

## **Guide for Moms/Dads/Teachers:**

(This is just what worked for us. By all means, change this to fit the needs of your family and your child/children).

### Overall Objective:

For us, this was a study in how to live victoriously over the Devil's attempts to destroy us. I did not use it to teach salvation, although you can discuss this with each part of the armor, especially the belt of truth. Since Carson is saved, we used it as a study to strengthen his spiritual attributes, helping him make a conscious effort to "suit up" in the armor each day.

### Materials:

- Bible
- Army type helmet and vest. (Purchased at the Dollar Tree, but can order Online VERY cheaply).
- plastic daggers (Dollar Tree)
- 1 large aluminum (throw away) pan (Dollar Tree- 2/\$1)
- 1 nylon belt (or any belt. We had an old one that was starting to fray, so we used that)
- Pair of boots, if available, otherwise any pair of shoes will do.
- Access to Internet for the fun YouTube videos
- Sharpies (silver and black or any other color)
- Duct Tape (if you want to tape the cut edges of the shield)
- Large piece of roll paper, or you could use copy paper, if you need to.

### Day 1:

Materials: Access to Internet, Bible, Soldier Field Guide

1. Introduce the Armor of God by watching the YouTube video "(HD) Put on the Full Armor of God": <https://www.youtube.com/watch?v=gWgmQfVPPtU>

Even though we are doing a 'Soldier version' of the armor of God, this was just too awesome to pass up! Love how they did this.

2. Read Ephesians 6:10-18 and begin memorizing vs. 10-18.
3. Complete Day #1 of the 'field guide.' Of course there will be a bunch of different answers, but the main idea is that they understand that we need the armor of God to protect ourselves from the attacks of the Devil.
4. Sing the "I Am a Soldier" song (if you want to). The words are included toward the end of the Soldier in the Army of God field guide.

Day 2: Materials: Bible, Belt, Sharpie, Field Guide

### **Belt of Truth**

1. Background- In ancient times, the belt was the most important part of the armor, because all of the other pieces of the armor were attached or fitted to the belt. If the soldier didn't have his belt, he wasn't going to make it in the battle. Soldiers today also have a belt. They have their guns attached to their belts, as well as some types of protective vests.

2. We know the Bible is true. The belt of truth is the Word of God, and it is the only true foundation we have to stand on. If we don't have it, then we will never win the battle. Without it, none of the other parts of the armor even matter.

3. Read Eph. 6:14 and continue working on memorizing vs. 10-18.

4. Complete The Belt of Truth page.

5. Choose one of the scriptures to write on your belt in Sharpie.

6. Sing the "I Am a Soldier" song

Day 3- Materials: Bible, Field Guide, Access to Internet, Soldier vest, Sharpie

### **Breastplate/Chestplate of Righteousness**

-We chose to do Chestplate, because of my "manly" son 😊

1. Watch "Armor of God Sarge #2" : <https://www.youtube.com/watch?v=Bcwaa3tKakU>  
You don't have to watch these, but they are cute and they cracked Carson up. It's up to you.

2. Read Eph. 6:14 again and continue working on memorizing vs. 10-18.

3. Complete the Chestplate of Righteousness page.

4. We looked up righteousness and talked about how it is living in a way and making decisions that leave us without guilt and without sin. Choosing to do right no matter what.

5. Discuss Kevlar:

It was accidentally invented by Stephanie Kwolek, a chemist who was trying to invent a light-weight fiber to use in tires, to help a car have better gas mileage. What she invented was a fiber that is 5 times stronger than steel. It is used in many things, but for what we're studying, it's interesting to note that Kevlar is used in bullet-proof vests, army helmets, and even gloves, boots, and other body "armor."

Interesting facts about a bullet proof vest:

-If a soldier is shot, wearing a vest, it still hurts. Some explain it as getting hit by a hammer (In our Christian lives, the Devil's darts can hurt our feelings and "wound" our spirits, but if we are God's child, the Devil can't get the ultimate victory)

-Soldiers have to inspect their vests daily (just as we have to maintain our righteousness each and every day)

-Vests can wear out and need to be replaced (sometimes we get tired and weary of the Devil's tactics. We can't give up though, we just may need to refresh our vests and start clean again).

6. Choose a scripture from the Chestplate of Righteousness page and write it on your army vest.

7. Sing the I Am a Soldier song.

Day 4- Materials: boots (or pair of shoes), Bible, Field Guide, Access to Internet, Sharpie

### **Boots of Preparation and the Gospel of Peace**

1. Watch “Army of God Sarge #4”: [https://www.youtube.com/watch?v=AH\\_10hAgKF0](https://www.youtube.com/watch?v=AH_10hAgKF0)
2. Read Eph. 6:15 and continue working on memorizing vs. 10-18.
3. Complete Boots of Preparation and the Gospel of Peace page.
4. Discuss how we, as Christians, are to be prepared to give an answer always of “the Hope that is in us.” Christians have the opportunity to spread peace in this “war zone” that we call the world.
5. Choose one of the scriptures and write it on the bottom of the boots.
6. Sing the “I am a Soldier” song.

Day 5 – Materials: throwaway aluminum pan, sticky Velcro, scissors, hammer, Bible, Field Guide, Access to Internet, Sharpie

### **Shield of Faith**

(There’s no video for this one.)

1. Read Eph. 6:16 and continue working on memorizing vs. 10-18.
2. Complete the Shield of Faith page.
3. Explain that soldiers/ police officers, etc. use shields even today. They are sometimes nearly as tall as the person holding them. In ancient times, they were made out of many different types of metal, depending upon what they had available at that time period. Some were even made like tightly woven baskets. The soldiers would put the shields all together to create a type of wall to hopefully keep the “fiery darts of the wicked” from piercing through the shields. The shield was vital to the soldier. Without it, they had no hope of survival.
4. This is true for our Christian life today. We must have faith that Jesus has risen from the dead and that he is victorious over death and hell. To keep us from being discouraged by the Devil, we need to take on the shield of faith each day.
5. Use the aluminum pan and let your child hammer it flat. We used Velcro and stuck it on the back of the shield to create a handle, for my son to slide his hand in.
6. Choose a scripture and write it on the shield with the Sharpie.
7. Sing “I am a Soldier” song.

Day 6 – Materials: army helmet, Bible, Field Guide, Access to Internet, Sharpie

### **Helmet of Salvation**

Watch “Armor of God” Sarge #1 - <https://www.youtube.com/watch?v=U1pn2X9jjpo>

1. Read Eph. 6:17 and continue working on memorizing vs. 10-18.
2. Complete the Helmet of Salvation page.
3. Helmet Info: In ancient days, the helmet was personally created for each soldier. The soldier couldn’t just pick a helmet off a shelf and use it for battle. Every detail had to be tailored to the unique person, or the soldier would be unfit to fight in the battle.

The blacksmith would take many different measurements to ensure that the helmet would be comfortable and functional for each soldier, allowing the soldier to see through the eye slits, to have his cheekbones, nose and neck protected by the intricately molded metal.

This can be compared to our salvation. We have to make the personal decision for ourselves. We can't rely on the "helmets of salvation" of our friends or family and just slip those one, expecting to be protected. Like a soldier, we are only protected by our own helmets of salvation. We have to make a personal decision to accept Jesus Christ as our Savior, in order to survive the spiritual warfare of our land.

4. Choose a scripture from the page and write it on the Helmet of Salvation.
5. Sing "I am a Soldier" song.

Day 7 – Materials: plastic dagger (dollar tree), a large piece of roll paper (or just copy paper taped together), a hula hoop, or something to tape the paper to, so they can poke it with the knife, Bible, Field Guide, access to Internet, Sharpie

### **Sword of the Lord**

Note: This, of course, was my son's favorite day. He loved using the dagger. I felt ok with it, as long as we stressed that we were "cutting" evil ☺

1. Read Eph. 6:18 and continue working on memorizing vs. 10-18.
2. Complete the Sword of the Lord page
3. Discuss the idea of how we can use the Scriptures to cut out the evil in our lives.
4. Choose a scripture and write it on the dagger.
5. Write the false sayings (from the picture) on the paper. I used a large piece of paper from a roll I have. You can purchase some brown roll paper for \$1 at the Dollar Tree. I stretched it over our baby gate, because it has holes where the dagger can cut through the paper and go through the gate behind it.
6. Discuss how the Word of God can help us "cut away" these lies that the world and Devil tell us.
7. My two boys did this activity for a long time, until the paper was destroyed.
8. Sing "I am a Soldier" song.

Day 8 – Materials: Bible, Field Guide, and pencil

### **Praying Always**

Watch "Armor of God" Sarge #3 - <https://www.youtube.com/watch?v=oYD39IJat3o>

1. Read Eph. 6:18 and continue working on memorizing vs. 10-18.
2. Complete the Praying Always page.
3. Discuss how we can pray sincerely anywhere and everywhere. We need to pray in the Spirit of the Lord and not just have a memorized prayer that doesn't mean anything in our hearts.

Day 9 – Materials: aluminum foil, hole punch, lids to 2 plastic Gerber baby food containers, chain or yarn or string (anything to attach the ID tags and where them around your neck), Field Guide.

**ID Tags (IDentify with Christ)** – See the attached page of the Field Guide for the information about the ID tags.

-You can use the pictures of ID tags in the Filed Guide instead and have your child write on them, if you don't want to fool with actually making them, but my son LOVED making them with the aluminum foil. When you write on them, they look raised up like it's actually stamped on the metal. Pretty cool.

I hope this is as meaningful to you and your child as it ended up being to us. I learned a lot in the research and Carson loved relating it all to a soldier. We have referred back to these truths many times, in dealing with his attitude and how he should be "suiting up" in the armor each day.

So, get your armor on and enlist in the army of the Lord!