

# Armour of God: Belt of Truth

## SUMMARY:

The belt worn by a Roman soldier was important because it firmly secured the soldier's weapons that were needed to fight. If we are to fight against sin, we must be firmly secured by the truth that is found only in Jesus.

“

1 Corinthians 13:6 (NIRV)

Love is not happy with evil. But it is full of joy when the truth is spoken.

”

## BIBLE READING FOR THE WEEK

Title: Ephesians 1, Acts 5:1-10

## ACTIVITY

1. Draw out a heart shape on a piece of paper.
2. Write in this heart 3 truths about God.

## DISCUSSION QUESTIONS:

- Read Ephesians 1. What do we receive through Jesus Christ?
- Read Acts 5:1-10. What happened to Ananias and Sapphira when they lied?

## REFLECTION QUESTIONS:

- What is one truth about God we want to remember today?
- How can we apply the truth today?

## PRAYER POINTERS

- Pray that we will know God's truth
- Pray that we will always tell the truth

# Armour of God: Breastplate of Righteousness

## SUMMARY:

A Roman soldier wore the breastplate to protect his vital organs because without protection, he would not survive. In the same way, we cannot fight spiritual battles using our own goodness. Our righteousness is not enough. We need to put on the Breastplate of Righteousness.

“

Deuteronomy 6:18 (NIRV)

Do what is right and good in the Lord's eyes. Then things will go well with you. You will go in and take over the land. It's the good land the Lord promised to your people of long ago.

”

## BIBLE READING FOR THE WEEK

Title: Ephesians 2, 1 Samuel 24:1-7

## ACTIVITY

1. Fold an origami heart.
2. Inside the heart, write down 3 good things that pleases God.
3. Let's remember to put on the Breastplate of Righteousness everyday!

## DISCUSSION QUESTIONS:

- Read Ephesians 2. Are we Jews or Gentiles? How have we been reconciled to God?
- Read 1 Samuel 24:1-7. How do you think David felt when facing the enemy? What did he do?

## REFLECTION QUESTIONS:

- What can we do when we feel tempted to do the wrong thing?
- What does “doing the right thing” look like at home or in school?

## PRAYER POINTER



Pray that we will choose to do the right thing, even when it's hard

# Armour of God: Shoes of the Gospel of Peace

## SUMMARY:

A soldier needs proper shoes to move confidently and be ready for battle. In the same way, we must be spiritually prepared before facing life's battles. Our readiness comes from knowing the Gospel — the good news about Jesus. Through the Gospel, we stand firm and can share the message of peace with others.

“

Romans 1:16 (ESV)

For I am not ashamed of the Gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek.

”

## BIBLE READING FOR THE WEEK

Title: Ephesians 3, Acts 16:25-31

## ACTIVITY

1. Refer to the next page that summarises the Gospel.
2. Remember the 4 key points of the Gospel.
3. Pray and ask God for 1 person to share the Gospel with.

## DISCUSSION QUESTIONS:

- How was God's grace shown in Paul's life?
- Read Acts 16:25-31. How could Paul and Silas still have peace while in prison?

## REFLECTION QUESTIONS:

- Who has God placed in our lives to hear about Jesus?
- What is one peaceful or loving way we can share the Gospel this week?

## PRAYER POINTER

- Pray that we will have the courage to share the Gospel

# Week 3 activity

## The Gospel



GOD MADE **HEAVEN** FOR  
US TO LIVE WITH HIM



BUT WE ALL SIN, AND SIN  
LEADS TO **DEATH**



**JESUS** DIED AND ROSE  
FROM THE DEAD, SO WHO-  
EVER BELIEVES IN HIM CAN  
HAVE **ETERNAL LIFE**



WE WANT TO **GROW**  
IN RELATIONSHIP WITH GOD

# Armour of God: Shield of Faith

## SUMMARY:

The Shield of Faith is trusting God completely in every situation. Just as a soldier's shield blocks arrows and protects vital parts of the body, our faith protects our hearts from doubt and lies. It may take strength to hold onto faith, but it keeps us spiritually safe.

“

Psalm 33:20 (NIRV)

We wait in hope for the LORD. He helps us. He is like a shield that keeps us safe.

”

## BIBLE READING FOR THE WEEK

Title: Ephesians 4, 1 Samuel 17

## ACTIVITY

1. Create a makeshift shield using household items. (Get creative!)
2. Write any lies or bad thoughts on small pieces of paper and crumple them into balls.
3. Ask someone else in your family to throw the paper balls while you hold up the shield.

## DISCUSSION QUESTIONS:

- Read Ephesians 4. What is the body of Christ? How should the body of Christ grow together?
- Read 1 Samuel 17. How did David pick up his Shield of Faith?

## REFLECTION QUESTIONS:

- What are some lies that we may believe in and what does the God say about them?
- How can we strengthen our faith to shield ourselves from the enemy?

## PRAYER POINTERS

- Pray that we will remember God's truths
- Pray that we don't believe the enemy's lies





# Armour of God: Prayer

## SUMMARY:

God wants a personal relationship with us, and we should pray continually. Prayer connects us to God's power and helps us follow His guidance. Even though prayer isn't part of the armour, it is essential, just like how a soldier relies on instructions from the commander. Through prayer, we communicate with God and obey His directions in spiritual battles.

“

Colossians 4:2 (CEV)

Never give up praying. And when you pray, keep alert and be thankful.

”

## BIBLE READING FOR THE WEEK

Title: Matthew 6:5-15, Daniel 10:10-14

## ACTIVITY

1. As a family, write down 3 things to thank God for, 2 characteristics of God, and 1 prayer pointer.
2. Pray together as a family.

## DISCUSSION QUESTIONS:

- Recite and pray the Lord's Prayer using Matthew 5
- Read Daniel 10. What did Daniel receive from God after seeing the vision?

## REFLECTION QUESTIONS:

- Why is prayer so important?
- What is something we want to pray for/about this week?

## PRAYER POINTERS

- Pray for our family and friends
- Pray for our schools, workplaces and country

# Armour of God : Review

## SUMMARY:

Just like a soldier wears armour in battle, we can “put on” God’s armour to stand strong. The belt of truth helps us to be honest, the breastplate of righteousness protects our hearts, the shoes of peace help us share the gospel and have peace, the shield of faith protects us from fears and lies, the helmet of salvation reminds us we belong to Jesus, and the sword of the Spirit is God’s Word that helps us know what is right. When we trust God and follow Him, He helps us fight against the enemies.

“ Ephesians 6:11 (NIRV)  
Put on all of God’s armour. Then you can remain strong against the devil’s evil plans. ”

## BIBLE READING FOR THE WEEK

Title: 1 Thessalonians 5, 2 Corinthians 10

## ACTIVITY

1. Sit in a circle as a family.
2. One person will act out a scenario based on 1 piece of the Armour of God.
3. The rest of the family can guess which part of the Armour of God the scenerio refers to.

## DISCUSSION QUESTIONS:

- Read 1 Thessalonians 5. As ‘children of the light and of the day’, how should we live?
- Read 2 Corinthians 10:3-5. What weapons are we fighting with?

## REFLECTION QUESTIONS:

- Which part of the Armour of God do you find difficult to put on?
- How can we put on the Armour of God everyday?

## PRAYER POINTERS

- Pray that we will stand strong against the enemy and be firm in God’s word everyday