



Armor of God

Lesson 6 – Helmet of Salvation

“Put on salvation as your helmet.” Ephesians 6:17

Circle Time

Supplies: selection of different hats (baseball hat, firefighter’s helmet, chef’s hat, bike helmet, winter hat, cowboy hat, birthday hat, sombrero, ear muffs, bandanas, straw hat, batting hat, football helmet, etc.)

Intro: Have several hats on display. Have kids put on different hats and tell what they would do while wearing that hat on their head.

The helmet of salvation symbolizes the protection God gives us over our minds. Our weapons against sin and Satan are spiritual ones, so the helmet is not to protect our physical heads from being hurt or damaged, but to protect our minds (where our thoughts start). We need to guard our thoughts because if we think sinful things (mean thoughts about others, wanting to disobey, wanting things that are not ours, etc.) then we will act in sinful ways. Thankfully, God gives us an element of protection against bad thoughts.

A hat is a very interesting piece of clothing. You don’t HAVE to wear a hat in order to be dressed. When you put a hat on, it’s usually for something specific. A football player wouldn’t wear a chef’s hat while playing football because that would never protect his head. You wouldn’t wear a winter hat to the beach, not only would you look silly, but it would make you really hot and sweaty! A baseball hat shows what team you are on. Hats usually have a specific purpose.

The Bible talks about a very special hat that’s actually a helmet. What are helmets used for? They protect our heads. What are some different types of helmets? (Bike, football, army, etc.) We use helmets so our heads can be protected from something dangerous. Why does God give us a “helmet” of salvation?

God knows our minds and thoughts. Our good thoughts bring us closer to Jesus and our bad thoughts

cause us to sin. When we think unkind thoughts about others or think we don't need to obey something our parents tell us to do, we are not protecting our minds. The Bible tells us we need to "put on salvation as a helmet." What is salvation? Jesus offers us salvation as a free gift. Salvation takes away our punishment for sinning. We all sin, but if we really think about all Jesus did for us and how he died in our place, then our hearts want to live for Him and His great love for us. He is the ultimate gift. There is nothing better out there than Jesus.

What can we do when a bad thought comes to our mind? The best way to protect our minds is to remember what God says. What are some things that God tells us? (He is sovereign, we can trust Him, we should be obedient, God can help us, God loves us, we need to love others, etc.) **When bad thoughts come into your mind, remember who God is and remember the things He has done for you. Put the helmet of salvation on and remember the gift God gives us.**

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.



Helmet Off Game

Supplies:

Hats from circle time

This game is played like musical chairs. You will need a "helmet" for all but one child. When the leader yells "hats off!" all the kids throw their hats up in the air and scramble to get a new one. The child without a hat is removed from the game. Play until there is one child remaining.

The point: We always need to keep our "helmets" on because without them our mind is not protected from bad thoughts. If our mind is not protected from bad thoughts then it is easy to sin.



Funnel Water Lesson

Supplies:

Funnel

Plastic wrap

Pitcher of water

Large bucket or bowl to catch water

The leader will show kids the funnel and explain the way it works. Show the children that what you pour in will come out the other side. Our minds are like a funnel. What we put in our minds is what

will come out our mouths and hands. If we think unkind thoughts about others, then we will be unkind to others. If we listen to bad words, then bad words come out more easily. Now cover the top of the funnel with plastic wrap and pour water into the funnel. Nothing comes out of the funnel! In fact it flows off of the funnel and goes somewhere else. If we put on our helmet of salvation then it will protect our minds and hearts from sin and it will be harder for sin to break into our minds.



Helmet of Salvation Craft

Supplies:

Plastic helmets

Verse label

Stickers/sequins (as available)

Let the children decorate their helmet with a verse label and sequins and stickers (as available). Go over the memory verse with them.



Hat Tower

Supplies:

Small bowls

Place a large pile of bowls in the center of the play area. Have children take turns piling bowls on their heads in the middle of the play area. The objective is to see who can get the most hats on his/her head before they topple over.

During and after play, make sure they understand the importance of guarding their minds.



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