



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 video clip of the appropriate episode (each episode is around 4 - 6 minutes)
- Play the bonus teaching 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

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Episode 1 – The Belt of Truth

1. Full Armour is set more than 1900 years ago around 90AD. How much do you know about that period of history?

Depending on your children they might find some of the following interesting and important: the Roman Empire ruled supreme; No phones, TVs or electricity; 90 years since Jesus was born; Paul had written all his letters but the New Testament was not yet consolidated; Jerusalem had led a violent revolt and had fallen to the Romans 20 years ago; it was now illegal to be a Christian in the Roman Empire; this is probably when the last book of the Bible (Revelation) was written.

2. We have thought about things we know to be true about a particular period of history, but people don't always agree on truth. In Greek and Roman culture it would have been common to speak with great passion about your beliefs and philosophies.

Give everyone 30 seconds to try to convince everyone about something they are passionate about. Try to keep the topics light-hearted at this stage. If they are stuck for ideas try these options: convince us that cats are better than dogs; why is your favourite food the best; why is your favourite clothing brand superior?

In 'Full Armour', Miriam says the belt will not help Timothy escape, but it will remind him what he is fighting for. What do you think Timothy is fighting for? He's fighting to keep his Faith alive despite dangerous and traumatic circumstances. The bigger picture is that the Christian Church is still so small in 90AD that every individual counts. What do you think is going to happen in the next episodes?

3. Can you think of a time when you have had to stand up for something that you knew was true? Was it easy? Would you like to share what happened?
4. What might you have to do in the future to stand up for the truth? How does that make you feel?
5. Pray for each other that when our time comes to stand up for what is true we will have the courage to do that.

Optional Prayer activity:

Put everyone's name on scrap of paper and mix them up. Get everyone to choose a name. Encourage them to pray for the person on their own every day this week. Think about how powerful it is to know that someone is praying for you.

Activity Sheet 1 for P1-P3

Draw two truths about God



The Armour of God:

Stand firm, with the belt of truth buckled around your waist



Colour this picture

JESUS
LOVES YOU

Activity Sheet 1 for P4-P7

Draw two truths about God



The Armour of God:

Stand firm, with the belt of truth buckled around your waist



How many more words can you make using only the letters from **"Belt of Truth"**?

Colour these words of truth.

GOD LOVES YOU