

# the way

Jesus-centred Spirit-led Hope revealed



## Kids

# THE WAY



# Kids

## 11 week Kid's Ministry lessons

We have adapted **11 child-friendly lessons** from our Junior Soldiers material to align with the **five Key Principles** outlined in The Way. Each principle is explored through engaging, age-appropriate teaching themes:

- **Discipleship** – Who Is God? · You're the One God Needs
- **Mission** – Standing Up for Others · One Body, Many Parts
- **Evangelism** – Letting Your Light Shine · Creating Faith Pathways
- **Prayer** – Talking to God · Listening to God · Creative Prayer Stations
- **Spiritual Warfare** – Armour of God · Super-Human Power

### Lesson Structure

Each lesson is designed to support leaders and actively engage children, and includes:

#### **LEADER READY YOUR HEARTS & HAND**

A reflection page to help leaders prepare spiritually and practically before teaching

#### **CONNECT**

A 5-minute activity that introduces the main teaching point in a fun and creative way - often includes two activity options

#### **EXPLORE**

Aproximately 10 -15 minutes of teaching time where children engage deeply with the Bible story or theme

#### **RECAP & REFLECT**

An intentional space to bring together everything from CONNECT and EXPLORE, helping children reflect, respond, and apply what they've learned.

# LIVE IT OUT

## SPIRITUAL WARFARE



# Kids

## FOR SALVO KIDS

### Armour of God

based on unit 1 lesson 9

## LEADERS READY YOUR HEART AND HANDS

Before teaching this lesson, take time to reflect, prepare, and pray. You're not just delivering content, you're helping to shape young disciples for a lifetime of faith.

### 1. Pray first

- Ask the Holy Spirit to speak to you and through you
- Pray specifically for each child in your group—by name if possible
- Invite God to open their hearts to receive His truth and recognise the Spirit's presence in their lives

Prayer prompt:

"Holy Spirit, guide me as I lead these children. Give me clarity, compassion, and wisdom. Help me to see each child's potential and speak life into it."

### 2. Know the purpose

This lesson will help the children understand that God gives us armour to face life

- Explore the 'armour' God gives us
- We all face spiritual battles that affect our everyday life
- We have choices we can make each day to stand strong for Jesus

### 3. Know the Children

Reflect on the following:

- Which child might need extra encouragement?

- Who might be ready to step up and lead in prayer or discussion?
- Who needs to be drawn in gently to participate?

### Ask:

Holy Spirit, how can I affirm each child's gifts?

### 4. Explore it for yourself

It's easy to think that spiritual battles are only something adults face, but children face them too. Kids and adults deal with the same kinds of challenges every day — choosing what is right, handling temptation, and deciding how to act when things feel hard. Because spiritual things can feel invisible or confusing, it's important to connect them to real-life situations that kids understand.

When we talk about spiritual attacks or Satan's tricks, we're not talking about something scary or dramatic. Most of the time, it looks very ordinary. It's the pull to do things God doesn't want us to do. These moments happen every day — and they are exactly why God gives us the Armour of God, to help us choose what is right and stay strong.



# Lesson: The Armour of God

**Focus:** God knew that as Christians we would face challenges living in our world. At times it can feel like a battle to stay on the right path. But God didn't leave us alone, he gave us 'armour' to stand strong. Today we look at each piece and why they matter.

**Key verses:** Ephesians 6:11

**Time:** 45 minutes



## Connect

### Option A. Floating Armour (5 minutes)

**Supplies needed:**

- Bowl (clear is best)
- water
- Mandarin (make sure it is an easy peel Mandarin- Imperial is best)

**Leader:**

Today we are going to see if this mandarin will float or sink. Everyone stand up, if you think it will float place your hands on your head. If you think it will sink, place your hands on your bottom. If you are not sure, put one hand on your head and one on your bottom. 1,2,3 Vote! Keep your hands where they are and let's do the experiment.

**Action:**

- Show the **unpeeled** mandarin, place it in the water (it floats)

OK, you can all put your hands down, let's see what happens if we peel it (peel the mandarin but be careful to keep it intact).

But before we place it in the water, lets vote again! Who thinks it will float - hands on heads, sink - hands on bottom, not sure - one hand on head, one on bottom. 1,2,3 Vote!

- Show the **peeled** mandarin, place it in the water (it sinks).

**Leader:**

Who was surprised?

Who knows what might be happening here?

**Explain:**

- **Buoyancy:** These pockets increase the mandarin's volume without adding much weight. This makes the overall density of the orange lower than the water.
- **Waterproofing:** The oily surface of the peel also keeps water from soaking into the fruit.

**Link it:**

The mandarin floated because it had a peel protecting it—like armour. When the peel was removed, it sank. The Bible tells us that God gives us armour too, called the Armour of God. It helps protect our hearts and minds when life feels hard or heavy. Things like truth, faith, and prayer help keep us strong and help us stand firm. When we put on God's armour each day, he helps us stay afloat, even when things around us are tough.

### Option B. Armour up sprint (5 minutes)

**Supplies needed:**

- Armour of God cards, you will need one for each team (6 armour cards and 3 cards)
- 1 bucket or hoop at the far end for each team
- 1 "READY" for each team

### Set up

- Place each team's armour cards mixed together in their own bucket or hoop at the far end of the room.
- Teams line up at the start line.
- Place the team's READY card face down on the floor or table in front of them.

### How to play

- On "GO", the first player from each team runs to their team's bucket and collects ONE card only.
- They run back, place the card in their team area, and tag the next player
- Players take turns until their team have all the 6 armour pieces
- When the team have all six different pieces, the next player flips the READY card.

The winning team is the one that collects all armour and flips the READY card over.

### Leader:

Just like you needed all the pieces to finish the game, today we'll learn about the Armour of God and what each piece means for our lives



## Explore

**LEARNING STYLES:** VERBAL, KINAESTHETIC, AUDITORY

### Let's Go on a hike (15 minutes)

**Purpose:** To help children understand what spiritual battles are, why we need God's armour, and how each piece helps us in everyday life.

#### Supplies needed:

- Broad brim hat
- Puffer jacket
- Hydration vest
- Hiking boots
- Utility belt
- Hiking pole
- Image of Roman Soldier

#### Instructions:

Ask one child volunteer to come to the front.

### Why preparation matters (3 minutes)

#### Leader:

Who here has ever been on a hike with their family?

Long hikes are exciting, but they also need preparation. You can't just head out without thinking about weather, rough ground, or how long the walk will be.

You need the right gear to keep you safe. Today, we're going to dress our volunteer for a hike - but we're also going to talk about how **God has given us special protection for life.** In the Bible, this protection is called **the Armour of God.**

{Show the Roman soldier image.}

Today we don't see people wearing armour, but in Jesus' time Roman soldiers wore it everywhere. So, when the book of Ephesians talks about armour, everyone understood - armour meant protection for a battle.

**Ask:** But... are we fighting a battle?

# What Is a spiritual battle?

## (3 minutes)

### Leader:

We're not fighting people. The Bible says we're not battling humans at all. In Ephesians 6:12, it explains that living for Jesus means fighting an invisible battle - a battle about choices, attitudes, and who we listen to.

### Ask:

- Have you ever wanted to do something you knew your parents wouldn't want you to do?
- Have you felt pressure to copy others even when it felt wrong?
- Have you ever felt angry, jealous, or unkind on the inside?

These moments are spiritual battles. From the very beginning, there has been someone who wants to pull people away from God's good ways — by making wrong choices seem fun or harmless. But God loves us too much to leave us unprotected. That's why he gives us his armour.

### God's Armour Explained (8–9 minutes)

#### Utility Belt - Belt of Truth:

(Put the belt on child)

A utility belt holds important tools and goes around the whole body. The Belt of Truth reminds us that God surrounds us with truth. Sometimes we're tempted to believe lies — like 'God doesn't care' or 'It doesn't matter if I do the wrong thing.'

God's truth reminds us: Jesus loves us, died for us, and has a good plan for our lives. Truth helps everything else stay in place.

#### Hydration vest - Breastplate of

#### Righteousness:

(Put vest on child)

Hikers need water to stay alive and strong. Roman soldiers wore a breastplate to protect vital organs — their heart and lungs. If these were hurt, they would be in serious trouble. The Breastplate of Righteousness reminds us that Jesus makes us right with God. We don't earn this by being perfect. We all mess up. When we do something wrong, we can ask God for forgiveness, and he helps us grow. This protects our hearts by reminding us that we're loved and forgiven.

#### Hiking boots - Shoes of Peace:

(Put boots on child)

Strong boots help hikers stand firm on rough ground. Roman soldiers wore strong sandals so they wouldn't slip or fall.

The Shoes of Peace mean we carry God's peace wherever we go — school, home, sport, friendships. That peace comes from the good news about Jesus. Because of Jesus, we can choose love instead of anger, and kindness instead of hurting others.

#### Jacket - The Shield of Faith:

(Put jacket on child)

A jacket protects us from wind, rain, and cold. Roman soldiers used shields to block arrows and swords.

Our Shield of Faith protects us when doubts, worries, or fears come at us — when we feel unsure about God or tempted to give up. The Bible says, 'Be strong and courageous, because the Lord your God is with you wherever you go.' Trusting that promise is faith, and faith protects us.

#### Broadbrimmed Hat - The Helmet of Salvation:

(Put hat on child)

A hat protects our head from the hot sun. Roman soldiers always wore helmets because protecting the head was crucial. The Helmet of Salvation reminds us that Jesus saves us. He rescues us and shows us how to live. When we remember we belong to Jesus, it protects our minds from lies and helps us feel safe and hopeful.

#### Hiking pole - The Sword of the Spirit:

(Hand the pole to child)

A hiking pole helps with balance and strength. Roman soldiers carried swords. The Bible says our sword is God's Word — the Bible. When we know what God says, we can fight back against lies and poor choices. We use this sword by reading the Bible, learning verses, and remembering what Jesus taught.

## How Do We Use the Armour? (3 minutes)

Look at the fully dressed volunteer.

### Leader:

Imagine going on the hike without one of these pieces. It would be harder, maybe even dangerous.

Spiritual battles work the same way, every day we are faced with the right way and wrong way to live. We need to wear our armour to help us make the choices God wants us to.

The Armour of God helps us:

- Remember the truth
- Protect our hearts
- Be peace bearers
- Stengthen our faith in God
- Protect our minds
- Remember that we belong to Jesus

The Bible says we need to 'put on' the armour - it is an everyday thing we need to choose to do. The armour won't help us if we leave it behind. Just like it will be no good to go on a hike without all the correct gear we need!

### What else can help us?

- Come to church and listen and learn more about the God and his son Jesus.
- Read our Bible - we won't have a good sword if we don't do this
- Pray or chat to God - about anything and everything, chatting with God helps your relationship grow better so God can help you every day.

## Recap + Reflect

### What + WOW!

Ask the group what stood out to them today or something that made them think WOW!

### Recap:

- God gave us **6 powerful pieces of Armour** to protect us
- We fight and **invisible battle**, not against people, but against wrong choices, lies, and things that pull us away from God.

### Leader:

Today we learned that spiritual battles don't usually feel big or scary, they look like everyday moments and decisions. Things like choosing kindness instead of anger, telling the truth instead of lying, and trusting God when something feels hard. God doesn't expect us to face these moments by ourselves. He gives us his armour to protect our hearts, our minds, and the choices we make.

### Memory verse:

Ephesians 6: 11 (CEV)

"Put on all of God's armour. Then you can remain strong against the devil's evil plans."  
(Read the verse together)

### Leader:

This verse reminds us that God gives us armour **on purpose**. When we put it on, it helps us stand strong and make wise choices, even when things are hard.

### Final questions to reflect:

Let's take a quiet moment to think about these questions. You don't have to share unless you want to.

- Where might you need God's armour this week? (At school, at home, with friends, or online)
- Is there a piece of God's armour you might not be using very well right now?

## Notes + Follow up

**Leader:**

There's no right or wrong answer. God is always helping us learn and grow. Each day is a new chance to put on his armour and ask him for help. Is there anything we can pray for together — like a tough time at school, with friends, or at home?

**Close in prayer:**

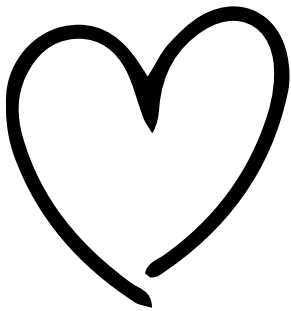
"Dear God, thank You for loving us and for giving us Your armour to protect us. Please help us to put on Your armour every day. Help us make good choices, be kind to others, and trust You when things feel hard. Thank You that You are always with us. Amen."



# FAITH IN ACTION



God knew that as Christians we would face challenges living in our world. At times, it can feel like a battle to stay on the right path. But God didn't leave us alone, he gave us 'armour' to stand strong. We're not fighting people. The Bible says we're not battling humans at all. In Ephesians 6:12, it explains that living for Jesus means fighting an invisible battle – a battle about choices, attitudes, and who we listen to.



**At church:**



Chat with your Big Bud or kids leader and see if they can remember all the pieces in the Armour of God. You may need to help them if you can.



**LIVE IT OUT!**




**At home:**

Challenge your family to see how many times in a week they use their "Armour" to fend off attacks! Keep a tally sheet on the fridge.



**Get creative:**



See if you can make your own 'Armour of God' costume using things you find around the house!



A Roman soldier figure is shown in full armor, standing in front of a stone wall. The figure is holding a spear in its right hand and a shield in its left. The armor includes a helmet, a breastplate, a skirt with a belt, and sandals. The figure is holding a sword in its left hand. The background features a stone wall and some greenery.

Helmet

Breastplate

Sword Belt

Shield

Shoes

