

How to Win Against Sin

Lesson Two: The Belt of Truth

Scripture References:

- Ephesians 6:11-14a
- John 14:6

Teacher Preparation:

Read the lesson beforehand and familiarize yourself with it. You do not have to read it word for word. Feel free to make it your own, just be sure to get the theme across. Pray for your class.

Gather the following supplies:

- Bible.
- Poster and pieces.
- Belt of Truth activity page for each child.
- Two large (12X18) sheets of construction paper per child. (For younger kids, precut these into parts of a belt of truth. Follow steps one through three in the directions.)
- Ribbon or yarn.
- Handheld hole punch.
- Crayons, scissors.

For further information on spiritual Truth, study the following passages. As you study these, allow the Holy Spirit to work these truths into your life so you can share them with the students.

- John 14:6
- Psalm 26:3
- 2 Corinthians 13:8

Theme:

The first piece of armor we read about is the belt of truth. The belt of truth is like a tool belt, it is where we store all of our knowledge of God.

Memory Verse:

Ephesians 6:11 (ESV) “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”

Game:

- Tell the students that you will ask them a series of true or false questions. For each question they get right, they take one giant leap towards the finish line. (The end of the room.) If they miss a question, they stay where they are. The first one to cross the finish line wins.
- Have them line up at the starting line.
- All the children answer every question, all at the same time. Those who get it right move forward. Those who do not get it right stay put.
- Continue in game play until every child has crossed the finish line. (Or reached the other end of the room.)
- Feel free to make up your own questions. You know your students and their interests, so make up questions they would like!

Questions:

1. True or **false**: Polar bears live in the Amazon.
2. **True** or false: Jesus was born in Bethlehem.
3. True or **false**: Birds live underwater.
4. **True** or false: Genesis is the first book in the Bible.
5. True or **false**: The Bible was originally written in Latin.
6. True or **false**: Moses built the ark.
7. **True** or false: In the painting of Mona Lisa, she has no eyebrows.
8. True or **false**: It took God a month to create the Universe.
9. **True** or false: Jesus Christ died for the sins of the world.
10. True or **false**: It always snows in the summer.
11. True or **false**: Halloween is when we celebrate the birth of Christ.
12. **True** or false: The sky is blue.
13. True or **false**: Jesus isn't the only way to get to Heaven.
14. True or **false**: Libraries are where you buy groceries.
15. **True** or false: Disney characters Pluto and Goofy are both dogs.
16. **True** or false: Koalas have fingerprints.
17. **True** or false: Almonds are part of the peach family.
18. True or **false**: Albuquerque is the capital of New Mexico.
19. True or **false**: Las Angeles, California is the capital of the USA.
20. **True** or false: A cockroach can live a week without its head.
21. True or **false**: Elephants have no sense of smell.
22. **True** or false: Camels can walk 100 miles without drinking water.
23. True or **false**: The Bible was written by Moses.
24. **True** or false: In some countries, it is illegal to own a Bible.
25. True or **false**: Roses are always red.

Lesson:

Pray with your class.

For those of you who were not here last week, let's review quickly. Last week we learned that we are all in a battle against sin. Satan hates God and tries to get us to stop following God by trying to get us to sin. But since we love God, we have to fight our temptation to do wrong. But God is our Protector and he will never let serious harm come to our lives. So with Jesus, we can WIN AGAINST SIN! Say that with me everybody, with Jesus, we can WIN AGAINST SIN!

Since we are in a war against sin, God gave us special armor to wear. This is called the armor of God. Last week we learned a song to help us remember all the pieces of armor. Let's sing that song together now.

Pretend to put on each piece of armor as you sing it. Hold the sword up high. When you sing "this is the armor of our Lord," march in place.

Belt, breastplate, shoes and shield,
Helmet and sword,
Belt, breastplate, shoes and shield,
Helmet and sword,
This is the armor of our Lord,
Belt, breastplate, shoes and shield,

Helmet and sword.

We can read about God's armor in Ephesians 6. If you have a Bible, turn there now. (Try to get a kid to volunteer to read Ephesians 6:13-14a, or read it out loud to them.)

So what is the first piece of armor we read about? The belt of truth. Who can tell me what a belt does? Belts hold up your pants and keep them from falling down, that's right. The belt of truth is more like a tool belt. What are tool belts used for? We use tool belts to store our tools when we are building something. The belt of truth is not something we can actually go to the store and buy. God's armor is something that we have to learn to put on every day by learning new things about God and changing our attitudes, how we think about life and other people. So when we put on the belt of truth, that means we learn about the truth of God and we keep it close to us, like we wear a belt close to our bodies. The belt of truth is kind of like Batman's utility belt. Everything he needs to fight evil is on that belt. Everything we can ever need to know to fight evil is the Truth, and we wear the Truth tight around us just like Batman wears his belt.

So, who can tell me some true things about God? (Write these on the board, keeping as close to the child's wording as you can. If you feel confident enough, draw pictures next to the sentences for the younger children. Stick figures are great.)

A few important truths that should end up on the board:

- Jesus Christ is God.
- God loves us so much that he sent his Son to die for us.
- We are all sinners and we all need salvation, which only comes from Jesus.
- All we have to do to be forgiven of our sins is say sorry to God, love him, and try to do what he tells us to do in the Bible.
- Jesus is the way, the truth and the life. No one comes to the Father but through him. (John 14:6)

When we remember these truths about God, we are putting on the belt of truth. Now let's all practice our memory verse together. I will say it once, and then we will learn some motions to help us remember it. "Put on the whole armor of God, that you may be able to stand against the schemes of the devil." Now stand up and we will learn a few motions to help us learn this Bible verse. "Put on the whole armor" As you say this, pretend to get dressed. Put on your pants and a jacket. "of God" Sign God. (With right hand, thumb facing you, bring your flattened palm downward from your forehead to your chest.) "So that you may be able to stand against" Stand with your feet slightly more than shoulder width apart with your hands on your hips, like a super hero. "against the schemes" Rub your hands together like an evil villain. "Of the devil." Sign devil. (Put your thumbs to your temples, and your forefingers and middle fingers straight in the air. Bend them twice, like air quoting. Repeat the entire verse with the children, leading them in doing the motions.

Poster

Review the pieces from last week. Add (or have the children add) a belt to the boy and girl on the poster.

Craft

Make Belts of Truth with the students. Pass out two sheets of construction paper (or the belt pieces, for younger kids,) scissors and crayons. Show the picture of the Roman centurion. Explain that Paul, who wrote about the armor of God, would have been picture this kind of soldier. So that's the kind of belt you will be making.

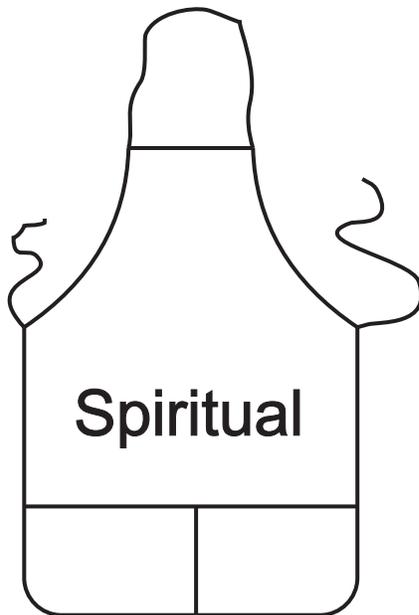
1. Start by folding each piece of construction paper in half, long side to long side. (Hot dog style.) Unfold and cut along the crease. You now have four long pieces.
2. Cut one short side of each piece into a point. Do this by cutting away each corner and having your cuts meet in the middle. (Refer to the picture, that will make more sense.)
3. Along the other end, the flat side, punch two holes a couple of inches apart. (For younger kids, do these steps first, so they can just focus on the important parts, thinking about the Truth.
4. Now write a Biblical truth that matters to you on each piece. Add a picture if desired. (For example, "God loves me no matter what." Draw a heart.)
5. String all four pieces onto a long length of yarn. Cut the yarn and tie the belt around your waist. You now have a Belt of Truth!

Pray with the class. Then pass out the Belt of Truth activity page. Work on it until parents come, or send it home as homework to reinforce the lesson.

Belt of Truth

Match the “truths” with the correct tool belt. (Spiritual truths in the Spiritual tool belt and worldly truths in the World tool belt.)

Jesus died for our sins.

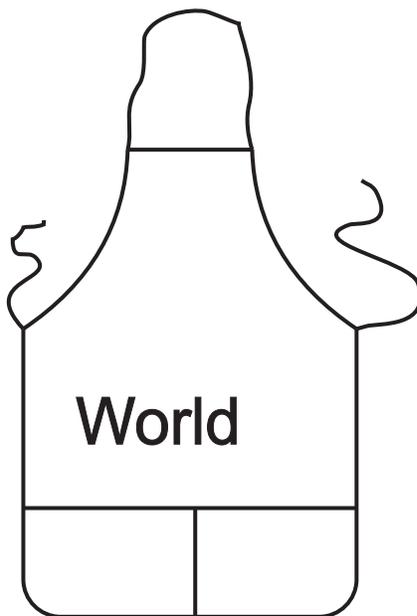


The Armor of God passage is found in Ephesians chapter 6.

Being good gets you into Heaven.

The Ten Commandments are in the book of Romans.

Moses built the Ark.



Write your own Spiritual truth:

1 Corinthians 13 is often called the Love Chapter of the Bible.

Belt of Truth

Draw a line from each object and match it to the correct tool belt.

