

LESSON 4: THE ARMOR OF GOD: SHIELD OF FAITH

📖 Ephesians 6:10-12, 16; Genesis 6–9; Hebrews 11:7



MUSIC VIDEO

[10 min]

Stand Strong

Supplies

- “Stand Strong” (watch or download [here](#))
- “There’s Power in the Blood” (watch or download [here](#))
- “All Authority” (Romans 13:1) (watch or download [here](#))

Sing Songs to God

Sing the three songs in any order.



TALK-ABOUT VIDEO

[10 min]

Noah’s Ark

Supplies

- “Noah’s Ark” teaching video (watch or download [here](#))

Discuss and Watch “Noah’s Ark”

We’re learning that we fight evil with faith. Noah had to have faith that what God said would happen *would* really happen. Let’s see what happened to Noah.

Watch “Noah’s Ark.” Ask: • **Which joke was the best joke in this video?**

• **Since animals can’t *really* tell jokes, what do you think Noah did to stay entertained while he was on the ark?**

• **Would you want to go on a boat ride for that long? Why or why not? Which animals would you want with you?**

Noah had to have faith in God. He had to trust God that it really would flood. He had to build an ark just like God said to. He had to trust God to gather all the animals for the ark! And he had to have faith that the scary animals wouldn’t hurt him. We fight evil with faith when we believe God will do what he says.



The Armor of God: Shield of Faith (Ephesians 6:10-12, 16; Genesis 6–9; Hebrews 11:7)

Supplies

- Bible
- poster board (several sheets) or flattened cardboard boxes
- scissors
- duct tape

Build a Boat

Say: **Today we're learning about faith, which is kind of like another word for trust. And I have a weird feeling something that's *never* happened in our class is going to happen today. Do you trust me?** Pause.

Say: **Here's what I think is going to happen. I think it's going to flood right here in our classroom! *And* I think it's our job to save a bunch of animals! So what we need to do is build a boat. Then we'll call the animals, and I feel like they're going to come just before it starts raining. Do you still trust me?** Pause.

Have kids work together to use poster board or cardboard to make a boat. They can duct tape the pieces together in a boat shape that's big enough for all the kids to get in. As kids work, keep playing up your gut feeling that the classroom is going to flood.

Call the Animals

Say: **Thank you for building that boat! I feel so much better now. And my gut feeling is getting stronger and stronger...the flood's going to start any minute! Let's call for the animals.**

Have kids do animal calls as you watch the door expectantly, waiting for the animals to come. After kids have made animal calls for a little bit, look out the door and glance both ways down the hallway.

Say: **I'm not sure what's going on. I don't see any animals coming. But I'm still *sure* it's going to flood in our classroom, even though that's never happened before. We'd better not waste any more time waiting for the animals. Let's just get in the boat!**

Have kids get in the boat. Stand with them, and keep playing it up that it's about to rain. You might even do a 10-second countdown as if it's going to rain at the end of the countdown and then repeat the countdown a few more times.

After a couple of minutes, say: **I don't know. I guess my gut feeling was wrong. Here I made you do all this work to build the boat and call the animals because I was *sure* there would be a flood...and it didn't happen.** Have kids get out of the boat and sit in a circle.

Talk About It

Ask: • **Describe your attitude while you were following my directions. Did you believe me? Why did you cooperate?**

Say: **In the Bible, God told a man named Noah that it was going to flood. Here's what he said.**

Read Genesis 6:11-14.

Say: **God went on to describe more details about building the boat (which was called the "ark") and about gathering the animals.**

Ask: • **Tell about a time you experienced a lot of rain or even a flood.** Share your own story first. Depending on your geographical area, you could also discuss other major weather phenomena like blizzards, hurricanes, or tornadoes.

Say: **If you heard on the news that severe weather was coming, it probably wouldn't be that hard to believe. It's happened before. But listen to this.**

Read Hebrews 11:7.

Ask: • **Why do you think Noah believed God even though what God said would happen had never happened before?**

Say: **Earlier I told you *our* room was going to flood, even though that's never happened before. And I was wrong.**

Ask: • **How do you think Noah would've felt if he built the boat and the flood never happened?**

• **How do you think other people would've treated Noah?**

Say: **The world around Noah was full of evil people. Maybe some of them questioned his belief in God; we don't know. But we *do* know that Noah had faith, and we fight evil with faith.**

And unlike my prediction of a flood, what God said would happen really happened.

Read Genesis 7:6-10.

Say: **Noah and his family were on the ark with the animals for a *long* time. It rained for 40 days and 40 nights, and then they had to wait a lot longer for the waters to go back down. It's a good thing Noah had faith and believed what God said would happen. His faith saved him and his family!**

Make It Personal

Say: **We fight evil with faith. *Faith* means believing that God is who he says he is and he'll do what he says he'll do.**

Maybe there are people who are trying to tear down your faith and make you doubt God. Or maybe you just have some doubts in your mind. That's because we're in a battle.

Read Ephesians 6:10-12.

Ask: • **Share some doubts you have or some things you *do* believe about God that other people make fun of you for.** Share your own examples first.

Say: **Our battle is not against flesh and blood; it's against unseen powers that want us to lose our faith. But don't worry, we have awesome armor to defend our faith against the doubts that creep in!**

Read Ephesians 6:16.

Have each child hold up a hand in a "stop" gesture.

Say: **Holding up your hand like that looks like you've got a shield. But it *also* means "stop." When doubts fill your mind or when other people make fun of you for having faith, hold up your shield to say "Stop!" Remember, we fight evil with faith.**



How Do I Find Out What God Says He'll Do for Me?

Supplies

- Bibles
- box wrapped with light-colored wrapping paper (it can be empty or have anything you want inside)
- construction paper
- scissors
- markers
- permanent marker

Define Faith

Say: **We've been learning that we fight evil with faith and that faith is trusting God to do what he says he'll do. Here's a way the Bible describes what faith is.**

Read Hebrews 11:1.

Ask: • **How would you define *faith*?**

Say: **For Noah, faith meant trusting that God would do what he said he would do: flood the earth. Even though it didn't make sense, Noah believed God and followed God's instructions to build the ark.**

But we don't always get such a specific message from God. So how do we find out what God says he'll do for us? Let's dig in to that.

Guess What's in the Box

Say: **First, let's practice having some faith.** Hold up the wrapped box.

Ask: • **What do you think is in this box? Why did you make that guess?**

• **How much faith do you have that your guess is right?**

• **If I told you what was in the box, how much faith would you have in what I said?**

Say: **You had to make a random guess about what's in this box. But it's not easy to feel confident about your guess because you had no information to base your guess on! Really, what's in the box could be anything that can fit in it. And it could be nothing at all! If I *told* you what was in the box, you'd have more information. Then you'd have to decide if you believe me.**

Ask: • **Which feels more like having faith in God—believing what I say is in the box or making a guess? Explain.**

Say: **Sometimes faith can feel like a guessing game. Faith is being sure of what we hope for, but sometimes it can feel like we don't know *what* to hope for! So how can we trust God will do what he says he'll do if we don't know what he says? Let's find out what the Bible has to say about that.**

Dig Deeper

Say: **Sometimes, like Noah, you may hear really specific messages from God about what he says he'll do for you. God can definitely still work that way! But he doesn't always do that. And sometimes we can convince ourselves God made a promise to us when really, that "promise" is just something we want to happen. The closer we get to God, the more we'll know his voice and be able to figure out whether he's talking to us or we're just "hearing" something we want.**

But the Bible tells us a whole bunch of things God promises to do for everyone, so we know we can trust those promises! We'll look at four of those promises and make shields of God's promises.

Set out construction paper and scissors, and have each child cut out a shield shape. Then have kids use markers to divide their shields into four quadrants each.

Read 1 John 4:16.

Ask: • **What promise do you think God makes in this verse?**

Say: **God promises to love us and to live in us! That's so cool! Did you know there's nothing—not even one thing—you could do that would make God stop loving you?**

Have kids draw hearts and write "love us" in one quadrant of their shields to remind them of this promise. As they draw, you can use the permanent marker to draw a heart on one side of the wrapped box.

Read 1 John 1:9.

Ask: • **How would you describe this promise from God?**

Say: **God will always forgive us when we ask. That's amazing! Forgiving is hard, but God does it every time! And we can have faith that he will, because he promised.**

Have kids write "forgive us" in another quadrant of their shields. As they do, you can write "forgive" on another side of the box.

Read Hebrews 13:5.

Ask: • **When do you most need to remember this promise?**

Say: **Sometimes we feel all alone. But we can have faith that God will never fail or abandon us. We're not alone!**

Have kids draw two stick figures holding hands and write “be with us” in another quadrant of their shields. As they do, you can draw two stick figures on a third side of the box.

Read Acts 1:8.

Ask: • **Why do we need God’s power to tell people about Jesus?**

Say: **God promises to give us power to do what he wants us to do. We don’t have to be strong enough on our own!**

Have kids draw lightning bolts and write “give us power” in the last quadrant of their shields. As they do, you can draw a lightning bolt on the last side of the box. Then allow time for kids to decorate their shields around their images.

Say: **We still don’t know what’s inside this box. There are some things about God we will never know until we’re in heaven. But there are things we know for sure about God...like that he loves us (show the heart), that he forgives us (show the word *forgive*), that he’s with us (show the stick figures), and that he gives us power (show the lightning bolt). We don’t have to open the box to see that...it’s right in front of us! And you have those same images on a shield you can take home to remember God’s promises.**

Our enemy will try to get us to believe that God couldn’t really love *us* or that the thing we did is so bad God couldn’t forgive us. But we fight evil with faith when we believe God will do all he promised to do for us. That’s what it means to hold up our shields of faith against the enemy’s lies!



OBJECT LESSON

Faith Bounces Back

[10 min]

Supplies

- balloons (1 for every 3 kids)
- pennies (1 for every 3 kids)
- permanent markers (1 for every 3 kids)
- transparent tape
- ping-pong balls (1 for every 3 kids)
- craft sticks (1 for every 3 kids)

Easy Prep

- Inflate and tie off the balloons.

Watch How a Weighted Balloon Reacts When Knocked Over

Say: **We're learning that God gives us special armor to fight our evil enemy. God's enemy tries to make us doubt that God really is who he says he is or really will do what he promises he'll do. God's enemy tries to knock down our faith, but we can fight back with the shield of faith by believing in God and all he says. Let's see what it looks like to have a faith that fights back.**

- Form groups of three, and give each group a balloon, a penny, a few strips of tape, a marker, a ping-pong ball, and a craft stick.
- Have kids work together to tape the penny to the bottom of the balloon, roughly centered opposite the tied knot.
- Then have a person in each group draw a face or stick figure on the balloon so the balloon is symbolic of a person.
- When each group's balloon is ready, call attention back to you.
- Say: **God's enemy likes to try to knock down our faith when we're in hard times in our life. Sometimes God's enemy makes us wonder, "If God is so good, why are bad things happening?"** Have groups blow as hard as they can on their balloon person to knock it over. It will pop back upright every time. Then draw attention back to you.

- Say: **Sometimes God's enemy makes us wonder if God really loves us or cares about us.** Have group members take turns throwing the ping-pong ball at the balloon person to knock it over. Then draw attention back to you.
- Say: **Sometimes God's enemy can knock down our faith hard by making us doubt God is real.** Have group members take turns using the craft stick to push the balloon person over and hold it down for a few seconds. Then draw attention back to you.

Talk About It

Ask: • **The balloon person always got back up after getting knocked down.**

Why do you think that happened?

Say: **The weight of the penny on the bottom of the balloon pulled the balloon upright again even after getting knocked down hard. Our faith has weight to it, too—it can pull us back toward God when doubts and hard questions get us down. Faith helps us bounce back when God's enemy is trying to get us down. We fight evil with faith.**



CRAFT

Rain Gauge

[20 min]

Supplies

- “Rain Gauge Instructions” handout (download [here](#))
- empty 16-ounce water bottles (1 per child)
- scissors
- clear packing tape
- permanent markers
- rulers
- 12-inch dowels (1 per child)

Easy Prep

- Make a sample craft to show kids. Refer to the “Rain Gauge Instructions” handout for step-by-step photos.



Make a Rain Gauge

Show kids the sample craft you made. Give each child a water bottle. Set out the remaining supplies to share, and have kids follow the directions on the handout to make rain gauges.

- Cut off the top of the bottle, right below where it starts to curve.
- Turn the bottle top upside down, and push it into the bottle. Tape it in place so you don't have sharp edges exposed.
- Hold a ruler against the bottle, with one end of the ruler at the bottom of the bottle.
- Using a permanent marker, mark every inch all the way to the top of the bottle. Number the lines you made.
- You can also use permanent markers to decorate the bottle, including the point: We fight evil with faith. Also write some of God's promises such as “I'll always be with you,” “I'll always love you,” “I'll always forgive you,” and “I have good plans for you.” Just don't color so much that you won't be able to see the water level in your bottle.

- Put a dowel against the bottle so that about half of it extends below the bottle. You'll want the dowel on the opposite side of the bottle as your measurement lines.
- Using packing tape, wrap the bottle well so the dowel is securely attached.

Talk About It

Say: After the flood was over, God made a promise to Noah. God said he would never again flood the whole earth at once.

Ask: • Explain whether you have faith in God's promise to Noah.

• What promises did you write on your bottle? (It's okay if kids only wrote the suggested promises.)

• How much do you trust those promises?

Say: Your rain gauge may get pretty full. It could even overflow! But you can have faith that no matter how much rain we get, God won't flood the whole earth again. Your rain gauge can remind you of that and other promises from God, and that you can have faith that God will always do what he says he'll do. When we believe in God's promises, we hold tight to our shield and we fight evil with faith.

Have kids take their rain gauges home and use the dowels to stick them into a garden, a pot, or a grassy area to measure rain. Kids can check the rain measurements and explain to their families how we can have faith in God's promises.



HIGH-ENERGY GAME

[10 min]

Faith-full

Supplies

- 2-liter bottles (6-10 total)
- soft balls, such as Nerf balls (approximately 1 for every 2 kids)

Easy Prep

- Fill half the 2-liter bottles with water.

Try to Knock Down Bottles

Say: **Let's play a game where you'll try to knock down the other team's bottles while shielding your own. Whose will stand firm the longest? Let's find out!**

- Form two teams, and have teams move to opposite sides of your playing area.
- Give each team equal numbers of empty and full bottles. Have teams line up their bottles like bowling pins on their side of the playing area.
- Lay the soft balls in the center of the playing area.
- On "go," kids will run to pick up balls to throw at the other team's bottles. Other kids may guard bottles to keep them from being knocked down, but they can't touch the bottles.
- Have kids continue to pick up and throw balls at the other team's bottles.
- If you'd like, play upbeat music while kids play.
- After about seven minutes, gather teams in a circle to debrief.

Talk About It

- **Take a look at your bottles. Why do you think some didn't fall down?**
- **How are the bottles that are filled with water like us being full of faith in God? We fight evil with faith. When we're full of faith in God, we don't get knocked down or turn away from God when hard times come our way.**
- **How has faith in God helped you stand firm when something unexpected happened in your life? Share a story from your own life to begin. We fight evil with faith. Holding up our shields of faith in God helps us stand firm, no matter what may come.**



LOW-ENERGY GAME

[10 min]

Faithful Memories

Supplies

- “Remember Game” handout set (1 for every 3-4 kids) (download [here](#))

Easy Prep

- Cut apart the cards on the “Remember Game” handout. You’ll need a set of cards for every 3-4 kids.
- Be sure to mix up the cards before giving each set to kids.

Play a Game Like Memory

Say: **In our Bible story, Noah welcomed pairs of animals onto the ark. Let’s play a memory game where we’ll locate pairs of animals in our room!**

- Form groups of three or four kids. Give each group a set of cards from the “Remember Game” handout.
- Have groups lay out cards facedown without peeking at them.
- Kids will take turns randomly turning over two cards. If the cards are a match, kids keep the cards and choose again. If the cards aren’t a match, kids flip the cards back over so the next child can have a turn.
- Play until all cards have been matched. The child who has the most pairs of cards at the end of the game wins!
- If you’d like, play upbeat music while kids play.
- Play again as time allows.

Talk About It

Say: **As we played this game, we had faith that even if we didn’t find it right away, a matching card was out there.**

Ask: • **How is trusting that there’s a matching card in our game like having faith in God?**

- **How is it different?**

Say: **We fight evil with faith. Sometimes faith requires patience. When we look for God, we learn more about his promises to us. There may be disappointments along the way, but God is always faithful to us. But unlike our game, faith isn’t about random guesses. We can always be sure in our faith in God! That’s why we hold up our shields of faith in him.**