

*Get Ready!***Gear Up!**

By: Betsy Moore

**Text**

Ephesians 6:1-15

Key Quest Verse

Finally, be strong in the Lord and in His mighty power. Ephesians 6:10

Bible Background

Paul shaped Christianity and spread God's Word without even realizing what he was doing. His intentions and efforts were sincere because he thought Christianity was a threat to the Jewish religion. On the road to Damascus he was blinded, converted, and put all his energy into spreading God's Word of Christ and salvation. Until Paul's conversion, little had been done to spread the good news to the Gentiles. After his conversion he didn't waste any time on trying to reach everyone. Paul returned to the Ephesus church on his third missionary journey and stayed for three years; so he was very close to these people. (Acts 19:1-20) When he wrote the letter to the people of Ephesus, Paul was in prison in Rome. He was concerned for his friends and wanted to encourage and strengthen the believers. He also wanted to explain the barriers that would hurt the church and what would help unite the church to gain strength from the Holy Spirit.

Get Ready!

Lesson Quest

What I want my students to:

Know: God wants us to be aware of the evil power in the world and be prepared.

Feel: God is always there to help us!

Do: Go to Sunday School and church so you will learn how to be prepared.

Leader's Devotion

Put yourself in Paul's situation and consider what might be going through his mind. Consider yourself, lying in a prison cell, thinking of all your church friends and wondering if you will ever see them again. If you were given one opportunity to write them a letter, what would you say? This is the situation Paul found himself in. What can you do to encourage other members of your church and help them unite in the effort to reach others for Christ? Pray that God may give you strength that you may be an encourager!

Get Set!



Option A

Materials: Running shoes

I heard we're supposed to be a sermon in shoes, telling everybody about Jesus, so I came prepared today. See I have my running shoes. I'm just going to slip them on and I'll be ready to go. (Slip shoes on but DO NOT tie your shoestrings.) Now I'm all ready to go out and tell others about Jesus. (Start walking and pretend to trip over your shoestrings.) Oops! I guess I'm not completely ready. What do you think I need to do? (Let children answer) You're right! I need to tie my shoestrings. (As you tie ask) How many of you can tie your shoestrings? Who taught you how to tie? Do you remember how hard it was when you started to tie your shoestrings? Now how hard is it? It takes a lot of practice doesn't it! Many things we do take a lot of practice and then we get good at it. That's just like becoming a Christian. It takes practice to know what to say and how to act. Sometimes we may make a mistake so we have to practice and practice at being nice, and forgiving, and sharing. In the Bible, we learn that there are ways to get ready to be a Christian and know what God wants us to do. In today's story it even talks about putting the right things on your feet.

GO TO THE BIBLE STORY

Option B



Materials: Child's car seat and a doll or a picture of a seat belt

How many of you got seat belted in your car before you came to church this morning? (let children answer) Good! What would you think if someone put their baby in a car seat like this (place doll in the car seat but do not buckle it) but never hooked it to the seat belt or never buckled the baby in? (Wait for response) This would not protect our baby at all! In our story today, we will learn about a special belt: A belt of Truth. Is it true that this baby is not safe? How do you know? We need to come to Sunday School and church to learn what God says is true and how we must prepare ourselves to be safe!

GO TO THE BIBLE STORY

Get Set!



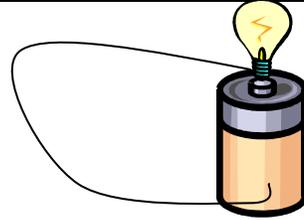
Bible Story

Advanced Preparation: Provide markers for students to highlight portions of the story in their Bibles.

Materials: A straw and 3 cotton balls for each child

Do any of you know a soldier or anyone who has been a soldier? How do soldiers know what to do when they go out on the battlefield? (Let children respond) **Soldiers have to stay in constant contact with their commanders; especially when they are in battle. As a Christian, God is our commander and lets us know what to do. How can we be in constant contact with Commander God?** (Let children respond; pray, read the Bible, learn in Sunday School and church) **Did you know that God warns us about a battle zone? In the New Testament, in Ephesians, Chapter 6, verse 11, we are told to put on the full armor of God so we can take a stand against the devil’s schemes or tricks. Why would we need to do that?** (Let children respond) **Let’s see what would happen if a soldier went into battle unprotected.** (Give each child a straw and 3 cotton balls. Have one child go to the center of the room and put his arms in the air as if to surrender; let the children throw their straws and cotton balls at the surrendering soldier) **Did our soldier have a chance of winning? Of course not! We can’t go into battle unprotected, so God gives us good instructions of what we will need to help protect us against the devil and his tricks. When temptations come if we have the full armor of God we will be able to stand firm! We must have every piece of God’s armor for complete protection! The battlefield is in our homes, in our schools, playing with our friends, the influence of sin is everywhere.**

We must first put on the BELT OF TRUTH. What does a belt do? (Children respond) **You’re right, it holds something up. What would happen if a soldier went into battle with his pants falling down? He would trip and fall and that is exactly what the devil wants us to do! He tells lies that sometimes sound like the truth and it makes us not do what God wants us to do. People who read the Bible know the truth and will not be tricked by the devil’s lies. Second, we must put on the BREASTPLATE OF RIGHTEOUSNESS. If we had something covering our chest, right here,** (rub your chest to show the appropriate area) **What do you think it is protecting?** (Children respond) **You’re right, it is your heart! We must protect our heart and know what is RIGHT, that is what Righteousness means, doing what is RIGHT. How can we know what is right in our heart?** (Read God’s Word, go to SS, listens to our parents and teachers, share, love, and forgive) **So what are we fighting? We need to have confidence in God and what is right. Third, we are to put on the right FOOTGEAR for Readiness to Spread the gospel! What do your feet usually do? They take you places! God wants us to go places and tell others about Him. The devil wants you to think it is too big of a job and not worth it, so why bother. Who is right? Get your feet ready to stand firm and you will have peace. Pray each day and ask God for peace. If we only know what’s right and wear the Breastplate of righteousness is that enough? No, God wants us to also have the truth and also be ready to spread His Word to others. Can we go half protected? No! We must put on the full armor of God!**

Go!**Keep Connected**

SCIENCE

Materials: Materials: Several D batteries, 3-volt flashlight bulbs, 6 inch lengths of wire.

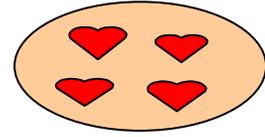
Quest Connection

It is important to stay connected to God. To do that we must know how to prepare ourselves. Just like this light bulb wouldn't burn until we got the right connection, we can't let our lights shine for Jesus until we are connected to God. God's power is there if we just ask for it in prayer.

Procedure: Give each group of two a battery, 1 bulb, and a piece of wire. Explain that if you make the right connection, your light bulb will shine just like a flashlight. The energy is in the battery for the electricity to light the bulb. The trick is to make a connection from the bottom of the battery to the base of the bulb, which is placed, on the positive side of the battery. Practice this before you have the children attempt it. There is no shocking possible but the wire may get warm if it is connected directly to both ends of the battery. The battery will then short circuit.

Close

Dear God, Please give me Your power to be strong and stand for You and what is right! In Jesus name, amen!

Go!**Heart Protection****FOOD**

Materials: Peanut butter cookies, chocolate syrup or icing, red heart candies, paper plates, napkins, pop sickle sticks for spreading icing.

Quest Connection

Our cookies remind me of our breastplate that is there to protect our heart. Then temptation comes in and tries to make it nasty with sin (pour small amount of chocolate on cookie or spread icing) trying to make us do things that are not right. The good thing is that God helps us to be strong if we follow Him. Place the heart candies on your breastplate to show that we are standing for what is right in our heart!

Close

Dear God, Help me know what is right in my heart and follow You!

Go!**Chain Necklaces****ARTS AND CRAFTS**

Materials: 2" X 6" strips of yellow construction paper and scotch tape or a stapler

Quest Connection

Before class write the following words on the paper slips so that each child will receive at least one of each word for their necklace. God, truth, righteousness or Right, spread God's Word, pray, obey, trust, love, help, share, faith, salvation, and Bible.

We're making a necklace today to remind us of the armor of God. We can read each word and know how we can stay connected and close to God. As we curve our papers, let's be sure and say the word that is in the chain link. Now we need to place another word or chain link inside this circle just like we must stay close to God to stay connected to Him. When the links are all connected we will know what God wants us to do to stand firm against evil! Let's take turns saying how God wants us to be prepared to fight.

Close

Remember, we must prepare ourselves to stand strong for God.

Go!**Sidewalk Chalk****ARTS AND CRAFTS**

Material: $\frac{3}{4}$ cup warm water, toilet tissue tubes, 1-1 $\frac{1}{2}$ cups plaster of Paris, 2-3 T powdered tempera paint, cool whip container to mix in, duct tape, wax paper

Quest Connection

We can draw around each person in our class and then we will give you each a piece of sidewalk chalk to draw your armor of God on your chalk body. Rain may wash this away but God is always there for us!

Cover one end of tube with duct tape. Place a loosely rolled piece of wax paper inside the tube to create a liner. Pour water into the container, then sprinkle plaster in a little at a time until it no longer dissolves. Stir thoroughly and mix in the tempera paint. Place the tubes sealed end down on a flat surface and tap to release bubbles after the mixture is poured in. Let dry for 2 days, then remove mold and draw.

Close

Dear God, Please help me be strong and stand up for what is right! Amen.

Go!**Special Guest****GUEST QUEST**

Materials: Invite a military person to join your class and explain how a soldier must be prepared. It would be very beneficial if the guest would also discuss how they depend on God to keep them strong.

Quest Connection

When you are a soldier for your country you must stay in very close contact with your commander. When you are a Christian you must stay in very close contact with God and be prepared to stand strong for Him. God warns us against sin. We don't want to be tricked and turn away from God!

Close

We must ask God for help to stay strong and tell others about Him.

Go!**Modeling Clay****ARTS AND CRAFTS**

Materials: Salt, cornstarch, water, food coloring, bowls, pans, spoons, measuring cups, stove or a hot plate

**Quest Connection**

I'm going to give you a lump of modeling clay. I want you to design something you think God would be pleased with . . . can you make shoes to carry God's message to others or maybe a nice heart that is Right with God? We are just like this lump . . . growing to turn into something wonderful. God is waiting for you to call on Him for strength.

Procedure:

Mix: 1 cup of salt, ½ cup cornstarch, ½ cup boiling water, and food coloring. Heat over a low heat, stirring constantly until mixture is too stiff to stir. Knead until it is smooth.

Close

Dear God, Please help me be strong and stand up for what is right! Amen.

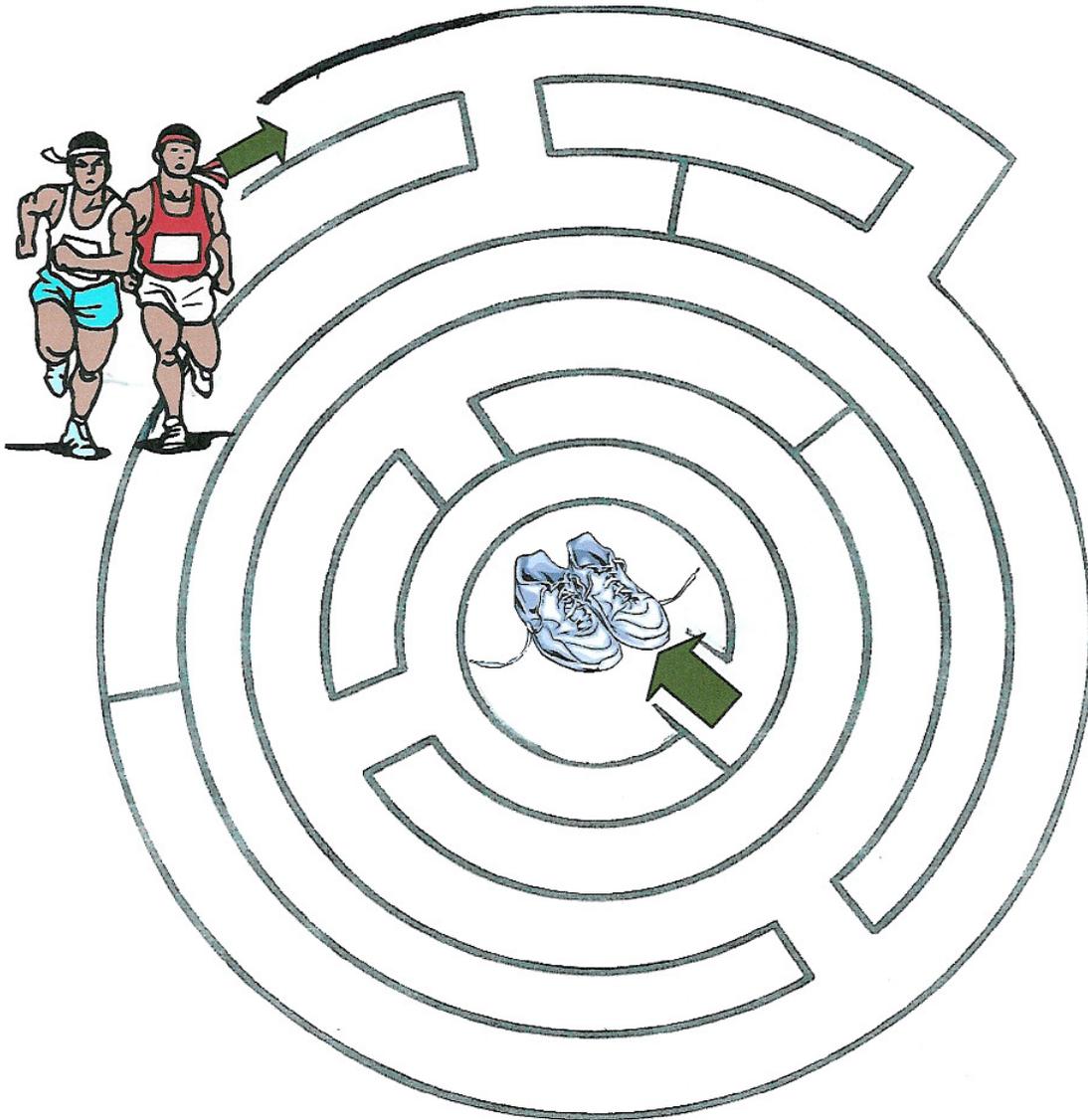
Outline your foot to show you are ready to spread God's Word!



Name: _____ Date: _____

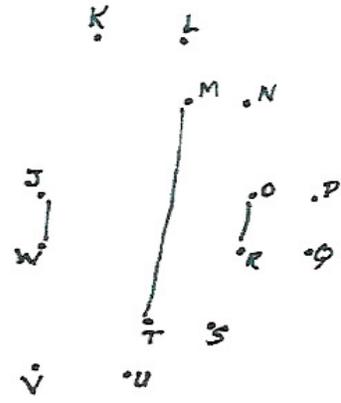
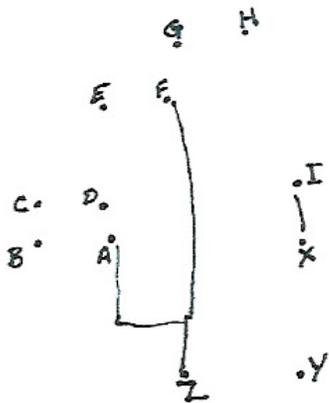
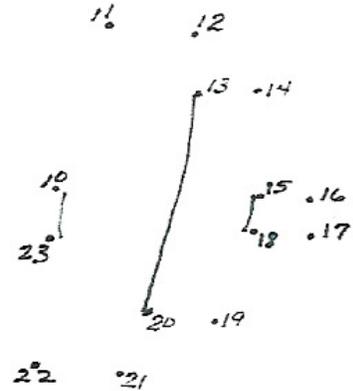
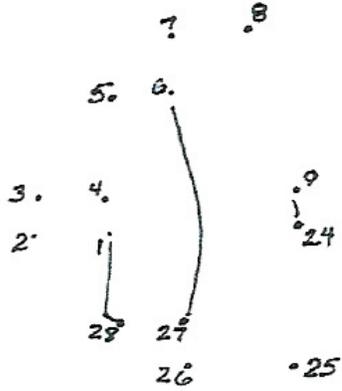
“Finally, be strong in the Lord and in his mighty power.” Ephesians 6:10

Can you help these Christians find their shoes so that they are ready to spread God’s Word?



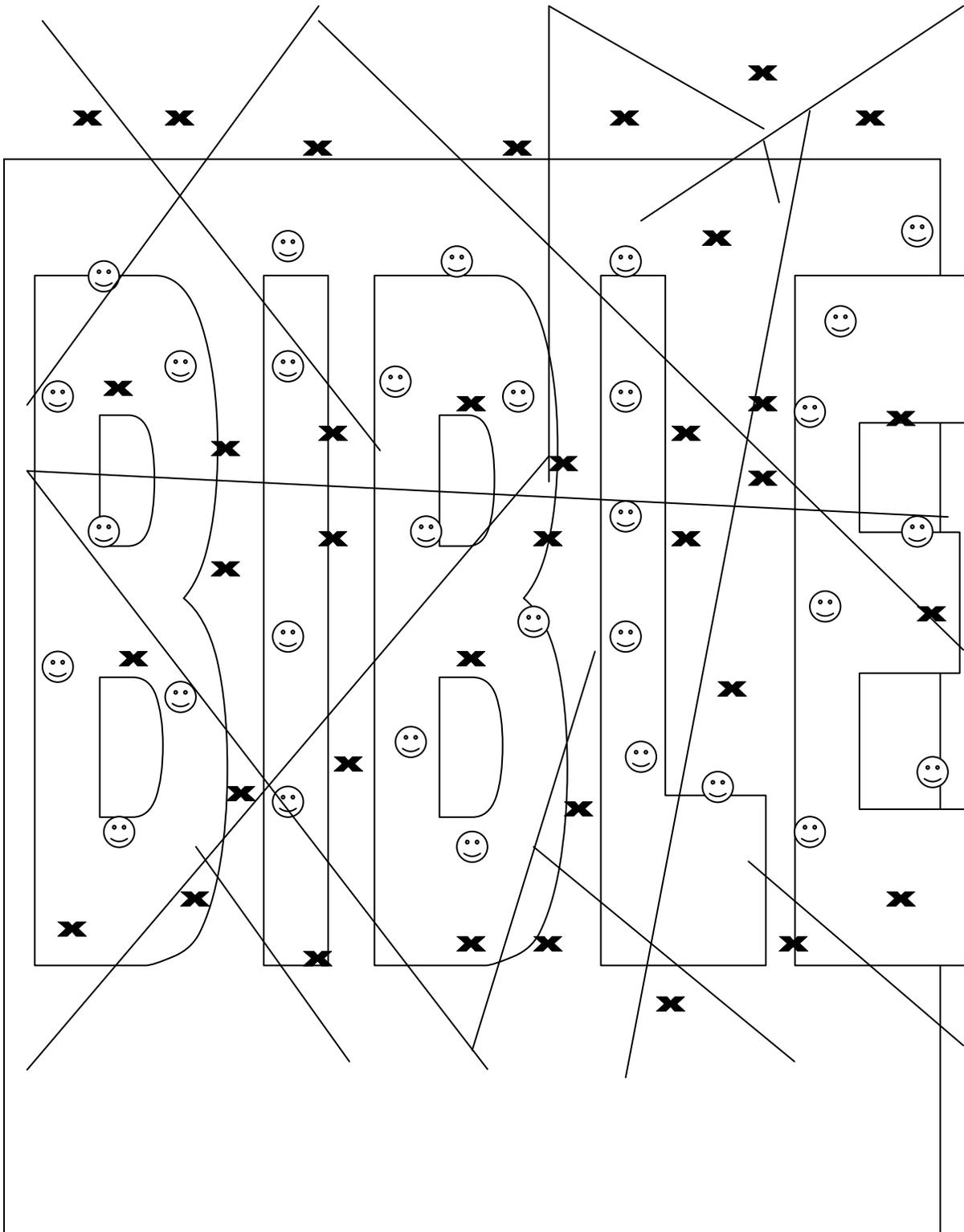
Finally, be strong in the Lord and in his mighty power.” Ephesians 6:10

Follow the dots to discover what might make you strong.
 We know God's Word, the Bible will make us strong!



“Finally, be strong in the Lord and in his mighty power.” Ephesians 6:10

Color the parts with a smile yellow, color the parts with an X Blue.
Discover where we can learn more about God.



“Finally, be strong in the Lord and in his mighty power.” Ephesians 6:10

