

Lifegroup Kids Guide:

Put On the Full Armor of God!

INTRO

We encourage family Lifegroups to do welcome & vision, Lifegroup house rules, and worship all together – then have the kids and adults separate for discussion.

WELCOME & VISION DANCE (5 MINUTES)

Who loves Lifegroup?! Who can tell me why we do lifegroup?

We're going to teach you a simple way to remember why we do Lifegroup. It's called the vision dance. Are you ready?!

- Because Jesus loves us (point up, then point to yourself)
- We want to walk with Jesus (walk in place)
- Become like Jesus (cross arms over chest)
- Help others follow Him (point out to others, then point up to Him)

Do it again in slow motion or super fast. Have fun with it.

LIFEGROUP HOUSE RULES (2 MINUTES)

We have 3 Lifegroup rules.

1. Be kind and respect ourselves
2. Be kind and respect others and their things.
3. Listen and obey the first time.

Who can repeat these back to me?

Discipline Plan: 1st time is a warning, 2nd time you talk with kids leader, 3rd time we get your parents and you leave kids portion of lifegroup, but are welcome to come back next time

note to share any house specific rules

EX: No going into people's bedrooms, we take our shoes off at the door, etc.

BIBLE STORY (10-15 MINUTES)

Opening question

Ask the kids if they know what armor is and what it's used for. Explain and give the answers as they try to answer. *Armor is used to protect us in battle and help us to fight in the battle. As followers of Jesus, do we have battles to fight? Maybe not with actual swords, but we do! In fact, the bible talks about who our enemy is and how we can protect ourselves from him and how we can fight him! God has made sure we will be ready! Let's read his word!*

Bible Story

Read Ephesians 6:10-18

The first part of our passage says: leader reads verses 10-12 again about who our enemy is!

1. According to this passage, who is our enemy? (Satan, the devil, evil forces)
2. Do we fight against other people? Or do we fight against evil forces and the devil? (The devil! That's right!)

Let's read again about the spiritual armor that God gives us to fight our enemy: read verses 13-18 again.

3. Who thinks they can remember all 6 pieces of the armor of God?! (Give kids chances trying to remember the pieces of armor. When a kid names one say, "yes, that's right! That piece of armor helps us....fill in the blank as to how that armor helps us!") Do the above multiple times giving kids chances to name all the pieces of armor, the repetition will help them to remember them!

Leadership Tip: Don't be afraid to enforce boundaries here! Ensure kids are waiting patiently for their turn/try, don't let kids yell out over others as that creates chaos and naturally quieter kids won't end up being able to share. Even if you have to pause and wait until everyone is quiet and only raising their hand, DO IT with a smile on your face! Kids will catch on and participate! Everyone wants to be heard and kids will respect you for holding the line!

GROUP GAME - PAUL SAYS... (5-10 MINUTES)

Play "Paul Says" which is like Simon Says but use Pauls name since he's the writer of Ephesians! Use the different pieces of armor...you lead the first time and say a piece of armor. For example:

Paul says put on the: Breast place of righteousness!" (put your arms around your own chest and have the kids do the same on theirs)

Paul says, "put on the....shoes of the gospel of peace! (bend down and touch your feet)

(Then make one or two up and don't say Paul says:)

Put on the shinguards of kindness! Whoever does that action is out because that's not one of the pieces of armor! (Other made up options: Shoulder pads of goodness, gloves of joy, etc.)

Keep playing this for as long as they are interested in it! The repetition will help them remember what are the actual pieces of the armor of God!

PRAYER (7-10 MINUTES)

Ask the kids "what is one of the pieces of the armor of God that you think you need to put on? Just one piece? All of it? If you're not sure, let's be quiet for a moment and listen to what God has to say... Ask God "what piece of armor do I need to put on right now to be obedient to you?"

After 30 seconds or so of silence, say, "Alright! What piece of armor do you think God wants you to put on? Or what piece of armor do you most need right now?"

Help them develop their thoughts/reflections and celebrate their answers even if not perfectly on topic! After a child shares, have all the kids lay hands on them and you pray a very short prayer for them or ask another child to pray for them.

EXTRA IDEAS IF YOU STILL HAVE TIME...

ART

Give each child a paper and something to write with. Have them draw what they envision the armor of God looks like!

PRACTICE MEMORY VERSE

Help the kids memorize Ephesians 6:11

"Put on the full armor of God, so that you can take your stand against the devil's schemes."

PLAY!

- Soccer
- Tag
- Simon Says
- Hide n Seek

- Rock/Paper/Scissors

DANCE!

- Play the monkey video and dance along. [Monkey video](#) (if you're trying to calm kids down - do not play this song)
- Freeze Dance - Have the kids dance to upbeat music and when it stops they have to freeze until the music starts playing again. If they move when the music has stopped, they are out. Play until there is only a handful of kids left then play again if time allows.