

THE FULL ARMOR OF GOD



REVIEW

MY NAME IS _____

EPHESIANS 6:10-11

Finally, be strong in the Lord and in His mighty power.
Put on the full Armor of God, so that you can take your stand against
the devil's schemes.

PUT ON GOD'S ARMOR

Over the last few weeks, we looked at what it means to wear the whole Armor of God.

We learned that God's Armor is an invisible armor that helps us to stand firm against the devil's schemes. The armor is made up of the Belt of Truth, the Breastplate of Righteousness, the Boots of Peace, the Shield of Faith, the Helmet of Salvation and the Sword of the Spirit. The whole armor must always be worn together to be victorious in our war!

Ephesians 6:11 Put on the full armor of God, so that you can take your stand against the devil's schemes.

Remember to put into practice all you have learned about being truthful, righteous and a peacemaker. Also, don't forget to have faith, protect your thoughts and live according to God's Word.

We encourage you to keep God's Armor clean by avoiding sin. If you ever do something that does not please God, you can pray and ask for forgiveness and commit to doing only what is right.

We have a few fun activities to help you remember all that you have learned.

We are wearing the whole Armor of God!



MATCH THE ARMOR



CLICK TO ACCESS
INTERACTIVE
WORKSHEET

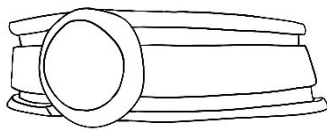


God has given us an invisible armor to help us win the war against the devil's schemes. Let's go over each part of the armor.

Print and color the pictures and words below.

Cut each square then match each picture to their names.

Parents'
Tip #1



BOOTS OF
PEACE

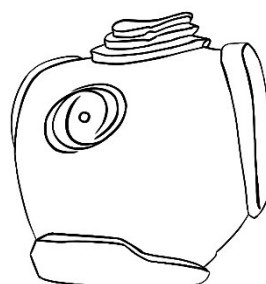
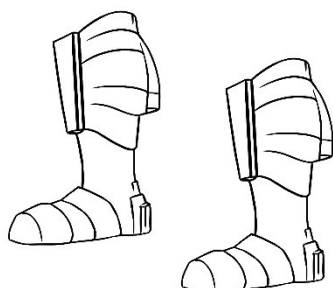
HELMET OF
SALVATION

BREASTPLATE OF
RIGHTEOUSNESS



SHIELD OF
FAITH

BELT OF
TRUTH



SWORD OF
THE
SPIRIT

WHAT PART OF THE ARMOR AM I WEARING?

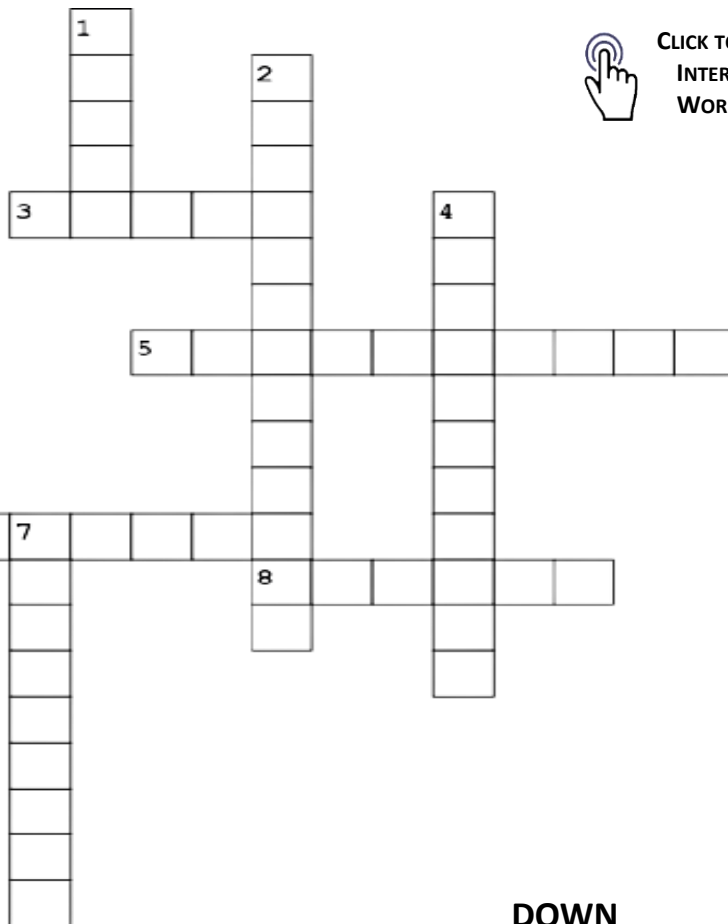
Listen to the audio in each scenario below.
Match the scenarios to the part of the armor.

 **CLICK TO ACCESS
INTERACTIVE
WORKSHEET**



CROSSWORD TIME

Each part of the armor is worn when we choose to think, say and do what is right. Read Ephesians 6:11-17 and fill in the answers in the spaces below. Use your answers to complete the crossword.



CLICK TO ACCESS
INTERACTIVE
WORKSHEET

ACROSS

3. We put on the BELT of T _ _ _ H
by saying and doing what is accurate.

5. The Armor of God is my
P _ _ T _ _ _ I _ N

6. The Armor of God protects us and
makes us victorious in this
I _ _ _ S _ _ L _ war

8. In addition to all this, take up the
_ _ _ _ _ of faith, with
which you can extinguish all the
flaming arrows of the evil one.
(Ephesians 11:16 NIV)

DOWN

1. Put on the full _ _ _ _ _ of
God, so that you can take your stand
against the devil's schemes

2. R _ _ H _ _ _ _ N _ _ S
means to do what is pleasing to
God at all times.

4. When we are
P _ A _ _ M _ _ _ _ , we are
wearing the BOOTS of Peace.

7. Put on S _ _ V _ _ _ _ as
your helmet, and take the sword of the
Spirit, which is the word of God.
(Ephesians 6:17)



DEAR JOURNAL...

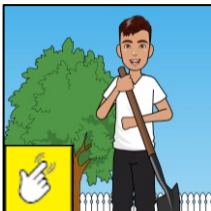
Parents'
Tip #2

Hi I'm John. I try to wear my full armor at all times to help me to resist the enemy and live as God wants. Use the Collector Cards to help me identify and fill in which part of armor and the scripture verse I am using each time. [Click here to access the cards.](#)

8:00 am: I'm reading Ephesians 6 and it reminds me how I ought to be. Right away I remember that my dad asked me to put away the garden tools. As soon as I finish, I run out and put them away! Whew...I'm glad that God's Word reminded me!

Armor _____

Verse _____



10:00 am: I'm hungry and looking for some food, but when I reach for my favorite snack, I realize that my brother took the last one! I'm angry and want to get back at him. I remember what we learned in PH and decide to have a different snack.

Armor _____

Verse _____



11:00 am: I completely forget that I have an exam in my virtual class today. I'm tempted to say that my video is not working so I can cheat. I raise my hand but then I remember what we've learned in PH. I take a deep breath lower my hand and get ready for the test.

Armor _____

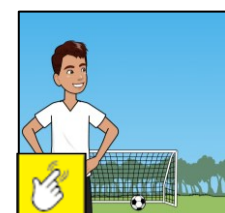
Verse _____



12:30 pm: After lunch, we are playing football and I totally miss my shot. I start to feel frustrated and something inside is telling me I'll never be good at anything. But I know that thought is not from God. He loved me and saved me and has a great plan for my life!

Armor _____

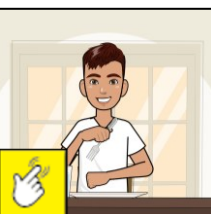
Verse _____



5:30 pm: I love my Mom but I do not love the dinner she made tonight. I remind myself that love has to be more than nice words, cards and flowers. This is where my correct actions must show my love. I pick up my fork and smile...

Armor _____

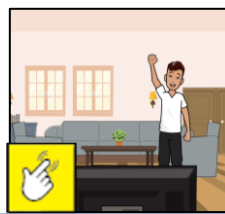
Verse _____



7:30 pm: Dad is watching news about Covid cases rising. My palms get clammy and I begin to feel anxious. I wonder why Doctors can't just make Covid go away! Dad reminds me not to put my faith in human wisdom – but in God. Whew. With my faith up I can feel the enemy's arrows bouncing off!

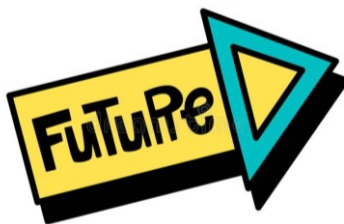
Armor _____

Verse _____



Use your Armor in Action Journal to track how you are using your armor in everyday situations.

WRITE TO THE



We have been on a significant journey learning about the Armor of God. The journey does not stop here! Write a letter to your future self about our commitment to wearing your armor well! Set a reminder to read the letter when you are about to graduate from Project Heritage. You can use one of the templates below.

Here are a few things you can write about:



- What parts of the Armor have you been wearing well?
- What parts of the Armor are you struggling with?
- What do you think God wants you to do to improve in the areas in which you are struggling?
- What encouraging words can you say to remind yourself to keep the armor on at all times?
- Identify your favourite scriptures to remind you how to wear your armor.

Click the envelopes
for letter templates



Feel free to add anything else that you would like! You might even want to ask your future self if you have improved in the areas you are currently struggling in.

You can print your letter and place it in a sealed envelope somewhere safe.

You can also email the letter to your parent or older sibling and set a reminder for them to send it back to you.



RECAP CHECKLIST

How many activities did you cover while learning about God's Armor? Here's a fun checklist you can use to help you remember.



- ☐ A photo of you with any completed Armor of God craft.
- ☐ Share a video of you or your siblings doing one of the PH science experiments.
- ☐ Write down your favorite scripture about the Armor of God.
- ☐ Tell us what your favorite learning video was! *Was it the animal armor? What about the moats and castles? Did you like the Karate?*
- ☐ Tell a friend "I will wear the Armor of God at all times!"

What else did you learn? Feel free to add or create your own checklist. Share your completed checklist with www.projectheritage.org/shareyourfeedback

COLLECTOR CARDS!

Use these cards to remind you what it means to wear God's Armor. You may use the cards for activities within the package or you can create your own games. Follow the steps below to create your collector cards.

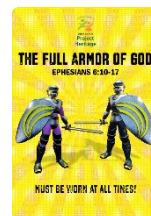


Materials Needed:

1. Collector Cards printouts
2. Glue
3. Scissors



FRONT



BACK

Steps:

1. Print the two (2) pages below on card stock paper. (If you don't have card stock paper you can print on plain paper and stick to a sturdy material for example bristol board or cardboard.)
2. Place the printed pages downward on a flat surface so the white sides are facing you.
3. Apply paper glue on the white sides facing you.
4. Stick the white sides together and allow to dry
5. Carefully cut out each card along the black dotted lines.

VIEW DIGITAL CARDS
CLICK HERE TO VIEW THE CARDS ONLINE



Remember: The Armor of God must be worn at all times!

COLLECTOR CARDS - FRONT



COLLECTOR CARDS - BACK



THE FULL ARMOR OF GOD

EPHESIANS 6:10-17



MUST BE WORN AT ALL TIMES!



THE FULL ARMOR OF GOD

EPHESIANS 6:10-17



MUST BE WORN AT ALL TIMES!



THE FULL ARMOR OF GOD

EPHESIANS 6:10-17



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EPHESIANS 6:10-17



MUST BE WORN AT ALL TIMES!



THE FULL ARMOR OF GOD

EPHESIANS 6:10-17



MUST BE WORN AT ALL TIMES!

DEAR FUTURE SELF,



I have been wearing the...

I have been struggling with...

To improve, I think God wants me to...

I encourage you to...

My favourite scriptures that remind me how to wear my armor are...

Signed _____



A stylized illustration of a right hand holding a pencil in a tripod grip. The hand is rendered in shades of brown and tan with black outlines. The pencil is light brown with a pink eraser and a silver band. The background is white.[illegible]

PARENTS' TIPS



Parents' Tip

#1

Discuss with your child what it means to wear each part of the armor. For example, we are wearing the Belt of Truth when we say and do what is accurate. We are wearing the Breastplate of Righteousness when we do what pleases God at all times.



Parents' Tip

#2

Help your child to track how they are using the Armor of God in everyday situations. They can use their Armor in Action Journal to record their experiences.