



WEEK 3

RIVER KIDS LESSONS & ACTIVITIES



BIG IDEA

God gives us everything we need.

THE BIBLE

The Armor of God: Ephesians 5:10-18

SUNDAY MORNING - WELCOME TIME

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 | Make a Breastplate

- **INSTRUCTIONS:** Before the kids arrive, cut large paper grocery bags into vests for the kids ([something like this](#)). Give each kid a paper bag to color on with markers. Put the kid's paper bag vest on backward so it looks like a breastplate.
- This is like a piece of armor that a soldier wears to keep them safe. You look like a soldier in your armor.

TEACHING TIME

WORSHIP | Armor of God

- **INSTRUCTIONS:** Ask the kids to sing along to a few songs. We have posted some suggested song on the C3KidsWheeling.com website.
 - "I'm in the Lord's Army" by Cedarmon Kids
 - "Full Armor of God" by NewSpring Worship
 - "Go" by Yancy
 - "Who's Your One?" By Summit Kids

THE BIG IDEA | God gives us everything we need.

- Print out a copy of today's Big Idea by [clicking here](#).
- (*Pat your shirt*) I have my shirt



GO 1 WEEK 3 PRESCHOOL LESSON

- (*Pat your shoes*) I have my shoes
- (*Hug your chest*) I have God's love
- (*Point around the room*) I have good friends
- (*Show a Bible*) I have the Bible
- (*Point to the sky*) God gives me everything I need.

PLAY THE VIDEO FIRST.

VIDEO | Go, Episode 3

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

YOU CAN FOLLOW UP WITH THIS CONVERSATION STARTED AND QUESTIONS.

SCRIPTURE | Ephesians 6:10-18

- (*Hold up a Bible*) Is the Bible something we need? Yes! We need the Bible every day. Today's Bible story is about how God gives us everything we need.
- The Bible tells us God wants us to trust and obey Jesus so we can be strong and face any hard thing that comes our way (*Show your muscles*).
- (*Show this week's printable, a picture of a soldier in armor.*) This picture shows us the kind of armor God wants to give us. The belt is like God's truth. The breastplate is like God's righteousness. The shoes help us remember to tell people about Jesus.
- Who can find the shield on this picture? You found it! The shield is our faith in Jesus to take care of us. The shield keeps us safe.
- This soldier has a helmet. (*Pat your head.*) The helmet helps us remember Jesus saved and forgave us for our sins. The last thing in the picture is the sword. The Bible is our sword. We learn from the Bible so can strong when times are hard.
- This soldier has everything he needs. God gives us everything we need.
 - **TODDLER HACK:** Trace the outline of each kid with sidewalk chalk outdoors or on a sheet of bulletin board paper. Tell the kids that God will take care of their whole body from head to toe.

ACTIVITY | Head, Shoulders, Knees, and Toes

- **INSTRUCTIONS:** Sing the song, "Head, Shoulders, Knees, and Toes" with the kids and do the motions together. Try adding the phrase, "God loves my..." at the beginning of the song.
- God wants to keep all of you safe from the top of your head all the way down to your toes. God gives us everything we need.



ACTIVITY | Shield Snack

- **INSTRUCTIONS:** *Cut the bottoms of graham crackers into points to make them look like shields. As the kids eat their snacks, review the Bible story and point out how the shield of faith in Jesus can keep you safe.*

ACTIVITY | Armor Puzzle

- **INSTRUCTIONS:** *Before the kids arrive, print out the armor puzzle printable (one for each kid) and cut each paper into five pieces following the cutting guides. Get the kids to work together to put the puzzle together. For older kids, you can have them use kid-safe scissors and cut their own puzzle, then solve it again.*
- **You have all the pieces put together. Can you help me find the soldier's helmet? What part of the soldier is safe when he wears his helmet? (Yes, his helmet keeps his head safe.)**
- The soldier has a special kind of shoes. What part of the soldier is safe when he has his shoes on? (*His feet.*)
- We know the soldier needs special clothes to keep him safe. The soldier also has a shield. Where is his shield? (*Good job! You found the shield the soldier can use to keep him safe.*)
- **This soldier has everything he needs. I am so glad God gives us everything we need.**

MEMORY VERSE | Matthew 5:16

- **INSTRUCTIONS:** *Introduce kids to this month's memory verse, teaching them the signs (a combination of SEE and ASL) we've provided.*
- *You can print out the memory verse poster by [clicking here](#).*

PRAYER

- God, we are glad You give us everything we need. Thank You, God, for keeping us safe.

WE'RE PROVIDING JUST A FEW EXTRA ACTIVITIES THAT YOU CAN CHOOSE TO DO ALONG WITH YOUR SUNDAY LESSON, OR LATER THIS WEEK!

**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 | Tin Foil Play

- **INSTRUCTIONS:** Give each kid a piece of tin foil to play with. Talk about how the soldier's armor can be metal and shiny like this tin foil.
 - We can show where the soldier's armor goes with our piece of tin foil. **Where would your helmet be?** (Hold your tin foil on your head.)
 - **Where would your belt be?** (Hold your tin foil at your waist.)
 - **Where would your breastplate be?** (Hold your tin foil on your chest.)
 - **Can you pretend your tin foil is a shield?**
- We can pretend with our tin foil and put on every piece of a soldier's armor. God wants to cover every part of you and keep you safe. When you learn from the Bible and you learn to trust and love Jesus, you are starting to put on a special kind of armor.

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Give each kid a coloring page along with crayons, markers, or colored pencils. Remind them of today's story, memory verse, and Big Idea as they color!

ACTIVITY | Castle Play

- **INSTRUCTIONS:** Give the kids a toy play castle or some blocks and cardboard tubes to build with. Show the kids how the soldiers would go inside the castle to keep safe.
- God gives you a home to live in just like the soldiers live in the castle. God gives you everything you need.

ACTIVITY | Grown-Up Shoes

- **INSTRUCTIONS:** Put out some adult-sized work shoes, tennis shoes, and sandals. Give the kids a chance to try to walk around in the different types of shoes.
- When you have shoes on, you are ready to go. You can wear work shoes to do hard jobs or sandals to walk in the park. Shoes help you be ready. God wants us to be ready to tell people about Jesus.

ACTIVITY | Flame Toss

- **INSTRUCTIONS:** Before the kids arrive, make a simple shield from cardboard or poster board. Get the kids to help you wad up balls of red and orange tissue paper to toss at the shield.
- A shield will help keep you safe. This shield stopped the pretend flames we tossed at it. The Bible tells us God will keep us safe. God gives us everything we need.