

LESSON 5: THE ARMOR OF GOD: HELMET OF SALVATION

 Ephesians 6:10-12, 17; Acts 16:25-40



MUSIC VIDEO

[10 min]

There's Power in the Blood

Supplies

- “There's Power in the Blood” (watch or download [here](#))
- “Stand Strong” (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]

Olivia & Elyse's Story

Supplies

- “Olivia & Elyse's Story” teaching video (watch or download [here](#))

Discuss and Watch “Olivia & Elyse's Story”

We're learning that we fight evil with salvation. When Paul was in prison and an earthquake set him and his friend free, they didn't even leave! They stuck around to tell the jailer about Jesus. And we can do the same thing. Let's watch the story of some twins who did just that.

Watch “Olivia & Elyse's Story.”

- **What can you learn from the way Olivia and Elyse helped Uncle Martin?**
- **Who is someone you can tell about Jesus?**
- **What will you tell that person?**

God wants everyone to know him. When you believe in Jesus, you're wearing the helmet of salvation! And the best news is, there's enough helmets for everyone! Like Olivia and Elyse, we can tell other people about Jesus so Jesus can free them from the punishment for what they've done wrong.



Supplies

- Bible
- party hats (1 per child, available at your local dollar discount store)
- chairs
- black permanent markers

Tip

- This experience is written to accommodate any number of kids! If you have fewer than 10 kids, you may wish to have some kids play multiple roles by putting on more than one party hat. The nice thing about the hats is they stack easily!

Spread the News

Say: **Today we're learning that we fight evil with salvation. We're in a battle! But it's not against people. Listen to this.** Read Ephesians 6:10-12. **Yikes! Unseen powers? That sounds scary. But we're not in it alone—we have God on our side, and he gives us armor to wear. That includes a helmet of salvation. *Salvation* means being friends with Jesus.** Read Ephesians 6:17.

Say: **We don't need to be scared in this battle, because God's side is the winning side! And we fight evil with salvation. That's just what Paul and Silas did in the Bible. They knew and loved Jesus, so they had on their helmets of salvation. *Salvation* means Jesus is your friend and saved you from your sins.** Choose two kids to play the roles of Paul and Silas, and have them put on party hats as helmets.

Paul and Silas were missionaries, which means they traveled around telling everyone about Jesus. Let's hear about part of their journey. Read Acts 16:4-5. **How cool! The church grew larger every day! That means more and more people were putting on their helmets of salvation.** Have another child put on a party hat.

- **Talk about people who've told you about Jesus.** Share your own story first.

Then they went to Macedonia after Paul had a vision where a man from Macedonia asked him to help them. So Paul and Silas went to Macedonia and told more people about Jesus. Have another child put on a party hat.

Next Paul and Silas went to Philippi and met a woman named Lydia. And check this out! Read Acts 16:14.

Lydia put on the helmet of salvation too! Have a child pretend to be Lydia and put on a party hat.

Then one day, Paul and Silas healed a girl who was telling fortunes by the power of the devil. They healed her with Jesus' power! The Bible doesn't tell us for sure, but maybe *she* put on a helmet of salvation, too.

Have another child pretend to be the girl and put on a party hat.

People got mad at Paul and Silas for healing the girl. In fact, there were people who were mad at them just for telling about Jesus! *That's* the evil they were fighting—the people trying to stop the message of Jesus from spreading.

Go to Jail

Which brings us to today's story: They got in trouble and were thrown in jail for what they'd done. Have each child sit behind a chair and peer through the legs of the chair as if they're prison bars.

While they were in jail, Paul and Silas sang hymns to God. Lead kids in singing a familiar song, such as "Jesus Loves Me"

Listen to what the other prisoners did while they sang. Read Acts 16:25.

Ask: • **What did you notice the other prisoners doing?**

They were listening! Maybe some of them put on helmets of salvation! But the story gets better; listen to this. Read Acts 16:26. Have kids shake their chairs to make an earthquake.

Ask: • **If you were in prison unfairly and an earthquake made the doors fly open, what would *you* do?**

Say: **Most of us would escape from prison! But that's not what Paul and Silas did. Why? Because they found someone else who needed the helmet of salvation!** Read Acts 16:27-31.

And you know what? The jailer believed in Jesus! Have another child put on a party hat. **And so did his whole family!** Have a few more kids put on party hats.

Then the jailer threw a party for Paul and Silas. Read Acts 16:34.

We fight evil with salvation. Paul and Silas led a lot of people to put on their helmets of salvation. And our helmets are party hats because salvation is something to celebrate!

Have kids jump up and down and cheer.

Say: **After that, Paul and Silas got to travel around more and tell more people about Jesus. And the church kept growing as more people put on their helmets!**

If there are any children who still don't have party hats, have them each put one on now.

Invite Kids to Wear Helmets

Say: **The Bible talks about salvation—being friends with Jesus and believing that he saved you from your sins—as a helmet.**

Ask: • **How is salvation like a helmet?**

Say: **There are a lot of ways salvation is like a helmet! But one thing you might not know about helmets in those times is that sometimes soldiers added decorations to identify which troop they were part of. It was kind of like how all the members of a sports team wear the same color jersey so you know which team each player is on.**

When we wear our helmets of salvation, we know which team we're a part of—we're on God's team!

Have kids draw crosses on their party hats to show what "troop" they're in.

Say: **Maybe you've heard all this talk about fighting evil with salvation, but you're not sure if you've ever really put on the helmet of salvation. Maybe you want to!**

Following your faith tradition, invite kids into a friendship with Jesus and help them take the step to putting on their helmets of salvation.



Why Is Salvation the Best Helmet?

Supplies

- Bibles
- foam cups (at least 6, or 1 per child)
- winter hat
- graduation cap (or just a square of cardboard)
- baseball cap
- headband
- crown
- helmet, such as a football or bike helmet

Set It Up

Say: **We're learning that salvation, or being friends with Jesus, is like a helmet. But you know, not everyone in the world agrees that Jesus is the way to find salvation. So are there other hats we could put on that would make us right with God so we can go to heaven? Why is salvation through *Jesus* the best helmet? Let's dig in to that.**

Dig Deeper

Say: **Let's figure out the answer to our question by experimenting with different hats!**

Ask: **Besides Jesus, what are some things people think could get them to heaven or make God like them more?** As kids answer, use their answers to explore the hats in each section below. You can go in any order, so let kids guide the experience by thinking of how people try to get to heaven. If kids say something that's not like anything on the list, thank them for their answers and move on. If kids miss anything on the list, you can cover it at the end before moving on to the helmet.

Trying to Get to Heaven by Doing Good Things

Hold up the winter hat.

Say: **Some people feel really good about doing good things. It gives them a warm, fuzzy feeling—like this winter hat. And they think if they do enough good things, they'll go to heaven—all the warm, fuzzy, good things they do will outweigh the bad things they've done. Let's see how that holds up!**

Set out a foam cup. Say: **Imagine this is your head.** Place the winter hat on the cup, and invite a child to come up and use a fist to pound straight down on the hat, which will smash the cup. If you brought enough cups for each child to have one, have about one-sixth of your kids take a turn, each with a new cup.

Say: **Interesting. Those warm, fuzzy, good deeds don't protect our heads very well!**

Read Ephesians 2:8-9.

Say: **Well, no wonder! The Bible tells us the good things we do won't save us.**

Trying to Get to Heaven by Being Smart

Hold up the graduation cap. If you're using a square of cardboard, have kids use their imaginations to pretend it's a graduation cap.

Say: **Some people think if you know a lot of stuff, you can outsmart God, and then surely you can get into heaven! You just have to be smart. Let's see how that works out.**

Set the cap on a cup, and have one (or one-sixth) of your kids smash the cup through the cap.

Read 1 Corinthians 1:19-21.

Say: **Hmm...knowledge isn't bad, but we never really know as much as we think. Loving God is way more important!**

Trying to Get to Heaven by Living a Happy Life

Hold up the baseball cap.

Say: **Some people think we should just do whatever entertains us and makes us feel good. The happier we are on earth, the happier we'll be for all eternity. A baseball cap can remind us of that, because baseball is entertaining!**

Let's try that one out as a helmet.

Set the cap on a cup, and then have one (or one-sixth) of your kids smash the cup through the cap.

Say: **Baseball isn't bad, but it won't get us to heaven! Listen to this.**

Read Ephesians 2:3-5.

Trying to Get to Heaven by Looking Good to Others

Hold up the headband.

Say: **Some people try to look good to others. The better you look to others, the better you'll look to God, right? Well...let's see.**

Put the headband on a cup, and have one (or one-sixth) of your kids smash the cup through the headband.

Say: **Yikes! I don't think God is fooled by our attempts to look good.**

Read Proverbs 31:30.

Trying to Be Rich Enough to Get to Heaven

Say: **Some people think if you're rich and important, you should get to go to heaven. Let's try a crown for a helmet!**

Put the crown on a cup, and have one (or one-sixth) of your kids smash the cup through the crown.

Say: **Wealth and power won't get us to heaven, either. Jesus even said that these things can sometimes make it *harder* for people to believe they need him.**

Read Mark 10:25.

Try a Helmet

Say: **We've seen a bunch of ways people try to get to heaven that *don't* make very good helmets, but there's only *one* helmet of salvation—and Jesus told us what it is!**

Read John 14:6.

Put a helmet over a cup, and let all the kids try to smash the cup through the helmet. The helmet will hold strong and protect the cup.

Say: **It may seem limiting to think that there's only one way to get to heaven, but there's good news: God has a helmet for every person! He has a spot on the team for anyone who wants it. Jesus talked about that, too.**

Read John 14:2.

Say: **We fight evil with salvation. Nothing we can try to do on our own can save us—not doing good, not money, not looking good, not being smart, and not just doing whatever we want. But God sent Jesus to die for us so we *all* have access to the helmet of salvation.**



OBJECT LESSON

Salvation Cipher

[10 min]

Supplies

- “Salvation Cipher” handout (1 per child) (download [here](#))
- pencils

Figure Out the Key to a Cipher

We’ve learned that we have an evil enemy who doesn’t want us to be friends with God—which is called salvation. Our enemy wants to make us believe we have to do a whole bunch of things just right to be friends with God—like figuring out a code to salvation. Let’s see what it’s like to solve a cipher, or a message written in a coded language. To solve the cipher, you have to figure out the code.

- Form groups of three and give each person a “Salvation Cipher” handout and a pencil.
- Kids can work in their groups to figure out the cipher and solve the puzzle.
- Allow kids time to work at it. Some struggle is good and will only help make the point.
- If time starts to run low, you can give kids some hints:
 - The groups of numbers below the wheel are actually words, and each number is attached to a letter.
 - Use the numbers on the wheel to identify which letters go in the boxes, one number at a time, and write the letters in the boxes under the numbers.

Talk About It

Ciphers have been used for hundreds of years to send important messages, and things kind of like ciphers are used to make languages and codes that make computers and websites work. Ciphers can be pretty simple or *really* complicated and almost impossible to figure out.

- What made the cipher you worked on hard or easy?
- What makes putting on the helmet of salvation hard or easy?

God’s enemy wants to trick us into thinking salvation means figuring out some sort of code to being perfect, but salvation is *much* simpler than that! There’s no tricky code to figure out; salvation is believing in and loving Jesus. When we know that, then we can fight evil with salvation.



CRAFT

Open-Door Chains

[20 min]

Supplies

- duct tape in a variety of colors
- scissors
- permanent markers (optional)
- “Open-Door Chains Instructions” handout (download [here](#))

Easy Prep

- Make a sample craft to show kids.



Make Chains That Keep a Door Open

Show kids the sample craft you made. Set out the supplies to share, and have kids follow the instructions on the “Open-Door Chains Instructions” handout to make chains that keep doors open.

- Cut a strip of duct tape that’s around 8 or 9 inches long.
- Fold the strip in half the long way and press the two sticky sides together, but at one end, leave about an inch open.
- Loop the strip to stick the sealed end into the open end, and then seal it.
- Repeat, looping each new strip of duct tape through the last one before sealing it to make a chain at least five links long.
- Make a separate chain that’s at least five links long.
- Cut two pieces of duct tape the width of the tape and press the sticky sides together.
- Cut slits on opposite sides of the duct tape square as shown so you can stick chain links through both sides.
- Using strips of duct tape that are each about 4 inches long, make two shorter chain links to go through the slits on both sides of the square. Loop each one into one of your existing chains.
- If time allows, use permanent markers to decorate the chain links. You could write the Bible point: We fight evil with salvation.

Try It Out

Say: When Paul and Silas were in prison, they had chains on. Life before salvation is like being in prison with chains on, but our prison is sin and death. But Jesus came to open the door and set us free, just as he did for Paul and Silas. When we have the helmet of salvation because we're friends with Jesus, we're not in chains with sin anymore! And here's the cool thing about the chains you just made: They can keep a door from latching to remind you of how Jesus opened the door to set us free.

- Have kids try out their chains on the door to your classroom.
- They will link one chain on the doorknob on the inside and the other chain on the doorknob on the outside, keeping the chain as tight as possible. (The chain will probably loop around each doorknob with the links closest to the center. The extra loops will hang down to resemble a long chain.)
- When you try to close the door, it either won't close all the way or will close but not latch so it's easily pushed open.
- Make sure all the kids get a turn to try their chains on the door.

Talk About It

Ask: • Earlier I said that life before salvation is like being in prison with chains on. What does that mean to you?

- **How is salvation like being set free?**

Say: Our unseen enemy wants to keep us in chains, prisoners of sin and temptation. But that's not what God wants! He sent Jesus to die for us so we could be freed from those chains. We're set free when we put on the helmet of salvation, and we fight evil with salvation.

Have kids take their open-door chains home and use them when they want to keep a door from latching. If any kids don't have round doorknobs at home, they can connect the chain to another type of doorknob and something inside the room to keep the door open.



HIGH-ENERGY GAME

[10 min]

Jailbreak!

Supplies

- soft balls, such as Nerf balls (1 for approximately every 2-3 kids)
- painter's tape

Easy Prep

- Make a tape line down the center of your space.

Play a Game Like Dodgeball

In our Bible story, God freed Paul and Silas from prison. They were saved! Let's play a game where you'll be set free from dodgeball prisons.

- Form two teams with one team on each side of your playing space.
- Place balls on the line in the center of the space.
- On "go," kids on both teams will race to pick up balls to throw at players on the opposing team.
- If hit by a ball, kids must go to "jail" and stand along the wall on the opposing team's side.
- All the kids on a team are "set free" if any of their teammates are able to catch a ball that's thrown at them or if a ball rolls back to the wall and someone in "jail" picks up the ball.
- Even if kids don't catch or grab a ball, sporadically call out "jailbreak" so all kids go free and can run back to their side and continue play.
- If you'd like, play upbeat music as kids play.
- Play for approximately seven minutes.

Talk About It

• How was being set free in our game like Jesus setting us free from sin? How is it different?

It took only one person to catch a ball or call "jailbreak" and then everyone was free! And it took God's one and only Son to set us free from our prison of sin. We fight evil with salvation when we're friends with Jesus. In our story, Paul and Silas were freed from jail—and the jailer was set free from sin! He chose to put on his helmet and follow Jesus. Jesus died and came back to life to free us from sin and death once and for all. Share the story of when you became friends with God and Jesus set you free. Invite willing kids to share as well.



LOW-ENERGY GAME

[10 min]

Who Am I?

Supplies

- index cards (1 or 2 per person)
- pens or pencils (1 per person)

Play a Game Like Hedbanz

- Have kids gather in a circle. If you have a large group, consider forming several smaller groups.
- Give each child an index card and something to write with.
- Have kids each write a profession on a card. Examples include teacher, firefighter, and soccer player.
- Collect and mix up the cards, and place them facedown in a pile in the center of the circle.
- Choose one child to go first. He or she will take a card from the top of the pile and, without looking at it, hold it facing out on his or her forehead for the other children to see.
- The group will describe what's on the card so the child can guess the word. Once the child guesses correctly, the next person in the circle will take a card from the pile and place it on his or her forehead.
- Continue playing until all kids have had a turn to guess who they are.
- If time allows, play another round. This time have kids each write the name of an animal on a card.

Talk About It

Ask: • **In our game, how did you figure out who you were?**

Say: **The cards on our heads told us our identities. We listened to people's voices to figure out who we were.**

Ask: • **What things—good or bad—have you heard people in your life say about you?**

Say: **People tell us we're different things. Sometimes people say things about us that aren't true, and that can really hurt. Since Jesus has made a way for us to be friends with God, who God says we are matters most. He says we're forgiven, loved, saved, and free! We wear our identity in Christ as a helmet to guard our hearts and minds. It's one way we fight evil with salvation—being friends with Jesus!**