



Resource Material

Hello and welcome to the resource material for Full Armour.

As the name suggests, we are using the imagery set out in Paul's letter to the Ephesians describing the armour of God. Paul urges us to put on the full armour to protect ourselves with the truths of the gospel of Jesus.

It is colour coded as follows:

Black: to be read aloud

Blue: parents/leader info

Purple: additional facts if you have particularly keen and interested children

Green: additional prayer ideas if your children are keen

For each 30-40 minute session:

- play the 'Full Armour' video clip of the appropriate episode (each episode is around 4 - 6 minutes)
- Play the 'Family Series' video of the appropriate episode. (At the end of this video there is a suggested craft)
- work through the games and discussion questions of the corresponding piece of armour (explore the different aspects of the armour as a group and talk together about what it means for our lives)
- print off the appropriate fun sheet for each child
- finish with the prayer activity (decide an appropriate length of time to spend on the prayer section, depending on where your children are in their faith journey)

We pray and trust that you find your time with your children to be thoughtful and challenging and ultimately life changing.

You're on the frontline and it's an exciting place to be. You've got the armour on, but it is God's battle, so let Him take the lead and prayerfully watch for what He does.

God Bless

Chris, Matthew and Carol

Out of the Box (Scotland) Ltd

Session 4 – The Sword of the Spirit – the Word of God

1. What comes to your mind when you hear the word Spirit? How much do you know about the Holy Spirit? [Write these ideas down to refer back to later.](#)

“Heed my voice!” Ask the children to stand in a circle. Explain that one person is going to close their eyes in the middle of the circle. When you snap your fingers everyone changes places. Then you pick a volunteer to say “heed my voice” - they can disguise their voice if they wish! Then snap your fingers and everyone changes places again. The person in the middle must identify who spoke.

2. Read **2 Timothy 3:16** together. What do you think it means for Scripture (the Bible) to be God-breathed? [We’re aiming for something along the lines of ‘inspired by God’.](#)

Fact time for word geeks! Did you know that the Old Testament Hebrew word for ‘Spirit’ (Ruach) also means ‘breath’ or ‘wind’. So at the very beginning of the Bible where we read that the ‘Spirit of God was hovering over the deep’ it could legitimately be translated as ‘the breath of God’. In Old Testament times, people believed that the life was in the breath. We read in Genesis 2:7 that when God made the first human He ‘breathed into his nostrils the **breath of life**’. Breath (or Spirit) that gives life: could anything be more amazing! Even in modern English the idea of breath and life are closely linked. The Bible was ‘inspired’ by the Holy Spirit. ‘Inspired’ is from the same Latin root as ‘respiration’ (breathing), so that sheds some light on why Paul links The Spirit and The Word together when he talks about ‘the sword of the Spirit that is the Word of God’.

3. After Jesus had come back to life and encouraged his followers, he went back to Heaven. But he said he was going to send the Holy Spirit to be a helper for his followers and that this was the best way. How would you have felt as one of Jesus’ disciples to be told that the Spirit would be better than having Him physically with them? Do you think it would be easier or harder for you to believe what the Bible says if Jesus was physically with us now?

4. Whenever the Bible uses words like 'they were filled with the Holy Spirit' it is always accompanied by acts of great power or simply by great joy. Can you think of examples from the Bible? Do you have any examples from your own life where you have experienced the Spirit?

5. Did you notice that in Timothy's dream he was being attacked by the words of people that hated him? When he grasped the sword it was words from the Bible that filled his mind. This is the most common and powerful way that the Holy Spirit works. Can you think of a situation where someone has continually disrespected or ignored your words? How does this make you feel? *Some role-play may be appropriate here to ensure they fully understand that it is impossible to have a good relationship with someone if you do not listen to them and respect what they have to say. If we claim to love God, we must love His words - we can't have one without the other.*

Isn't it mind blowing to think that the same power that gave life to each one of us gave inspiration for the Bible! Spend some time thanking God for speaking to us so clearly through the Bible.

Optional Prayer activity:

God always wants to speak to us but we usually drown him out with noise and distractions. If we are not used to being still it can feel very strange at first. Practise just being still for 60 seconds. You might want to ask God to speak to you in the stillness.

Craft

Make a Sword of the Spirit - you will need:

1. you guessed it....cardboard cut to a reasonable 'sword like' size
2. Things to decorate the sword- pens, paint, glitter, stickers, paper etc
3. patience to deal with your kids then hitting each other with their swords - sorry!

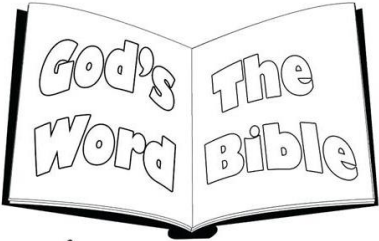
Activity Sheet 4 for P4-P7



Colour the letters

Can you find all the words?

C Y U V M S S G I C E B S D P
K K O U E R R I D Z V I R E R
W R I T E R S E I E V B O R O
J P C T B T S R T Z R L H I M
K K T O R G O E C P O E T P I
M E O U P M O A S E A T U S S
L K T N E M A T S E T H A N E
S H W M P A R A B L E S C I S
G N I H C A E T E D I U G Y Q
D A E R L E A R N Y R O T S Q



authors
bible
books
chapters

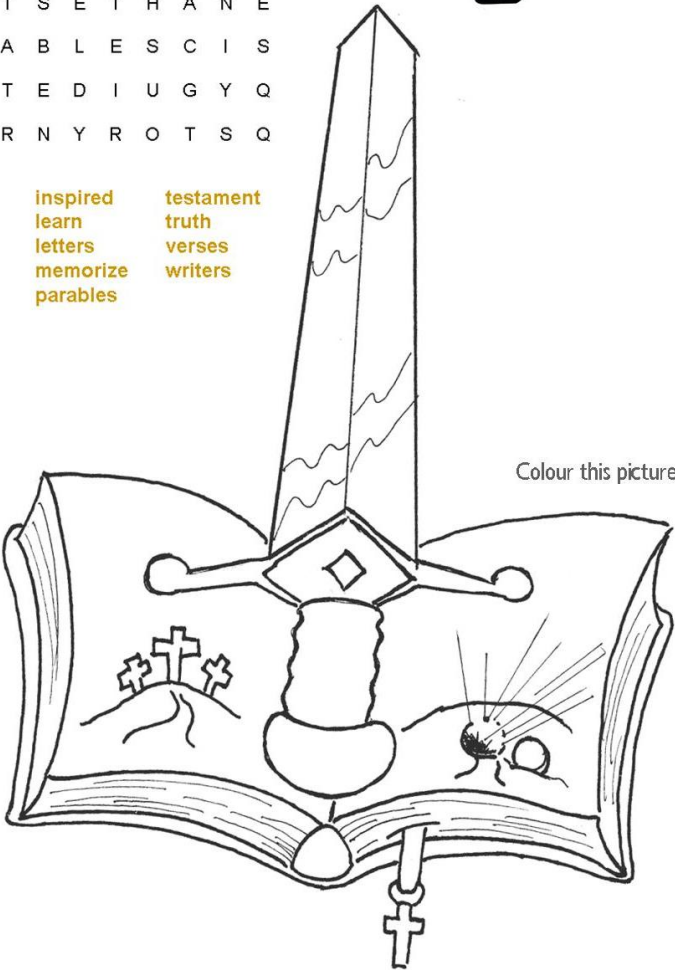
promises
read
red
story

inspired
learn
letters
memorize
parables

testament
truth
verses
writers

The Armour of God:

Take the sword of the Spirit — which is the word of God.



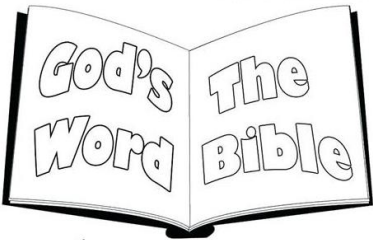
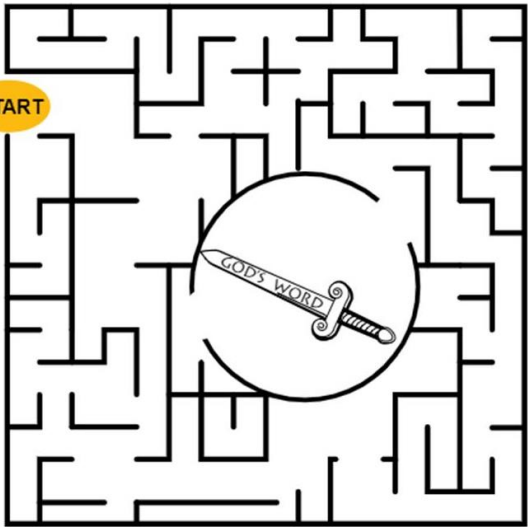
Activity Sheet 4 for P1-P3

Can you get to the sword?

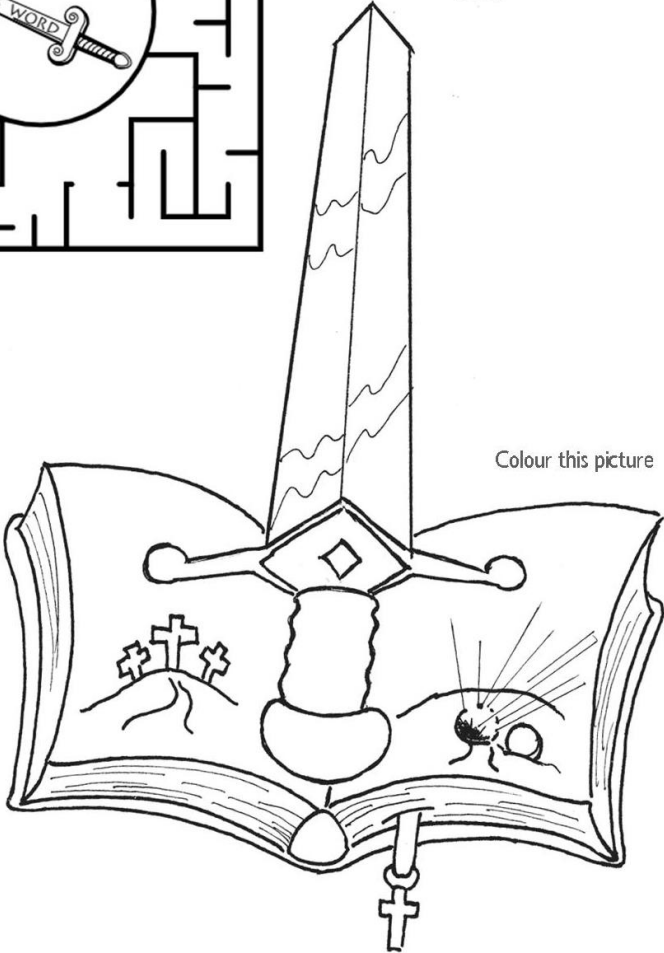


Colour the letters

START



Colour this picture



The Armour of God:

Take the sword of the Spirit — which is the word of God.

