

THE ARMOR OF GOD: BELT OF TRUTH

Ephesians 6:10-12, 14; Acts 5:17-42

Parents Dig In

Dig In to the Bible

Read: Ephesians 6:10-12, 14; Acts 5:17-42

In This Passage: Paul talks about the spiritual battle we're fighting against evil and tells us to put on God's armor. This includes the belt of truth. In Acts, Peter and John put on the belt of truth when they spread the truth about Jesus despite being arrested and beaten.

Bible Point: We fight evil with truth.

Summary Verse: "Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm" (Ephesians 6:13).

Dig Deeper

You'll Be Teaching: We fight evil with truth. In a world that's increasingly devoid of absolute truth, kids need the belt of truth more than ever! They may hear "God isn't real," "Heaven isn't real," or "Whatever is true for you is just true for you." Teach kids to put on the belt of truth to fight against these lies.

Think About: What do you know is true about God?

Dig In to Prayer

Ask God to help your kids stand firm in the truth without being mean or aggressive about their faith.

OPENING

Welcome

Supplies

- Bible
- "Knight" handout, printed on 11x17 paper (1 copy) (download here)
- aluminum foil
- glue sticks

Easy Prep

Hang the "Knight" handout on the wall. You'll use it for the next 6 weeks.

Introduce the Lesson

Say: Today we're going to start learning about the armor of God. In battles, soldiers wear armor to protect themselves. We're not in a war against people, but the Bible says we're in a war against unseen powers of evil! But don't worry, we're on the winning side: God's side! And we have his special armor to put on, including the belt of truth.

- Have kids tear small strips of aluminum foil to fit on the knight as a belt.
- Kids can glue their strips to the knight, one on top of the other, so you end up with a stack of foil that makes a thick belt.
- You'll continue to add to the knight handout for several weeks, so leave it up.

Share

Ask kids to share who they think would win in a fight between a goat and a raccoon. Make sure kids explain their reasoning. Tell kids who you think would win, and why.

Summarize

Open a Bible to Ephesians 6, and say: **Today we're going to talk about a battle—but it's not between goats and raccoons; it's between Christians and evil! We're on the winning side when we wear the armor of God. Let's find out more about the armor of God in the Bible. The Bible isn't an ordinary book; it's God's special book. The Bible is one way we find out God's truth so we can fight evil with truth. Let's talk with God and get our marching orders!**

Pray, thanking God for his victory over evil with truth.

TALK-ABOUT VIDEO

Truth and Lion

Say: **We're learning that we fight evil with the truth. But what happens when people don't believe us? Let's see what happened when one boy's friends didn't believe him.**

Watch "Truth and Lion. [here](#)

Ask: **Be honest: Did you believe Cade really had a lion? Why or why not?**

- **Tell about a time you shared the truth about Jesus but people didn't believe you.**
- **What is it about Jesus' story that might seem hard to believe?**

Say: **There will always be people who don't believe the truth about Jesus. But we can keep on wearing our belts of truth and telling people the truth. We fight evil with truth.**

MUSIC VIDEO

"I Will Not Be Afraid" (watch or download [here](#))

"Stand Strong" (watch or download [here](#))

"There's Power in the Blood" (watch or download [here](#))

CORE BIBLE DISCOVERY

The Armor of God: Belt of Truth (Ephesians 6:10-12, 14; Acts 5:17-42)

Supplies

- Bible

Easy Prep

- Brief your adult or teen helpers on their roles for the Spread a Message section.

Set It Up

Say: **Today we're starting a series about the armor of God. The armor of God talks about a soldier's armor as an example of the kinds of things we need to do to stand strong for God.**

So what's the battle we're in? Listen to this.

Read Ephesians 6:10-12.

Ask: • **How do you feel when you hear that we're fighting against unseen, evil rulers?**

Say: **Knowing you're in a battle against evil spirits can sound scary. But here's something awesome: Jesus has already won the battle! And he gives us armor and weapons to join him on the winning side.**

The verses we read tell us to stand firm. The devil is also called Satan, and God can help us stand against him. Let's look at a time a guy named Peter stood firm when Satan wanted to keep the news of Jesus from spreading. First, let's read about the piece of armor Peter used.

Read Ephesians 6:14.

Spread a Message

Say: **Here's a message I want you to spread: Pizza is delicious. Walk around the room and tell everyone you can! Tell people more than once!**

As kids begin to walk around and spread the message, your adult or teen helpers will go to kids individually to tell them they shouldn't be talking about pizza in church and to go stand in the corner as a punishment.

When several kids are standing in the corner, stop the activity.

Ask kids who are standing in the corner: • **How did you feel when you got in trouble for talking about pizza?**

Ask kids who are still playing: • **How did it affect your message when you saw others getting in trouble?**

Say: **This same kind of thing happened to the first Christians in the Bible. But they weren't talking about pizza; they were talking about *Jesus!* Some religious leaders known as the Pharisees and the Sadducees didn't like that. See, they loved God, but they didn't know Jesus really was God. They thought Jesus had lied about that.**

But Peter's battle wasn't against them; Peter's battle was against Satan, who was tricking the religious leaders into trying to stop the message of Jesus from spreading. The Pharisees and Sadducees sent Peter and his friends (who were

called apostles) to jail for talking about Jesus, just like some of you got in trouble for talking about pizza. But check this out!

Read Acts 5:17-20. As you do, head over to the corner where the kids who got in trouble are standing, and gesture for them to leave the corner.

Say: **Even though Peter and his friends had just been sent to jail for talking about Jesus, they did what the angel said. They left the jail and talked about Jesus more! They knew we fight evil with truth. In a way, they put on their belts of truth to talk about Jesus—even when Satan wanted to stop them.**

Let's spread a message about Jesus now.

Have kids walk around again for a minute or two, this time sharing the message "Jesus loves you," while your adult or teen helpers stand in the corner looking confused.

Then say: **So imagine the religious leaders' surprise when they went to the jail and no one was there! Then they found out where Peter and his friends were.**

Have a Trial

Read Acts 5:22-25.

Ask: • **If you were Peter or one of his friends, what would you do when the leaders came to the Temple to look for you?**

Say: **The leaders came and arrested Peter and his friends *again*. Let's imagine we're at their trial.**

Have a few kids be Peter and his friends and stand on one side of the room while your adult or teen helpers stand on the other side. You can stand in the middle to be the judge. All the other kids are the jurors.

Say: **Peter and his friends knew we fight evil with truth, and they told some important truths.**

Have one of the kids in the Peter and friends group read Acts 5:29-32.

Ask: • **What do you think, jury? Are they guilty of talking about Jesus?**
• **How should we punish them?**

Say: **The religious leaders wanted to kill Peter and his friends so they couldn't talk about Jesus anymore. But then one leader named Gamaliel (guh-MAY-lee-el) made a really good point.**

Have a child from the jury play the role of Gamaliel and read Acts 5:38-39.

Ask: • **What do you think, jury? What should we do?** You can also get input from the kids playing Peter and his friends, and your adult or teen helpers can chime in as well, in character.

Say: **The religious leaders realized Gamaliel's advice was good, and they didn't kill Peter and his friends. But they did flog them. That means they hit them over and over with a stick or a whip. That's still a really bad punishment. Let's see what their reaction was.**

Have one of the kids in the Peter and friends group read Acts 5:41.

Ask: • **Why do you think the apostles would rejoice about being flogged?**

Say: **Being flogged could've felt like losing the battle, but not to the apostles! They knew we fight evil with truth, and no one could stop them from telling the truth about Jesus.**

Read Acts 5:42. Have kids walk around and proclaim to one another, "Jesus is the Messiah."

Say: **Just like Peter and his friends, we fight evil with truth. We know when we tell others the amazing truth about Jesus, nothing can beat us!**

OBJECT LESSON

No Way!

Supplies

- 16-inch piece of yarn
- 16-ounce cups (1 per child, plus 1 for you)
- 10 sticky-note pads

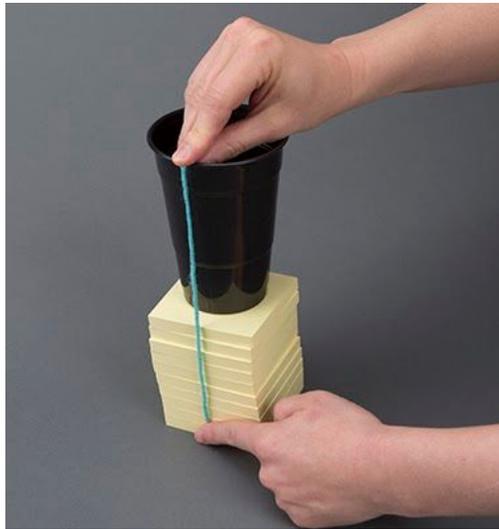
Tips

- You can use things such as decks of cards or toy blocks instead of sticky-note pads. Anything that's flat and stackable that the cup can sit on will work.
- If you use different supplies, make sure when you stack the cup on top of the supplies and measure the height of the stack that it stays under 11¼ inches.

Watch a Surprising Truth Revealed

Say: **We've been exploring truth today and how we fight evil with truth. The truth can be surprising and really grab our attention. I'll show you what I mean.**

- Give everyone a cup, and invite kids to decide if they think the measurement around the mouth of the cup is greater than the height of the cup. Allow a few minutes for kids to examine the cups and make their guesses.
- Invite kids to vote by a show of hands on which measurement is greater.
- Where everyone can see, place your cup on top of one sticky-note pad. Have the kids vote again now that the cup is a little taller.
- Continue adding sticky-note pads under the cup and allowing kids to vote on which measurement is greater.
- As the stack grows, it becomes harder and harder to believe that the measurement around the mouth of the cup is greater than the height measurement. Most of the kids will vote that the height is now greater.
- After the last sticky-note pad is added, use the piece of yarn to measure around the mouth of the cup, and hold that length on the yarn. Then hold one end of the measured yarn at the base of the stack and pull the other end up to show that the yarn still passes the top of the cup—the measurement of the mouth of the cup is still greater than the height measurement!



Talk About It

Ask: • **What surprised you about the cup's measurements?**

Say: **Seeing a surprising truth revealed grabs our attention and helps that truth stick in our memories. We remember experiences that make us say "Wow!" or "No way!"**

Ask: • **What are some truths about God that surprise you?** Share an example of your own, such as how no matter what you do or how badly you feel you've messed up, God loves you.

Say: **The truth about God can be surprising and exciting, and as we wear our belts of truth we can share that surprise and excitement. When we help others see the truth about God, we fight evil with truth.**

CRAFT

Truth Catcher

Supplies

- “Truth Catcher” handout (1 per child) ([download here](#))
- scissors
- markers
- pens

Easy Prep

Make a sample craft to show kids.



Make Truth Catchers

Show kids the sample craft you made. Give each child a “Truth Catcher” handout. Set out the remaining supplies to share, and have kids follow these directions to make Truth Catchers. (Note: Some of the kids in your class may already know how to make a “cootie catcher.” If so, let them coach others on how to fold this craft.)

- Cut out the larger square.
- Fold the corners along the dotted lines toward the center of the blank side of the square.
- With the printed side up, fold the corners in toward the center dot.
- Then fold the squares in half one way, undo that fold, and fold them in half the other way.
- When kids undo that fold, they should be able to hold their Truth Catchers by inserting their thumbs and fingers into the outer flaps as shown in the following photo.



Decorate

- Have kids draw a belt on each of the four outer flaps of their Truth Catchers, using a different color for each belt.
- On the eight inner triangles, kids can write the names of places where they need to remember the truths that are hidden under the triangles. For example, if they feel lonely at school, they might write “school” on the triangle that covers “I will never fail you. I will never abandon you.” Other places could include home, sports practice, church, the car, at a friend’s house, and so on. It’s okay for kids to repeat the same place if more than one verse is relevant there.
- Under each place, kids will write any number from 1 to 8.

Play

- To use their Truth Catchers, kids will hold them so they can see the four outer flaps.
- They'll choose a belt shown on one of the flaps, then open the Truth Catcher one way and then the other for each letter in the name of the belt's color. For example, they would open the Truth Catcher three times for the color red.
- Then they'll choose a number from one of the inner triangles that's showing and open the Truth Catcher that many times, repeating for a total of three turns and then choosing a place that's showing. Then they can open the panel with the place they chose and read the truth underneath.
- Let kids play as much as time allows.

Talk About It

Ask: • **How did you decide on the places you need to hear each truth?**

• **Lift up one flap at random. What evil or lie can that truth help you fight?**

Say: **Our evil enemy surrounds us with lies: lies about God, lies about our faith, and lies about ourselves. But we fight evil with truth. When you need to fight a lie, put on your belt, take out your Truth Catcher, and fight!**

Have kids take their Truth Catchers home and use them to share truths with their families and friends and to remind themselves of truths when they need to fight lies.

LIFE APPLICATION WRAP-UP

Truth and Lies

Fight Evil With Truth

- Tell kids you'll read aloud some lies they may hear outside of church, and for each one you read, they'll respond, "We'll fight that lie with truth."
- Read the following statements, pausing for kids to respond to each one.

Some people may say, "God isn't real."

Some people may say, "God couldn't possibly love *you*."

Some people may say, "Jesus is just *one* way to heaven."

Some people may say, "Heaven and hell aren't even real—this life is all there is."

Some people may say, "God can't be good, or he wouldn't let bad things happen."

Some people may say, "Anyone who believes in Jesus is dumb."

Pray: **Jesus, help us wear our belts of truth so we can fight evil with truth. In your name, amen.**