you play with other kids you can show them how Jesus loves you by loving them and keeping peace with them. We can choose not to argue with others and to share everything we have with them. We can choose to be kind and build others up instead of tearing them down with unkind words and actions.

Can we have peace with others without having peace with God? No, it is impossible on our own. So, should we go anywhere without Him or His shoes of peace? No! We are only ready for battle with the enemy if we have the FULL armor of God in place. So far we have learned about the belt of ____? (Truth!) The breastplate of ____? (Righteousness!) And the shoes of ____? (Peace!)

Let's pray and ask God to forgive us and thank Him for giving us the gift of peace by dying on the cross and freeing us from our sin. Let's ask Him to change our hearts and help us to share His peace and love with others.

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.



Shoe Lacing Craft

Supplies:

Shoe cutout with verse (1 per child)

Yarn

Magnet

Help the kids lace the yarn through the holes. Tie a knot, then a bow (so that it can be untied and retied without coming undone). Have them put a magnet on the back so they can stick it on something at home and they can use it to help them learn to tie their own shoes.

Go over the verse with them while they are working. Ask them questions about what they learned at circle time.



Balance Beam

Supplies:

2x4

Gallon jug of water

Have the kids walk across a 2x4. Then have them walk across the board with a heavy jug of water in

only one hand. Tell them that this is like holding on to sin (even things that may feel good but are wrong). We are off-balance. We need to believe in the Good News that Jesus is the way, the truth, and the life and we need Him. When we give our sin to Him we can be more stable (with our shoes of peace) because we are not holding onto our sins. Have them try walking across the board again without the water jug.



Protect Your Feet

Supplies:

Cotton balls

Rocks/marbles

Sand paper

Legos (ouch!)

Have the kids take off their shoes and encourage them to walk on different types of surfaces and tell you what it feels like. Some suggestions: the carpet, Legos, smooth pebbles, marbles, and cotton balls. Have them try to pick things up with their toes (just for fun.) Talk to them about how our feet need to be protected and how putting on shoes helps protect and provide stability. (If weather permits, you could take the kids outside and let them feel the different textures under their feet, instead.)



Shoe Relay

Supplies:

2 large pairs of shoes

You will need two teams and a pair of very large shoes for each team. The two teams will race against one another to put on the shoes, run across the room and back, and give the shoes to the next runner. The first team to have all of its members complete the race wins. You can set up an obstacle course to make it more challenging.

Extra Center – Design by the Foot

Supplies:

Paper

Crayons

Have the children color a picture using their feet with a crayon between their toes.

