



## Armor of God

### Lesson 5 – Shield of Faith

"Hold up the shield of faith to stop fiery arrows of the devil." Ephesians 6:16

#### Circle Time

Supplies: spray bottle, toilet paper

Intro: Using a roll of toilet paper, wrap a willing child or student leader in the entire roll. Wrap them tightly so they won't be able to break out of the toilet paper. Ask them to try to break out and they won't be able to. Then with a spray bottle, spray the toilet paper with water. When the paper gets wet, the child will be able to break free without any problem. As you wrap the person, explain that the devil tries to wrap us up in sin. He tries to get us to worry and doubt. Only the power of Jesus is enough to free us.

Who remembers what we have been talking about? That's right, the Armor of God. Why do we need armor like a knight? The armor is a powerful tool we are given so we are ready for battle against our enemy, Satan. God has given us the Belt of Truth so we can stand up to Satan's lies. God has given us the breastplate of righteousness to protect our hearts and shoes of peace to protect our feet and keep us stable. This week we are going to talk about how our faith in God helps stop Satan's "fiery darts" that try to destroy our faith.

What is faith? Does anyone remember from the Fruit of the Spirit lessons? Faith is believing and trusting in God. Even though we cannot see God, we believe He is there and we trust that He is stronger and more powerful than Satan at all times.

The Bible says, "Hold up the shield of faith to stop the fiery arrows of the devil." The devil is our enemy and he is always looking for ways to attack us and make us feel weak. Think of what you could do with a real shield. If someone threw something at you, you could hold up a shield so you wouldn't get hit. We can use the shield of faith in the same way.

Our faith in God is our shield that stops the "fiery arrow" of the devil. Satan's arrows are things like

fear, worry, and doubt. They are things that might make us think there isn't a God or that He doesn't love us because we've done something wrong. We need to hold up our shield of faith to stop these thoughts and remember that God loves us no matter what.

Can you think of a time when God took care of you or protected you? Maybe you've gotten lost in a store and God helped you find your parents. Maybe someone was sick and you prayed and God healed him. We need to remember all the ways God takes care of us and provides for us. When we remember these things, it helps us to be strong in the Lord when we go through hard times. God loves us so much and He wants the very best for us.

Faith grows as we remember all the ways that God has protected us and answered our prayers. God wants us to be strong in Him, so He has given us the shield of faith. We know that God is powerful and He does take care of us. We don't have to put our trust in what we can do or how strong we are. We can put our trust in our big, big God!

## 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.

### **Shield of Faith Craft**

Supplies:

Cardstock shield (1 per child)  
Short strip with verse (1 per child)  
Long blank strip (1 per child)  
Short blank strip of cardstock for handle (1 per child)  
Glue/tape  
Crayons/Markers  
Stickers

Give each child a cardstock shield. Have them glue the long blank strip down the center and then glue the short strip with the verse across that to make a cross.

Go over the verse with them as they color and add stickers, decorating the "shield."

Lastly, have them turn the shield over and glue or tape the short blank strip to the back to act as a handle for the shield.



## Fiery Arrows

Supplies:

Red straws

Half pool noodle

Full-sized pool noodle

Large shield or something that can be used as a shield

Have the kids take turns throwing fiery arrows (red straws) at a large shield. Then have them try throwing half sized pool noodle "darts" at the shield. Then have each of them try throwing a full sized pool noodle at the shield.

The point: Sometimes the darts Satan throws at us seem small and sometimes they seem really big, but when Satan is throwing his fiery arrows of fear and worry at us, we can remember to stop them by holding up our shield of faith. The shield deflects his arrows. The arrows can only hit us when we let down our shield of faith.



## Temptation Tag

Supplies:

Individually wrapped candy

Have the kids stand in a big circle (you can tape off a circle or square if you want to). Have one leader be the tempter. He/she will stand in the middle of the circle/square and cannot move his feet, but can bend and reach. Spread the candy out on the floor around his/her feet. At your "go" the children will try to get a piece of candy from the floor, without getting tagged by the leader. If the leader tags a child, he/she must go back to the circle/square and sit down.

Once everyone is sitting, explain that messing around with temptation is a dangerous thing to do. We may think we are getting away with it once in a while (like getting a piece of candy without being tagged) but eventually, we will be wrapped up in it like the toilet paper. We need to stay far away from it.



## Shield of Faith

Supplies:

Basket

Wadded balls of paper

Each team will need a basket and wadded up paper balls. Place each team in a different corner with the supplies. The object of the game is for them to act as a shield around their basket to keep paper

out while trying to throw paper wads into the other team's basket. The team with the least amount of paper in their basket wins.

The point: Explain that when the Roman army joined its shields together, it became an almost unstoppable force. If those of us in God's church join our shields – that is, encourage each other with our faith, building up and serving within the Body as we are able – we will become an unstoppable force able to take on any challenge.



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