



WEEK 3

OUTFITTER KIDS LESSONS & ACTIVITIES



BIG IDEA

God gives us everything we need.

THE BIBLE

The Armor of God: Ephesians 6:10-18;
(2 Corinthians 10:3-4)

SUNDAY MORNING

GATHER YOUR KIDS AROUND YOU IN THE LIVING ROOM, OR IN A PLACE WITH A TV AND ACCESS TO THE INTERNET. OPEN YOUR TIME IN PRAYER.

ACTIVITY | Name That Uniform

- **INSTRUCTIONS:** Find five to seven images of different people in various types of uniforms, or pass out the Name That Uniform printable provided for you—you can have 2-3 kids share one copy. You can print out the Name That Uniform printable [here](#).
- **Can you guess what job each person has in these pictures? How can you tell?**
 - **SPECIAL NEEDS HACK:** If you have a kid on the autism spectrum who demonstrates a special interest in a particular profession, consider finding a way to have them share their interest with the group. You'll not only delight them by involving them, but they'll see how much you care about them and notice their interests.

POLL | Do Uniforms Matter?

- **Do you think uniforms are an important part of having a job?** Give me two big thumbs up if your answer is "yes" and two big thumbs down if your answer is "no."
- So, lots of uniforms are pretty important when it comes to certain workers. Those big, heavy jackets firefighters wear? They're made of really special, thick material that protects the firefighters from getting burned! A sailor's life jacket protects the sailor in case they have to go in the water, and a surgeon wears brand new clean scrubs to keep germs out of the surgery room.



- The type of uniform a person will wear has a lot to do with the job a person will be doing.
 - **PRETEEN HACK:** *Ask a few follow-up questions for the older kids in the group: What uniform have you always hoped to try on? Have you ever tried on someone else's uniform for work? Do your parents or anyone in your family have to wear a special type of uniform for work? What do they do?*

THE BIG IDEA | God gives us everything we need.

- **INSTRUCTIONS:** *Use the same images from the "Name That Uniform" activity.*
- **In addition to what they're wearing, what else do each of these people need?** Each person can only succeed in their jobs if they have everything they need! Well, that's what today's Big Idea is!
- Repeat after me:
 - **God** (*Point upward.*)
 - **Gives us** (*Point to self.*)
 - **Everything we need** (*Spread arms out wide.*)
- Just like uniforms give firefighters and sailors what they need to stay safe and do their jobs well, God gives us everything we need to face anything that may come our way!
- Print out this weeks Big Idea by [clicking here](#).

THE LESSON

SO WHAT? *Why does it matter to God and to us?*

LET'S GO TO OUR VIDEO LESSON. BE SURE TO WATCH THE VIDEO IN ADVANCE, THIS WILL HELP YOU AS YOU SHARE THE LESSON WITH YOUR KIDS.

PLAY THE VIDEO FIRST.

VIDEO | I Go, Episode 3

- **INSTRUCTIONS:** *Play this week's [teaching video](#).*

YOU CAN FOLLOW UP WITH THIS CONVERSATION STARTER AND QUESTIONS.

SCRIPTURE | Ephesians 6:10-18

- Did you know we have a uniform? The Bible talks about how the world can be a really difficult and even sometimes scary place. But in the middle of a lot of really hard things, we have protection! We can stand up for things that matter and for people who matter because God is protecting us and helping us with everything we need.



Remember we talked about the Helper last week? Well, one of the biggest jobs of the Helper is helping us to be brave when we need to stand up for those who need help!

- So, as Christians, our uniform is given to us by God, and we are going to talk about what that uniform looks like today! Each part of that uniform helps us in a different way.
- **INSTRUCTIONS:** *Begin reading the Bible verse. When you get to verse 13, ask the kids to stand up and mirror you as you act out the different parts of the armor.*
 - Belt of Truth (*Hands on hips*)
 - Breastplate of Righteousness (*Arms crossed over chest*)
 - Shoes/Sandals-Gospel of Peace (*Run in place*)
 - Shield of Faith (*Hands out in a stopping motion*)
 - Helmet of Salvation (*Hands on head*)
 - Sword of the Spirit (*One hand downward in a sweeping motion*)
 - Praying (*Hands clasped in prayer*)

SCRIPTURE | 2 Corinthians 10:3-4

- So, are we *really* putting on an actual Belt of Truth and carrying around a *real* Sword of the Spirit? I think if you were carrying around a sword, people might get a little freaked out. Just like we saw in that video, the parts of the armor of God are not *real* weapons like we might see in a real battle. But they are spiritual weapons that God gives us for our protection and to help us live the life we're supposed to. All of us have a shared purpose to love God and to love others. The armor of God will help us do that every single day of our lives.
- **INSTRUCTIONS:** *Read 2 Corinthians 10:3-4.*
 - **SPECIAL NEEDS HACK:** *This passage will be instrumental in helping reinforce to our friends with special needs that the armor of God is not something they can touch or carry around.*
- Even though they may not be real weapons we can hold in our hands, they are powerful enough to help us protect ourselves and others in any situation.

DISCUSSION

- **What "uniform" should we put on as followers of Jesus?**
- **What are some of the parts of the Armor of God?**
- **Can you name what some of those parts do?**
- **2 Corinthians 10:4 says that our weapons are not like real weapons, but they still help us in battle. What do you think that means?**
- **Why do we need an armor of God?**
- **How does the armor of God show us that God gives us everything we need?**
- **How will you put on the Armor of God this week?**



MUSIC I Worship

- Knowing God's Spirit leads us and helps us sure makes me happy! It makes me want to get up and dance!
- **INSTRUCTIONS:** Spend some time singing to God this week. Use the songs on the website. [CLICK HERE](#).
 - "Gotta Move" by Go Fish
 - "Shine" by Go Fish
 - "Get Up and Dance" by Hillsong Kids
 - "Can You Feel the Joy" by Christ Music Kids

AFTER YOUR CONVERSATION, TAKE SOME TIME TO PRACTICE THIS MONTHS MEMORY VERSE FROM MATTHEW 5:16.

NOW WHAT? What does God want us to do about it?

MUSIC I Dance Party

- **Do you guys remember what our Big Idea for this week is?** That's right! God gives us everything we need!
- I don't know about you, but knowing God gives me all that I need to be ready for anything that might happen in my life gets me pretty pumped! Time for a dance party!
- **INSTRUCTIONS:** Show or play "[Full Armor of God](#)" by KidSpring.
 - **PRETEEN HACK:** Ask kids to discuss why it would be so helpful to have God's armor. Why do we need help with being righteous and knowing what is really true? What are some real life situations where having the armor helps?

RESPONSE I When Do We Need the Armor of God?

- **INSTRUCTIONS:** Read out some of these scenarios the kids might find themselves in and ask them to identify which piece of the armor of God they might need. (Possible answers are listed here, but entertain different responses as well!)
 - When your parent tells you it's time to read the Bible and you just want to watch TV instead (*Breastplate of Righteousness*)
 - When you might want to blame someone else for a mess you made (*Belt of Truth*)
 - When you see two of your friends fighting during lunch (*Shoes of the Gospel of Peace*)
 - When someone asks you tricky questions about the Bible, trying to make you stop believing in God (*Helmet of Salvation, Sword of the Spirit*)
 - When you are sad because it seems like God is not answering your prayers (*Shield of Faith*)



MEMORY VERSE | Memory Tower

- **INSTRUCTIONS:** *This activity consists of memorizing the verse while playing a game of tumbling blocks (i.e., Jenga)! Write out (or type) this week's verse on a piece of paper (or adhesive labels). Cut out each word and affix it to the short end of blocks only on one side of the tower, and in order. Every time someone removes a block, recite the memory verse together. Eventually, pieces of the memory verse will be missing, so it will make the kids do it from memory. Once the tower falls over, ask the kids to work together to put the verse in the correct order (see [this image](#) for reference.)*

PRAYER

- God, please help us to remember to put on the Armor of God every single day. We know it protects us and helps us to go and tell others about you. Thank You so much for giving us everything we need to be brave and to face the tough things in this world.

**HELP US CREATE A PHOTO GALLERY!
PRINT OUT THIS WEEKS COLORING PAGE, HAVE YOUR KIDS/FAMILY
COLOR, THEN SHARE PICTURES TO OUR [C3 KIDS FACEBOOK PAGE!](#)
HAVE A GREAT WEEK!**



ACTIVITY | The Right Uniform

- **INSTRUCTIONS:** *You or another leader starts off group time dressed in a uniform of some sort. You could be dressed as a sailor, a firefighter, a race car driver, a chef – any outfit that obviously looks like the dress of another profession and is easily identifiable by kids.*
- Hey, friends! **Do you, uh, happen to notice anything different about me today?** That's right, I'm dressed as a _____. But wait a second... I'm not a _____! I am a (insert your title here; e.g., teacher, pastor, director, leader, etc.)! Uh-oh! I'm not dressed in the right clothes for my job here at church!

ACTIVITY | Suit Up!

- **INSTRUCTIONS:** *Print out this week's printable and ask the kids to color and cut out all the pieces. Ask them to "put on" the pieces of the armor of God, and the older kids can label them by looking at the Bible passage again.*

VIDEO | The Armor of God

- Okay, so how do those things help protect us against things that may hurt us? What does "Helmet of Salvation" mean? And what is a "Breastplate of Righteousness?" Let's watch this video that will help us understand a little bit more.
- **INSTRUCTIONS:** *Show this video, "[The Armor of God](#)" by LifeKids.*

REFLECTION | Act Out the Armor

- Who thinks they remember all of the parts to God's armor and the motions we did with them?
- **INSTRUCTIONS:** *Invite one or a few kids to the front of the room to recite the Armor of God with the motions. Encourage the kids who are watching to try to follow along. Reward each kid who does so with a small prize.*
 - **PRETEEN HACK:** *Get some articles of clothing and other props and label them with each piece of the armor of God. It doesn't have to be accurate—you can just have label an oversized T-shirt as the breastplate of righteousness, for example. Then have kids take turns trying to put on the "armor" as fast as they can (use a stopwatch.)*
- Putting on the armor of God is something we have to do every single day. When you wake up in the morning, it's important for you to make sure you're wearing the things that keep you safe, just like the firefighter always wears that special firefighting jacket. It's important to have everything you need to help others along the way!

MEMORY VERSE | Matthew 5:16 (NIV)

- **INSTRUCTIONS:** *Introduce kids to this month's memory verse, teaching them the signs (a combination of SEE and ASL) we've provided.*