



SEEING WHAT IS UNSEEN

Putting on God's Armor

This week we are focusing on the seventh piece of armor—prayer. Prayer is an invisible piece of armor. Prayer is talking, listening, and having a relationship with God. Prayer is what helps a person get ready to use the armor God gives us.

KEY VERSE: “Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints.” Ephesians 6:18

BIBLE STORY PASSAGE: 2 Kings 6: 8–17

QUESTIONS

- Armor of God: Read Ephesians 6:18 together to introduce the armor for this week.
- Looking at the picture on page 6, ask: “Why do you think this piece of armor is important?”
- Together read page 7 in your Activity Book. Ask: “How did this armor protect a soldier?”
- Today we will learn how Christians can use the invisible weapon—prayer.

BIBLE STORY

- Read today’s Bible story about Elisha in 2 Kings 6: 8-17 together.
- Ask the following review questions:
 - Q1: What did Elisha’s servant see when he woke up?
A1: *The enemy army with horses and chariots around the city (v. 15)*
 - Q2: What did Elisha pray to God?
A2: *That God would open the servant’s eyes (v. 17)*
 - Q3: What did the servant see when God opened his eyes?
A3: *The hills full of horses with chariots of fire (v. 17)*
- Complete pages 8–9 together to review important lessons from today’s story.

GO DEEPER

Discussion Questions

- Q5: What do you think God wants us to learn from the story of Elisha and his servant?
A5: *We can know Satan is at work whenever we see chaos or sadness, but when we pray during these times, God shows us that He is more powerful than Satan.*
- Q6: How can Christians use prayer to defeat the enemy?
A6: *We can pray for God to give us the armor we need to defeat Satan and live for God.*

PRAY AND JOURNAL

- Complete pages 10-11 together as you pray and write about what God is teaching you.

ACTIVITY

Make a paper doll Roman soldier:

- Cut out a body shape from paper or use a wide craft stick. Draw a face on the soldier.
- Print images or draw your own pieces of armor (belt, breastplate, shoes, shield, helmet, & sword).
- Label and glue the pieces of armor on the soldier’s body.
- Discuss how God gives this armor to Christians when they pray and trust in Jesus as their Savior.



THE BELT OF TRUTH

Knowing God and His Standard

This week we are focusing on the Belt of Truth. The Roman soldier's belt helped him be strong enough to carry his other armor and fight at the same time. The Belt of Truth helps believers know that God's Word is true so we can obey it.

KEY VERSE: "Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest." Ephesians 6:14

BIBLE STORY PASSAGE: Genesis 3

QUESTIONS

- Armor of God: Read Ephesians 6:14 together to introduce the armor for this week.
- Looking at the picture on page 12, ask: "Why do you think this piece of armor is important?"
- Together read page 13 in your Activity Book. Ask: "How did this armor protect a soldier?"
- Today we will learn how Christians also have a belt to strengthen us.

BIBLE STORY

- Read today's Bible story in Genesis 3 together.
- Ask the following review questions:
 - Q1: What question did the serpent, who is Satan, ask Eve?
A1: *He asked if God really said they couldn't eat from any tree in the garden. (Note that Satan knew what God had told her, but he was trying to trick Eve.)*
 - Q2: What did the woman tell the serpent that God had said in verses 2 and 3?
A2: *They could eat any fruit except from the tree in the middle of the garden—if they eat it they will die.*
 - Q3: What happened when Adam & Eve sinned?
A3: *They had broken relationships with each other and God; they had to leave the garden; Adam would work hard all of his life; Eve would have pain as she bore children.*
- Complete pages 14–15 together to review important lessons from today's study.

GO DEEPER

Discussion Questions

- Q4: What do you think God wants us to learn from the story of Adam and Eve?
A4: *Satan tries to trick us into sinning, but there are consequences and punishments to our sin.*
- Q5: How does today's piece of armor help us against our enemy?
A5: *The Belt of Truth helps believers know that God's Word is true. God wants people to obey His Word.*

PRAY AND JOURNAL

- Complete pages 16–17 together as you pray and write about what God is teaching you.

ACTIVITY

Make a Wall of Truth:

- Search online how to make paper cubes. Cut the flat shapes out of the paper, but don't fold them yet!
- Look in the Bible for verses that contain characteristics of God. Use as many verses as you want!
- Write the characteristics of God on the paper cutouts. Use a different cube for each word.
- Fold and tape the cubes.
- Stack the cubes to make a fort-like wall. Discuss how the words in the wall remind us how God helps us.



THE BREASTPLATE OF RIGHTEOUSNESS

God Will Help Me Make Right Choices

This week we are focusing on the Breastplate of Righteousness. The Roman soldier's breastplate is a piece of armor that protects the body's essential organs. It was worn over the chest and covered the body from the neck to the thighs. Wearing the Breastplate of Righteousness means changing our actions to what God wants them to be.

KEY VERSE: "Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest." Ephesians 6:14

BIBLE STORY PASSAGE: Acts 9; 11:19-26; 13:1-5; 14; 16:16-24

QUESTIONS

- Armor of God: Read Ephesians 6:14 together to introduce the armor for this week.
- Looking at the picture on page 18, ask: "Why do you think this piece of armor is important?"
- Together read page 19 in your Activity Book. Ask: "How did this armor protect a soldier?"
- Today we will learn how Christians can use their Breastplate of Righteousness.

BIBLE STORY

- Read about the life of Paul together in Acts 9; 11:19-26; 13:1-5; 14; 16:16-24.
- Ask the following review questions:
 - Q1: What happened to Paul on his way to Damascus?
A1: *He was blinded by a bright light; he heard Jesus speak to him. (Acts 9:3)*
 - Q2: What did Paul do after he could see again?
A2: *He was baptized; He preached about Jesus everywhere he went. (Acts 9:18-20)*
 - Q3: What happened when Paul and Silas were in prison?
A3: *An earthquake opened the prison doors; the guard believed in Jesus. (Acts 16:2-33)*
- Complete pages 20–21 together to review important lessons from today's study.

GO DEEPER

Discussion Questions

- Q4: What do you think God wants us to learn from the story of Paul?
A4: *Satan tries to deceive us into sinning, but God will help us live righteously.*
- Q5: How does today's piece of armor help us against our enemy?
A5: *The Breastplate of Righteousness helps us act the way God wants us to; it protects us from the sins that Satan wants us to commit.*

PRAY AND JOURNAL

- Complete pages 22–23 together as you pray and write about what God is teaching you.

ACTIVITY

Play a righteous balloon game:

- Blow up a balloon. Use a permanent marker to separate the balloons into different sections. Write a different location in each of the different sections. (soccer practice, church, on social media, etc.)
- Toss the balloon back and forth. When the player catches the balloon, he will look to see what section his right index finger is touching. The player must name a way to live obediently in that location. (Example: church—invite a visitor to sit with you) Include more people for more fun!



THE SHOES OF PEACE

God Gives Me Peace

This week we are focusing on the Shoes of Peace. Roman soldiers wore leather shoes that were part boot and part sandal. They could be adjusted to fit the soldier's feet. Hobnails on the bottom of the shoe gripped the ground to keep the soldier steady while he fought.

KEY VERSE: "And your feet sandaled with readiness for the gospel of peace." Ephesians 6:15

BIBLE STORY PASSAGE: Luke 8:23–25

QUESTIONS

- Armor of God: Together read Ephesians 6:15 to introduce the armor for this week.
- Looking at the picture on page 24, ask: "Why do you think this piece of armor is important?"
- Together read page 25 in your Activity Book. Ask: "How did this piece of armor help a soldier?"
- Today we will learn how Christians can use the Shoes of Peace that God provides.

BIBLE STORY

- Read today's Bible story about Jesus calming the storm in Luke 8:23-25.
- Ask the following review questions:
 - Q1: What did the disciples do when the storm came?
A1: *They were afraid; they woke Jesus to help them. (v. 24)*
 - Q2: What happened when Jesus spoke to the storm?
A2: *The water calmed and the wind stopped. (v. 24)*
 - Q3: What did the disciples do after Jesus calmed the storm?
A3: *They were amazed; they were stunned that even the winds and waves obeyed Jesus. (v. 25)*
- Complete pages 26–27 together to review important lessons from today's study.

GO DEEPER

Discussion Questions

- Q5: What do you think God wants us to learn from the Bible story?
A5: *Satan can make "storms" in our lives, but Jesus provides peace to calm the storms.*
- Q6: How can Christians put on the Shoes of Peace?
A6: *Christians can remember to pray for God's peace. God's peace keeps us steady just like the Roman soldiers' shoes keep them steady as they fight their enemy.*

PRAY AND JOURNAL

- Complete pages 28–29 together as you pray and write about what God is teaching you.

ACTIVITY

Interview Christians:

- Visit or call two or three Christians. Contact them beforehand to assure they are available.
- Ask them to share how they became a Christian.
- Other ideas for questions include:
 - When was a time God gave you peace?
 - How have you used the Armor of God in your life?
 - How have you shared about God's peace to other people?



THE SHIELD OF FAITH

Living with Active Faith

This week focuses on the Shield of Faith. Roman soldiers carried their shields in front of them as they went to battle. The shields were made of wood, iron, and leather to protect the soldier. It could cover the soldier's whole body when he crouched down. The shield could extinguish any fiery arrows that hit it. Having faith is a Christian's shield.

KEY VERSE: "In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one." Ephesians 6:16

BIBLE STORY PASSAGE: Daniel 3:1-30

QUESTIONS

- Armor of God: Together read Ephesians 6:16 to introduce the armor for this week.
- Looking at the picture on page 30, ask: "Why do you think this piece of armor is important?"
- Together read page 31 in your Activity Book. Ask: "How did this armor protect a soldier?"
- Today we will learn how Christians can use the Shield of Faith.

BIBLE STORY

- Read today's Bible story about Shadrach, Meshach, and Abednego in Daniel 3:1-30 together.
- Ask the following review questions:
 - Q1: Why did Shadrach, Meshach, and Abednego not worship the king's statue?
A1: They only worshiped God, not the king's idol.
 - Q2: What did Shadrach, Meshach, and Abednego tell the king?
A2: God could rescue them from the fire; they would not worship the statue. (v. 17-18)
 - Q3: What did the king do when he saw the men were not harmed?
A3: He praised the One True God and rewarded Shadrach, Meshach, and Abednego. (v. 26-30)
- Complete pages 32–33 together to review important lessons from today's study.

GO DEEPER

Discussion Questions

- Q4: What do you think God wants us to learn from the story of Shadrach, Meshach, and Abednego?
A4: Having faith in God means trusting Him to keep his promises; we can trust God to help us in hard times.
- Q5: How can Christians use their Shield of Faith?
A5: We can remember God's promises and trust Him to help us when Satan tries to distract or attack us.

PRAY AND JOURNAL

- Complete pages 34–35 together as you pray and write about what God is teaching you.

ACTIVITY

Make a Shield of Faith:

- Draw the shape of a shield on a poster board and cut it out. Use the picture on page 30 to draw on the shield.
- Use foil, colored tape, or colored paper to decorate the shield.
- Discuss some "fiery arrows" that Satan might try to throw at their shields, such as "being teased because of believing in God."



THE HELMET OF SALVATION

Putting Our Inheritance Into Action

This week's armor is the Helmet of Salvation. Roman soldiers wore tight helmets made of iron and bronze to protect their heads, neck, and shoulders. The Helmet of Salvation protects the mind, the control center for all our thoughts.

KEY VERSE: "Take the helmet of salvation." Ephesians 6:17

BIBLE STORY PASSAGE: Genesis 25:29-34; 26:1-5

QUESTIONS

- Armor of God: Together read Ephesians 6:17 to introduce the armor for this week.
- Looking at the picture on page 36, ask: "Why do you think this piece of armor is important?"
- Together read page 37 in your Activity Book. Ask: "How did this armor protect a soldier?"
- Today we will learn how Christians have a Helmet of Salvation.

BIBLE STORY

- Read today's Bible story of Jacob and Esau together in Genesis 25:29-34; 26:1-5.
- Ask the following review questions:
 - Q1: What was a birthright? How do you think Esau felt about his birthright?
A1: A birthright was special rights given to the firstborn child, who would receive more inheritance. Esau did not think his birthright was important. (Gen. 25:34)
 - Q2: What did God promise to Isaac, Jacob & Esau's father?
A2: That he would be blessed with lands and many generations of offspring (Gen. 26:3-4)
 - Q3: Which brother received the birthright and God's promises?
A3: Jacob
- Complete pages 38–39 together to review important lessons from today's study.

GO DEEPER

Discussion Questions

- Q4: What do you think God wants us to learn from the story of Jacob and Esau?
A4: As Christians, we also have an inheritance from God—salvation. We cannot give it away. It is what makes us Christians, and it is God's gift to us.
- Q5: How can Christians use the Helmet of Salvation?
A5: We can know that salvation is God's gift to us. Salvation makes us grow to be more like Jesus; the Helmet of Salvation helps us honor Christ.

PRAY AND JOURNAL

- Complete pages 40–41 together as you pray and write about what God is teaching you.

ACTIVITY

Make Careful Thinking Reminders:

- Find and discuss Philippians 4:8. Have your child count the things listed for Christians to think about. Discuss what each of them mean.
- Print on notecards different ways to remember the things listed in the verse. Decorate the notecards. Ask your child to tape the notecards in places around the house where she will see them often.



THE SWORD OF THE SPIRIT

Depending Upon God's Word

This week's armor is the Sword of the Spirit. Roman soldiers carried two swords: one big and one small. Paul wrote about the smaller sword, which was like a knife or dagger. It was very sharp and could be easily reached. Soldiers used it for close combat.

KEY VERSE: "Take the helmet of salvation and the sword of the Spirit—which is the word of God."

Ephesians 6:17

BIBLE STORY PASSAGE: Matthew 4:1-11

QUESTIONS

- Armor of God: Together read Ephesians 6:17 to introduce this week's armor.
- Looking at the picture on page 42, ask: "Why do you think this piece of armor is important?"
- Together read page 43 in your Activity Book. Ask: "How did this armor protect a soldier?"
- Today we will learn how Christians can use the Sword of the Spirit.

BIBLE STORY

- Read today's Bible story about how Jesus was tempted (Matthew 4:1-11).
- Ask the following review questions:
 - Q1: Why did Jesus go into the wilderness?
A1: *He was led by the Holy Spirit.* (v. 1)
 - Q2: What was the first thing Satan tempted Jesus to do? Why was Jesus hungry?
A2: *Turn the rock into bread; Jesus was hungry because He had not eaten in 40 days.* (v. 2-3)
 - Q3: How did Jesus respond each time Satan tempted Him?
A3: *With verses from God's Word* (v. 4, 7, 10)
- Complete pages 44–45 together to review important lessons from today's study.

GO DEEPER

Discussion Questions

- Q4: What do you think God wants us to learn from the story of Jesus being tempted?
A4: *Satan tries to make us sin, but the Holy Spirit can help us use God's Word to resist temptation.*
- Q5: How can Christians use the Sword of the Spirit?
A5: *We can learn and remember what God says in the Bible. We can use God's Word to defeat Satan whenever he tempts us.*

PRAY AND JOURNAL

- Complete pages 46–47 together as you pray and write about what God is teaching you.

ACTIVITY

Make a "My Sword of the Spirit" Notebook:

- Staple several pieces of paper (lined, no lines, or colorful—your choice!) together.
- Decorate the front of the "notebook" with the title and your child's name.
- Help your child navigate Ephesians 6:13-18 and record in the notebook ways he can use the pieces of armor in different situations in his life, like "fear" or "sadness."
- Encourage your child to use the notebook to remind him of God's Word whenever he faces a tough time.