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# Put on the Armor of God

Children's Sermon: Ephesians 6:10-20

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The Armor of God is a fun visual to talk about with students, but it is important to communicate what it truly means, as well. As frightening as it might sound, there are evil forces at work in the world around us. The good news is that we know God protects and provides for us, no matter what. This

message uses some protective “gear” to exemplify the importance and meaning of being protected from harm. Our spiritual armor guards our souls and keeps us safe in Christ Jesus.

**Law/Gospel Theme:** God promises to protect us and be present with us in all things. Because of the salvation we have in Jesus, we know that we are kept safe even in the midst of spiritual attack. The blood of Christ covers us and our faith in Him shields us from all harm. Jesus guides and guards our hearts when we trust in Him. We gain the other pieces of “armor” (truth, righteousness, etc.) when we place our lives in His hands.

**Optional Materials:** Protective gear, such as helmets, oven mitts, eyewear, cold weather clothing, hard hats, etc.

**Bible Passage:** Ephesians 6:10-20

**Message Note:** As with most messages, the details of how you choose to communicate this are adaptable and should cater to timing as well as to your audience and student needs. Use whatever kind of “protective gear” works best for you.

## More Teaching Ideas:

- Watch the video of this [children's sermon](#) and related [Bible craft ideas](#)
- Compare our full [Ephesians 6:10-20 Sunday School lesson: Put on the Armor of God](#)
- Compare another [Back-to-School lesson on the Armor of God](#)
- Download our free [Armor of God coloring pages](#)



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## Armor of God Children's Sermon – Ephesians 6:10-20

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*Greet the children, wearing a variety of examples of “protective” attire...*

Hello, children of God! Now, you might notice I have some interesting items with me today...I am very prepared! In fact, I am prepared and protected for pretty much anything. I have my helmet, to keep my head safe. And I've got gloves to protect my hands. If it's extra cold, I have this scarf here to keep warm. If it's sunny, I've got sunglasses to shield my eyes. All of these things might be used in a few different types of circumstances, but they will all protect my body from physical harm in some way.

Here's a question though: how might I protect myself spiritually? What might it mean to have spiritual protection? The Bible tells us that, unfortunately, there are evil powers out there who don't like it when God wins. We know the Lord is on our side and will always keep us from harm, but we have to put on spiritual “armor” to trust and rely on that. God will always keep us safe, no matter what else comes our way. But we need to remember to ask Him for help, to believe He will provide and protect, and to study His word for counsel. *Continue the chat by describing the various components of the Armor of God...*

The book of Ephesians (a letter from the apostle Paul) tells us to put on “God's Armor”, the protection our faith provides. This armor consists of a helmet of salvation. Just as a helmet keeps our heads safe and protected, Christ's blood protects our lives in all ways. The armor also includes a belt of truth. Truth holds our lives up, just as a belt holds up our pants! We also need “shoes of the gospel and peace”, which reminds us that we need to go into the world and share God's Word. A Shield of Faith is a reminder that our trust in Jesus can protect us and keep away things that might do us harm, just as a shield protects a soldier. A breastplate is what guards the heart...the “breastplate of righteousness” means our hearts are guarded by living lives in righteous (pure, good) ways that God would have. Lastly, the only piece of God's armor that is more a weapon is the SWORD of the spirit. Our sword is the Word of God, the Bible! That means the Bible is not only a guide, but a powerful weapon for us to use.

So let's put on that “armor.” Protect yourself by asking for God's help in understanding this “armor.” It isn't about things we wear or carry around. It's about praying and resting in the truth that God will provide for and protect us! His armor covers us from anything around us. Believe it and have faith in it. We are all in the Lord's army!

Let's say a prayer to thank God for protecting us and giving us His armor:

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## Children's Prayer Moment:

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(Have kids repeat each line)

Dear God,

Thank you for protecting us in every way

Help us to put on your armor

So that we can be strong and secure

Thank you that our faith shields us

And your word is our weapon

Thank you for your love

We love you, God!

In Jesus name, Amen!

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## Bible Verses/story to Reference:

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*Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, 19 and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, 20 for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak. -*

[Ephesians 6:10-20](#) ESV



Thank you for downloading these free materials. Our team is grateful for your trust and pray that God will bless your ministry.

This resource was prepared by [Kristin Schmidt](#) (pictured right). She serves at the Epiphany Lutheran Church in Castle Rock, CO. She has shared her teaching gifts through *Ministry-To-Children* since 2014 and now serves as our lead curriculum writer.



Every week she writes new [Sunday School lessons](#), [Bible crafts](#), and [children's sermons](#).

Kristin has a professional background in elementary and pre-school education. A graduate of Biola University, she holds a Master of Education and will receive the Master of Theology degree from Concordia University, Irvine, California, in May 2020. Kristin grew up in southern California and lived the past 10 years in Georgia. She is a long-distance runner and voracious reader.

My name is Tony Kummer (pictured below). I started Ministry-To-Children.com in 2007 as a free resource for anyone sharing Jesus with kids. It is my personal honor to share these resources with churches around the world.



[Reader donations](#) and your support at [The Sunday School Store](#) fund these free materials. Please keep us in mind when you are choosing your next children's ministry curriculum.

If you enjoy our material, be sure to [sign-up for my free email newsletter](#) called "Sunday School Works!" Every Tuesday, I send the latest new lessons, crafts, and coloring pages in print-friendly format to make your lesson planning easy.

May God continue to bless your ministry!

*Tony Kummer*