

Activity I

Full Armor Obstacle Course

Set up an obstacle course, starting with a 2x4 (or line of blue painter's tape) and gallon of water. Lay rocks out on the floor at the end of the board. Have wads of red paper on either side of the rocks (for children to throw). Next, place a chair a few feet from the rocks and put a hat on the chair.

Children will then take turns going through the obstacle course. Have them walk across the board (or tape on floor) with the water, then set the water down. Next they must walk over the rocks carrying a shield to deflect red paper wads that the other students will throw at them. Then, have them go around the chair 3 times and then sit in the chair and put the hat on their head and stand up and say, "Let the Lord make me strong. I can depend on his mighty power." Then they put the hat back down, run back over the rocks, pick up the water and carry it back over the board (or tape) and hand the water to the next child in line.

Supplies: 2x4 piece of wood (or blue painter's tape), gallon of water, several rocks, shield, red paper wads, hat in a chair

Armor - Review

Activity 2

Dress Up Center

Let the kids try on dress-up clothes and talk to them about how firefighters wear a helmet, a full fire suit and boots to protect them when they go to fight a fire. When they ride their bikes they need to wear a helmet and maybe even kneepads and elbow pads to protect them if they fall.

Supplies: dress-up clothes

Armor - Review

Activity 3

Armor Review Craft

Give each child a foam craft kit and review the pieces of the Armor of God as you put the kit together.

- Breastplate of righteousness
- Belt of truth
- Sword of the Spirit
- Shield of faith
- Shoes of the Gospel
- Helmet of salvation

Supplies: Armor of God craft kit (1 per child)

Armor - Review

Activity 4

Keep Your Peel On

Place 2 oranges in the bowl with their “armor” (peel) on. Talk about how the oranges are floating, or “standing firm” in the water. Little by little, begin peeling away some of the “armor” (peel) from one of the oranges. Peel off a chunk and say something like, “Uh oh, this orange forgot to put on his belt of truth. When someone says something unkind about him today, he might believe it. If he believes that lie, instead of the truth that he’s wonderfully made, he will not stand as firm in the water.” Place the orange back in the water and notice that it doesn’t sink completely, it begins dipping further in the water than the orange still wearing all it’s armor. Continue this way, peeling back a little at a time. Talk about a new piece of armor the orange forgot to put on, and how that might affect their day. Then place the orange in the water to see it sink more each time. For example, “He forgot the shoes of peace. When a friend asks him to cross the street and his mom says that it is not ok, he may disobey and go across the street anyways. By the time you remove all of the armor (peel), the orange will completely sink. It is not able to “stand” at all.

We need to remember each day to put on each piece of armor. Every morning, you could pretend to put on each piece when you get up. When we put on our armor, we are able to stand more firmly against the devil’s lies and temptations.

Supplies: 2 oranges, clear glass or plastic bowl large enough for oranges to be submerged, water

Armor - Review