



## ARMOR OF GOD LESSON 6

**WONDER TRUTH:**  
The Holy Spirit Gives Us  
Strength

**SCRIPTURE:**  
[Ephesians 6](#)

**GOD'S BIG STORY:**  
Paul encourages Jesus-followers to stand firm against the devil's evil plans by putting on spiritual armor and relying on the Holy Spirit for strength.

**WORD OF WONDER:**  
Work together on  
memorizing this verse!

[Acts 1:8](#)

*But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.*

Watch God's Big Story



Early  
Elementary



Late  
Elementary

Listen to  
our Playlist



### Wonder about it!

What's one thing you're curious about from this week's part of God's big story?

How can you live differently or respond to God with what you're learning?



### Family Conversations

Families, use this to prompt conversations at the table, in the car, and anywhere else your family experiences life together.

*What does it mean to be "strong in the Lord"? (Hint: It isn't about being able to lift heavy things!) • What's an example of a time when you need the gift of the Holy Spirit to help you be strong? • Why do we need the armor of God? • What piece of the armor of God do you think you need most? Why? (Note: The Armor of God includes the belt of truth, breastplate of righteousness, shoes ready to tell God's story, shield of faith, helmet of salvation, sword of the Holy Spirit.)*



### Create It! - Family Shield

As a reminder that the gift of the Holy Spirit gives us strength, create a family shield together. This shield can be as simple or as complex as your family wants, but artistic kids can have fun taking this activity to the next level! As you create your shield, recall that Paul encourages followers of Jesus to take up the shield of faith. When we follow Jesus, we can have faith that we're loved and forgiven. This faith helps us face any struggle!

On your shield, write down one word for each member of your family that represents an area in which that person needs the gift of the Holy Spirit's strength. Put the shield in an area of your home where it will be seen often. As family members pass by the shield, they can pray for each other and the specific areas where they need the Holy Spirit's strength.



### Life Connection - Lighten the Load

Everyday activities are a practical and fun way to teach kids about the love of God. Kids love to be helpers, so including them in the family chores can be a way to illustrate that the gift of the Holy Spirit gives us strength.

Consider doing work in the yard or cleaning up a room in your home. Before you begin, designate specific jobs that require less strength for your child and jobs that require more strength for you. For example, if you work in the yard, only you can use the tools to trim bushes or blow leaves; however, kids can help throw away sticks and leaves in a yard bag.

After you complete the task, praise your kids for doing a great job. While the job was tough, they let you help them. Explain that sometimes they will find it tough to follow Jesus and to make the right choices. However, Jesus doesn't leave us to do the job alone. He gives us the gift of the Holy Spirit, which gives strength to do hard things.