

## TODAY'S SUGGESTED SCHEDULE

**NOTE:** This version of the curriculum is designed especially for churches with fewer leaders and kids. You may want to use it if you have just one or two leaders and if you combine all your kids in both Large and Small Group time.

### TODAY'S BIBLE STORY

**Stand and Deliver**  
Armor of God  
Ephesians 6:10-17

### TODAY'S BOTTOM LINE

Use what God has given you to stand strong.

### MONTHLY MEMORY VERSE

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.  
Philippians 1:6, NIV

### MONTHLY LIFE APP

Confidence—Learning to see yourself the way God sees you

### BASIC TRUTH

I can trust God no matter what.

### PRELUDE: Setting the tone for the experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today.

In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

### SMALL GROUP

**15**  
MIN

#### **SOCIAL: Providing time for fun interaction**

Early Arriver  
Opening Activity

### LARGE GROUP

**35**  
MIN

#### **STORY: Communicating God's truth in engaging ways** **WORSHIP: Inviting people to respond to God**

Welcome/Opener  
Worship ("You're the Reason" from *Press Play* and "Jesus I Will Trust You" from *This Love*)  
Bible Story  
Bottom Line  
Prayer  
Closer

### SMALL GROUP

**25**  
MIN

#### **GROUPS: Creating a safe place to connect**

Bible Story Review: Roll the Armor  
Application Activity: Invincible Orange  
Memory Verse Activity: Sword Sticks  
Prayer Activity: Pray and Dismiss

### HOME: Prompting action beyond the experience

Parent Cue Card (Print or Email)  
GodTime Devotional for Kids  
Parent Cue App

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

## MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



*Before kids arrive, take a few moments to pray for them. Thank God for giving us the armor of His Holy Spirit to stand strong against the enemy. Pray for protection around your group today as you discuss and engage with the truth that God empowers us to fight back against unseen forces. Ask God to clear your kids' minds of negative thoughts and bad attitudes so they can clearly hear from Him today.*

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## BASIC TRUTH

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## 1. EARLY ARRIVER

**WHAT YOU NEED:** Offering container, hand sanitizer, numbered paper, and tape

### WHAT YOU DO:

- Greet kids by name as they arrive.
- Invite any kid who brought an offering to put it in the offering container.
- Direct each kid to use one pump of hand sanitizer.
- Tape the four numbered pages in the four corners of your small group area.
- Ask: Have you ever imagined having a super power? If you had a super power, what would you like to have?
- Play a game of four corners.
- For each round, list four of the super powers from the examples below or make up your own.
- Instruct the kids to go to the corner they think would be the best power to have.
- Super power options:
  - (1) invisibility (2) flight (3) super strength (4) mind reading
  - (1) walk through walls (2) instant healing (3) super brilliant (4) shapeshifting
  - (1) change sizes (2) laser eyes (3) talk to animals (4) cyborg arms
  - (1) control weather (2) super hearing (3) breathe underwater (4) elastic stretching
  - (1) create a forcefield (2) super speed (3) multiply (4) teleport
- Mix these up or use the same super powers over again in different combinations!

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

## MADE TO IMAGINE

an activity that promotes empathy and facilitates concrete application through role-play and reenactment



## 2. OPENING ACTIVITY

**WHAT YOU NEED:** "Superhero Theme Song" Activity Page, pen or pencil

**WHAT YOU DO:**

- Explain that you are creating a "Superhero Theme Song" and you need help filling in some of the words of the song.
- One at a time, call out the word types on the Activity Page and invite the kids to brainstorm answers.
- Write their suggestions in the blanks.
- Read the theme song out loud to the group.

**WHAT YOU SAY:**

"This is the strangest superhero song I've ever heard! And even "normal" superheroes have some crazy super powers! **[Transition] Well, WE might not have super powers, but let's go hear about some super stuff that can help us live like Jesus every day!**"

Lead your group to the Large Group area.

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### MADE TO PLAY

an activity that encourages learning through following guidelines and/or working as a group



## 1. ROLL THE ARMOR

[TALK ABOUT GOD | BIBLE STORY REVIEW]

**WHAT YOU NEED:** "Armor Pieces" and "Soldier Poster" Activity Pages, large dice, tape

### WHAT YOU DO:

- Divide the group into two teams.
- Give each team a die, a set of "Armor Pieces," a "Soldier Poster," and tape.
- Instruct the kids to roll the die, one at a time, and place the armor piece indicated by that number on the soldier.
- If a kid rolls a number that's already used, that kid passes the die to the next player.
- The first team to have a completely armored soldier, wins.

*NOTE: Use the following as a conversation guide. Unpack the concepts of the armor of God and use the questions to engage kids in a discussion about how God gives us each piece to work together with the others to help us stand strong against the enemy.*

### WHAT YOU SAY:

"These are some well-prepared soldiers! Why do soldiers need armor? (to keep them safe; help them stand strong) The armor of God helps us to stand strong, too!

"Let's talk about the belt of truth. A belt keeps your whole armor together! God wants us to wear the belt of truth to make sure we know what's true. What is one thing that is true about God? (He is always with us. He loves us. He made us, etc.) Keep that truth around you, holding you together.

"The armor of godliness protects a soldier's vital organs—their lungs and heart! 'Godliness' is living in a way that honors God. God's armor of godliness keeps our hearts safe and helps control our actions even when we have big emotions! What are some ways you can live that honor God? (keeping your room clean without grumbling; being kind to your soccer teammate when they do something that makes the team lose the game; not sharing that bit of gossip about the kid in your neighborhood, etc.)

"The shoes of peace help us carry the good news of Jesus, everywhere we go! They help us bring the peace we have through Jesus because of the sacrifice He made for all of us when He died on the cross and rose from the dead.

"Our minds need help to stand strong, too! That's why we need the helmet of salvation. We all get thoughts that we don't necessarily want to follow—ideas to do something we know is wrong or we just want OUR way, no matter what. Has that ever happened to you? (Allow for discussion and be sensitive to kids

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## (1. ROLL THE ARMOR, CONTINUED)

*who might be struggling.*) The helmet of salvation reminds us that Jesus loves and forgives us, and that we can follow Him even when we still struggle to think His way.

“God’s Word, the Bible, is like a sword. We can use it when we’re tempted to do something wrong or make an unwise choice. Do you know anything from the Bible that might help you make the wise choice? *(Prompt kids to quote our memory verse, that God is not finished with us and we can be confident He will help us.)*”

“We have the shield of faith to guide us. We know that God is with us and will help us. These pieces of armor will help you **use what God has given you to stand strong.**”

## MADE TO EXPLORE

an activity that extends learning through hands-on experimentation and discovery



## \*2. INVINCIBLE ORANGE

[LIVE FOR GOD | APPLICATION ACTIVITY]

**WHAT YOU NEED:** Oranges, bucket or bowl of water, hand wipes, tongs

### WHAT YOU DO:

- Gather kids in a circle and give each kid an orange. Keep one orange for yourself.
- Place the bucket or bowl of water in the middle of the circle.
- Ask: Do you think an orange will sink or float?
- Place the orange in the water. It will float.
- Peel your orange and place it back in the water. It will sink!
- If the kids want to try the experiment with their own oranges, let them.
- If you plan to let them eat the oranges after they pull them out of the water, be sure to have everyone sanitize their hands before peeling their oranges. Then use tongs to pull the peeled oranges out of the bucket of water.

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### WHAT YOU SAY:

"God makes things so cool, doesn't He? He created a way for the orange to stay safe and strong, even in water. This peel that He gave it protects it from the sun and other natural elements as it grows.

## TODAY'S BOTTOM LINE

**Use what God has given you to stand strong.**

"Just like God gave this orange what it needs, God gives us what we need to stand strong, too. Have you ever felt surrounded by emotions or confusing choices, or stuck in a situation that seems scary? (*Invite discussion, but be sensitive to kids who might be going through difficult times.*)

## MONTHLY MEMORY VERSE

**Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.**  
Philippians 1:6, NIV

"It can be hard to stand strong for what we believe—to follow Jesus even when other people aren't or when we feel afraid or silly for trying to make the wise choice.

## MONTHLY LIFE APP

**Confidence—Learning to see yourself the way God sees you**

"How can you, like the orange, **use what God has given you to stand strong?**"

**[Make It Personal] (Share about a time when you used the armor of God to stand strong.)**

## BASIC TRUTH

**I can trust God no matter what.**

### Optional Discussion Questions for Older Kids

If you lead 4th, 5th, or 6th graders, consider asking these discussion questions:

- What part of the armor of God do you think is most helpful?
- How does the armor of God give you confidence?
- As you get dressed this week, how can you remind yourself to "put on your armor?"

### MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



### 3. SWORD STICKS

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

**WHAT YOU NEED:** Chopsticks, assembled glow bracelets, Bibles

**WHAT YOU DO:**

- Set the glow bracelets in a haphazard pile in the middle of the small group circle.
- Give each kid a chopstick and assign them a color of bracelet. (If you have more kids than you have unique colors of bracelets, let them work in teams.)
- Instruct the kids to use their chopstick to pick up a bracelet of their assigned color.
- This will become more difficult once there is only one layer of bracelets on the floor.
- At that point, let kids push the bracelet against their shoes or knees to pick it up, let two kids work together, or give everyone another chopstick.
- The kid with the most bracelets of their color, wins.

**WHAT YOU SAY:**

"These little chopstick 'swords' helped you sort through this messy pile of bracelets to find what you needed.

"We learned today in Large Group that the Bible is a type of sword. (*Hand out the Bibles and ask kids to turn to Hebrews 4:12.*) What does this verse say that God's Word can do? (Invite responses: separate things) God's Word can help us separate what's good and bad, what we need in our lives and what we don't.

"Through the Bible, God gives us what we need to make the wise choice and stand strong in our faith, even when we're not sure how to do that ourselves. What verses do you know or have we learned this year that can help us with that? (*Pause for responses.*)

(*Ask kids to look up Philippians 1:6 together and read it out loud.*) "This is our memory verse for this month. It's part of the sword of the Spirit—God's Word! How can it help us stand strong? (*When we feel afraid or insecure, we can remember the truth that God is still working in us. We can have confidence in God's plan.*) Remembering and keeping our memory verse in your heart is one way you can **use what God has given you to stand strong.**"

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### MADE TO REFLECT

an activity that creates space  
for personal processing  
and application



## 4. PRAY AND DISMISS [PRAY TO GOD | PRAYER ACTIVITY]

**WHAT YOU NEED:** "Armor Pieces" Activity Pages and armored soldier posters from "Roll the Armor" activity

**WHAT YOU DO:**

- Gather the group around the finished Soldier Posters from "Roll the Armor."
- Ask them to think about the pieces of armor they will need this week to stand strong.
  - The belt of truth to remember that God loves them and is with them
  - The helmet of salvation to follow Jesus's way instead of their own
  - The armor of godliness to protect their heart against big emotions like sadness, fear, or anger
  - The shoes of peace to live for God and share Jesus with others
  - The sword of God's Word to fight temptation
  - The shield of faith to follow Jesus even if others make fun of them or don't understand
- Allow some time for kids to share about how they think the armor of God might come into play for them this week.
- Then give each kid their own set of armor, reminding them to [Bottom Line] use what God has given you to stand strong.
- Close in prayer.

**WHAT YOU SAY:**

"Dear God, thank You for the armor You give us so we can stand strong in following Jesus. Please help us use every piece to make the wise choice and live the way You want us to. Please help us stand strong in the truths of Your Word. We love You, and we pray these things in Jesus' name. Amen."

As adults arrive to pick up, make sure kids take their armor with them. If you have extra oranges, send them home with the kids or set up the experiment so families can see one orange float and a peeled orange sink. Prompt the kids to explain that just like the orange, God has given us what we need to stand strong.

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yourself the way God sees you**

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## GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

### SOCIAL: PROVIDING TIME FOR FUN INTERACTION (15 MINUTES)

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today's story.

**(Choose one or both of these activities.)**

#### 1. EARLY ARRIVER

*Made to Move:* an activity that increases the oxygen in the brain and taps into the energy in the body

**WHAT YOU NEED:**

- Offering container
- Hand sanitizer
- Four pieces of paper
- Marker
  - Number the papers #1-4.
- Tape

#### 2. OPENING ACTIVITY

*Made to Imagine:* an activity that promotes empathy and facilitates concrete application through role-play and reenactment

**WHAT YOU NEED:**

- Print the "Superhero Theme Song" Activity Page; one for each small group
- Pen or pencil

### GROUPS: CREATING A SAFE PLACE TO CONNECT (25 MINUTES)

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

**(Choose as many of these activities as you like.)**

\* If you don't have time to do all these activities, be sure to do activity #2.

#### 1. ROLL THE ARMOR

[TALK ABOUT GOD | BIBLE STORY REVIEW]

*Made to Play:* an activity that encourages learning through following guidelines and/or working as a group

**WHAT YOU NEED:**

- Print the "Armor Pieces" Activity Page on cardstock and cut out; two sets for each small group

- Print the "Soldier Poster" Activity Page on cardstock; two for each small group
- Two large dice
- Tape

#### \*2. INVINCIBLE ORANGE

[LIVE FOR GOD | APPLICATION ACTIVITY]

*Made to Explore:* an activity that extends learning through hands-on experimentation and discovery

**WHAT YOU NEED:**

- Oranges, one for each kid and leader
- Bucket or bowl of water
- Hand wipes
- Tongs

#### 3. SWORD STICKS

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

*Made to Move:* an activity that increases the oxygen in the brain and taps into the energy in the body

**WHAT YOU NEED:**

- Chopsticks; one for each kid
- Glow bracelets of different colors, assembled and glowing; several for each kid
- Bibles

#### 4. PRAY AND DISMISS

[PRAY TO GOD | PRAYER ACTIVITY]

*Made to Reflect:* an activity that creates space for personal processing and application

**WHAT YOU NEED:**

- Print the "Armor Pieces" Activity Page on cardstock; one for each kid. (They can cut them out at home.)
- Armored soldier posters from "Roll the Armor" activity

#### HOME: PROMPTING ACTION BEYOND THE EXPERIENCE

- Print on cardstock or email this week's GodTime devotionals and Parent Cue cards.
- Tell parents about our additional family resource: **Parent Cue app.**