

KICKRiCKulum presents Armor O' God

Grades 1 - 6

Lesson Six: Heads Up! Ephesians 6:17 KJV

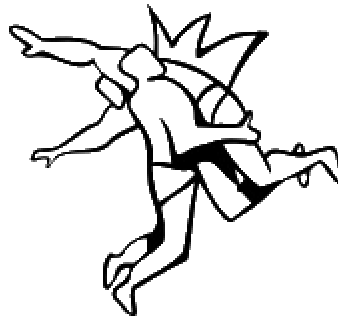
And take the helmet of salvation...which is the Word of God.

Support Verse: Psalm 140:7 (Amp)

Oh God the Lord, the strength of my salvation, You have covered by head in the day of battle.

Opening Match

Characters: Darkness Clan: Head Knocker
Righteous Clan: Day Dreamer



The match: *Head Knocker enters confidently banging both sides of his head. Daydreamer comes in with his head in the clouds obviously preoccupied with thoughts other than the match. Head Knocker makes several successful attacks to the head, neck and face area. Eventually Day Dreamer drops to his knees holding and shaking his head. Areas of attack are head, neck and face.*

Day Dreamer: You really took it to me Head Knocker. I was not mentally prepared. I had my mind on other things and you got an easy win. I challenge you to a rematch at the end of class!

Rampin' Up

Materials Needed: Play doh mold and several cans of Play doh (enough for each child to have a portion), Zip-lock Baggies, clip art of caterpillar and butterfly at the end of this lesson

Say: Romans 12: 2 NIV "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind." What does *that* mean? Conformed? Pattern of this world? Transformed? Renewing? Please, let me make it easier on you. (*Hold up the Play doh. Begin to mold it in your hands, pressing and shaping.*) This is fun. I can do whatever I want with this Play doh. I can shape it, roll it and smash it. My hands are pressure on the Play doh making it do what I want it to do. That's what conform means! Outside pressure, which is my hands, makes the Play doh "conform" to a shape I want it to be. You try it. (*Pass out Play doh and allow the children to conform it into shapes.*)

In the verse I just read Paul said for Christians not to be conformed. He's saying don't let the pressure from the outside world (devil), change you, or shape you into anything different than a Godly person. When friends try to talk you into doing something that would not please God, that is pressure. When the words of songs on the radio tell you to do something against the Word of God, that is pressure. When TV programs offer you ideas and ways to act that lead you to sin, that is pressure. Just like the pressure in our hands with Play doh, the world, the devil, is always looking for ways to shape us or conform us into something he wants us to be.

Watch. (Instruct children to put their Play doh down for a minute as you demonstrate. Hold up mold and Play doh.) Say: The devil wants everyone to think, act, and talk the same. He wants everyone to be worried about looking like everyone else. He puts pressure on you from classmates, through TV, music and magazines. (Take Play doh and mold and make several of the same objects as you speak.) Paul said, don't be pressured to be like this. Don't allow the world to make you like everyone else. (Hold up look alike molded Play doh.) Instead, be transformed! Ahh, transformed is to change the way you look from the inside out. Just like a caterpillar becomes as butterfly. (Show clip art. See grind.)

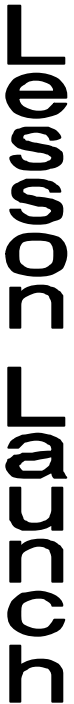


(Hand out play doh and ask each child to make a person from it. Have them show their creation and make the point that each one is unique.) God makes each of us different and unique. God doesn't want us to be conformed; He wants us to be transformed! How do we do that? The scripture I just read says we do it by the renewing of our mind! Renewing means to make new again. The world's thoughts or the devil's thoughts are replaced by God's thoughts! We are transformed by spending time in God's thoughts, which are in the Bible, just as the caterpillar is transformed by spending time in a cocoon! (Show clip art again. You may want to draw or find a picture of a cocoon.) When we put in God's thoughts and think on them and act on them we are protecting our mind. This is our lesson for today. Let's continue and see what the Bible says about using armor to protect our mind.



KICK RICK Grind

Transform comes from Greek word metamorpho or metamorphosis as when a caterpillar becomes a butterfly. It is a powerful word used also in the transfiguration of Christ. The caterpillar did not just add wings it became a totally new creature!



Read Ephesians 6:17 as paraphrased in the lesson below.

Materials needed:

- various hats/ helmets of differing type and purpose such as bicycle, football, batting, military, construction, welding, dress hat for men or women, baby bonnet, ball cap, painter, fireman, policeman, birthday, straw hat, rain hat, shower cap
- brown grocery bag
- Bibles
- 6 plastic golf balls
- 1 empty toilet paper roll tube
- magic marker



On one of the golf balls write the word **fear**. On the second write **un-forgiveness**, on the third write **hate**, on the fourth write **peace**, on the fifth write **forgiveness** and on the sixth write **love**.

Say: Ephesians 6:17 says that we are to put on a helmet.

What does a helmet do? (Entertain answers.) It protects the head. It also identifies or tells us about the person wearing the hat. (Hold up each hat or helmet one at a time. Ask the children two questions: How does this helmet protect and who would wear this hat? Allow children to try them on.)

Let me get more specific. Ephesians 6:17 says that we are to put on a helmet of salvation. What is

salvation? (*Entertain answers.*) Yes, salvation is accepting Christ as your Savior and going to heaven. But, it is a whole lot more. It is wholeness. In other words, it is healing, deliverance, safety, protection, supply and prosperity plus many more things. Now let me show you the helmet of salvation. (*Reach into grocery sack and act like you are pulling out something. Hold it up to the class.*) This is our helmet of salvation. (*Act like you are putting it on.*) Oh, that's too big. (*Act like you can't see and fumble around, take it off and adjust it.*) Ahh, no, that's a little tight. (*Act like you are adjusting it again.*) There, that's better!

Let me really show you how to put your helmet on. You don't use your hands to place it on. You **think** or **speak** it on. Thinking or speaking the Word of God is how you put on the helmet of salvation. You **meditate** on it to protect you from the attack of the enemy. You **read** and **speak** what God says about Himself, about you, and about what Jesus did for you when you got saved! Let's practice putting our helmet's on. (*Ask the class to repeat these statements after you.*) For example, you might say:

1. I am saved and have received salvation through a covenant with God.
2. Greater is He (Holy Spirit) in me than he who is in the world (devil).
3. I am more than a conqueror.
4. I am forgiven.
5. God is ever working to perform His Word over me.

Speaking, thinking and meditating on **any** scripture or thoughts of God is the same as putting on your helmet of salvation. You can't see it, but the enemy can. He sees it in the spirit. He will see this helmet and know that you are a prepared Christian.

Do you remember in lesson 2 we were told to gird up our loins? Listen to **1 Peter 1 :13a**. (*Wait as children look up this verse.*) "Wherefore gird up the loins of your mind." This scripture says to gird up the loins of our mind! Who remembers what the word "gird" means? (*Allow for answers.*) Yes, "gird" means to brace, support, and prepare to keep something standing. So what will brace, support or keep our minds standing in a battle against the enemy? Yes! The helmet of salvation will keep our minds standing. Thinking, speaking and meditating on the Word is our helmet of salvation. So get your minds ready for battle! What kind of battle? MIND GAMES! The devil can't make us do anything, but he can trick us, lie to us, or tempt us. He can tell us that he is more powerful than God, that we aren't saved or that God doesn't hear our prayers. We need to push those thoughts out and put the Word of God in!

(*Hold up the tube in view of all children.*) This is how the devil wants to attack our mind. (*Hold up the ball with the word **fear** on it.*) He comes against us with fear. It might be fear of dying, fear of failing/losing, fear of loneliness or fear of anything. (*Push the ball into the tube but not too hard that it falls out the other end.*) Or, he comes against us with lies of un-forgiveness, wanting us to believe that when we sin we will never be close to God again. (*Push this golf ball in the tube.*) Or he comes against us with thoughts to hate our family or to hate God. (*Push the **hate** ball into the tube.*)

Say: As we read and apply God's Word we begin to realize that those thoughts are not God's thoughts because they are not found in the Bible. They are thoughts sent from the enemy to battle our mind. We can push out the evil thoughts with God's thoughts. (*Hold up the **peace** ball.*) Watch as peace replaces fear. (*Push the "peace" ball in the tube and push out the **fear** ball. Do the same for the other 2 balls using **forgiveness** to replace unforgiveness and **love** to replace hate.*) As we learn and apply more of God's Word we fill our mind with His thoughts. When we do this we transform ourselves by the renewing of our mind. When we think and speak God's thoughts we put our helmet on! We have to protect ourselves! Use your helmet!

Air Time

(Present questions for discussion)



- What is the purpose of a helmet?
- What kind of helmet do we need to put on as Christians?
- What does our helmet of salvation protect?
- How do we put on this helmet?
- What thoughts does the enemy bring to you in mind games?
- What scripture or God thoughts can you read, think or speak back to the enemy?
- What will scripture or God thoughts do to the enemy's lies?

Character Skit: Coach "Gotcha Covered"

Materials needed: a Bible, a real football helmet for a child to wear or a toy helmet for display

Coach: (*Coach runs in blowing his whistle and shouting.*) Okay, everyone on their feet!"
Do you want to win? I can't hear you!

Class: Yes, Coach, we are ready to win!

Coach: Okay, that's better. Let's do a few jumping jacks to get started here. (*Coach leads the children in a minute of jumping jacks.*) Alright, you can sit down. (*Coach selects a volunteer to come up front.*) Alright, you look good. Alright, are you a winner?

Child: (*Responds yes.*)

Coach: I thought so. I could see it in your eyes. Try on this helmet.

Child: (*Tries on real helmet or holds toy helmet.*)

Coach: The head area is the most important area to protect. If a player gets a head injury it will take them out of the game immediately. A really hard blow might sideline the player for a week or more. (*Coach knocks on the helmet.*) This helmet is used to protect a player's head. Without it he doesn't have a chance against physical punishment. But let me tell you about another type of attack on the head. It's called a mental attack, mind games, getting inside your head or "psyching" you out! Call it what ever you want but it works! The game of football or any sport isn't all physical. It's mental too. (*Coach blows the whistle.*) Does anyone hear what I am saying? Say, "We hear you, Coach!"

Class: We hear you, Coach!

Coach: I don't care how good you are or how talented you are. If an opponent can get inside your head mentally then this helmet (*knock on helmet again*) isn't going to protect you! They will tell you that you are no good and that you haven't got a chance. If you believe that and forget who you are then they will probably win the game. And if they win then you didn't! Now, who here wants to win? I can't hear you?

Class: We want to win!

Coach: In football you must block out the mental stuff and believe in yourself, your team and the coach's game plan. Alright, let's bring this on home. How many here are saved? How many know that Jesus died for you? How many know that if you believe in Him and ask Him to forgive you of your sins that He will, and you are clean! If you did all that then you already beat the devil! You're a winner and you are going to heaven! Well, let me tell you something. That devil will still try to get inside your head and play mind games. He will tell you that you aren't saved and God doesn't hear your prayers. He'll tell you that God doesn't love you and that you aren't important. Well, (*knock on helmet again*) this type of helmet isn't going to help you one bit against the devil.

(Call another volunteer up to the front and have them stand next to the other person. Put the Bible on top of the 2nd volunteer's head.) Here is their helmet. Their helmet is the Word of God. God tells us if we believe and confess Jesus as our Lord and Savior that we are saved. God tells us in His Word that He answers prayer and that if we ask forgiveness He will forgive. This Bible tells us everything we need to know to win and help others become winners! If we stand on the Word of God, if we fill our minds with His Word then we protect our mind! My word to you (*hold Bible up*) is KEEP THIS HELMET ON AT ALL TIMES! (*Hold up the Bible.*) Will you get this in your head? Say, "I will get this in my head, Coach". I can't hear you!

Class: I will get this in my head, Coach!

Coach: (*Blows the whistle while leaving.*) Keep "a head" of the game. (*Laughs.*) Remember your helmet. Don't leave home without it!

Time to THRASH

1st to 3rd and 4th to 6th Activities

MEMORY VERSE

Head On

Materials needed: 19 hats, helmets, or combination of both some of which can be used from Rampin' Up, 19 large index cards, masking tape, watch with a second hand, Bibles

Write one word from the memory verse on each of the 19 index cards. The verse is Psalm 140:7 "O God the Lord, the strength of my salvation, You have covered my head in the day of battle. Tape one word to one hat until all hats/helmets have one word from the verse on them.

Lay the hats in random order on the floor of the classroom. Ask all children to turn in their Bibles to Psalm 140:7 or write it on the board for them. Read the verse aloud. Select children to come forward and arrange the hats to form the memory verse. Record the time. Repeat with other children and compare record times. Ask children to repeat the verse together.

RELAY GAME

Think About It

Materials needed: 60 sheets of paper, four boxes

On 30 sheets of paper write the word "world" and on the other 30 write the word "God". Set aside 15 of the world papers and 15 of the God papers and place them in a box. Crumple each paper into a paper wad and mix them up in the box. Do the same with the remaining papers and another box. Write the word "mind" on the out side of the remaining two boxes.

Divide the class into two teams. Place the two boxes of world and God paper wads at one end of the room, opposite the teams. Place the two mind boxes in another part of the room. Designate which boxes each team will use.

Say: We'll have a race. Each person will run to their box across the room. You will open the paper wad and read the word inside. If it says "world", it is a worldly thought that we do not want in our minds. Toss it out and try again. When you open a wad with the word "God" on it, it is a Godly thought and we want it in our mind. So take that thought across the room to the "mind" box and place it there. See if your team can be the first team to get all their Godly thoughts in their mind. Ready? Set? Go!" Allow teams to race.
Say: We are all winners when we keep worldly thoughts out and God thoughts in!

I Thought So

Materials needed: colored miniature marshmallows, 4 or more spoons, 4 or more aluminum pie pans, 4 or more blind folds, 4 or more bowls

Choose 2 colors and separate them out from the bag. For example use only green and pink.

Say: We cannot see or touch our thoughts. However, we can hear them or think them in our minds. (Hold up both colors of miniature marshmallows.) Sometimes the thoughts are true to the Bible, which are God thoughts, and sometimes they are against the Bible and come from the enemy. Let's play a game to show us how that we must be careful with thoughts and how we feed our mind.
(Choose volunteers to come forward. Blindfold the children and sit them in chairs. Ask other children to hold the aluminum pie pans directly above the blindfolded children's heads. Hand the blindfolded children a spoon. Place the bowl of 2 colored marshmallows on the blindfolded children's lap.)

Say (to the blindfolded children): In your lap is the bowl of thoughts. Some are God thoughts (green) and some are thoughts (pink) that go against what God would want for us. Using your spoon, scoop up the God thoughts and place them in the pan above your head. The pan will represent your mind. (Obviously the child will not be able to distinguish the two color thoughts but encourage them to try anyway. This will be the point of the game.) Begin when I say go. Let's see who can get the most God thoughts in their pan. Ready? Set? Go! (Children race to get the marshmallows in their pan. Game ends when one child has filled their pan. Remove blindfolds. Allow the children to count **only** the green God thoughts. Discover who has the most God thoughts.)

Say: Even though you all got many God thoughts in your pan or mind, some enemy thoughts still entered in. That is why it is so important to keep our mind filled with the Word of God. When we keep our mind

filled with God thoughts, there will be no room for thoughts from the enemy. *(If time permits give others a chance to play the game or share the marshmallows...green God thoughts only ?)*

4th to 6th Activity

SWORD SHARPENING

In Your Right Mind

Materials needed: large poster board, index cards, pencils, tape and Bibles

Using a magic marker outline the silhouette of a head and include the neck. Distribute index cards, pencils and Bibles to each child or to groups of children. Assign the following verses to each child or group. Instruct the children to look up each verse and to use their index card to write a summary of what the scripture is saying on that card.

Suggested references: Ephesians 2: 8-9, Ephesians 6: 1-3, 1 John 4:15, 1 John 5:14, John 3:16, 1 Thessalonians 5:18, Philippians 4:13, Ephesians 2:13, Romans 8:14, Acts 2:17, John 14:16, John 15:7 or any scripture that you feel would address the needs of children in your class.

Say: Sometimes thoughts will come into our mind that are not true to the Word of God. They may be thoughts from the enemy to convince us of a lie. We need the truth in our minds so that we know a lie when we hear it. Knowing the truth helps us to identify a lie so that we can toss it out when we hear it. That is how we put on a helmet of salvation. We cover our mind in truth. Let's take turns sharing the truth we have learned from our verses.

As children read their summaries ask them individually to tape the index card around the neck and head on the poster board. When all have taped their cards a helmet will be formed.



1st to 3rd and 4th to 6th

Rematch

Characters: Darkness Clan: Head Knocker
Righteous Clan: Day Dreamer



The wrestlers enter and Head Knocker immediately goes after the same areas. This time Day Dreamer blocks each attack.

Head Knocker: *(Head Knocker gets frustrated and runs out screaming.)* You have your armor on this time, but just wait until next week. That'll be a different story. The Darkness Clan has been doing all the fighting. The Righteous Clan just stands there blocking us! Next week we're going to make you come to us!

If time permits instruct the children to read Psalm 101:3 which says: I will set no evil thing before my eyes Explain that when we view television, read magazines and books, spend time on the computer or play video games that they are putting something before our eyes. Discuss with the children the different shows, books, magazines and games they play. Discuss the amount of time in a day that they spend with it. Using a blackboard make a chart of the amount of time children spend watching TV, reading books or magazines, or spending time on the computer or with video games. Emphasize that balance is needed and that we must put our eyes to the Word with as much time or more time as we do these other things.

Lead the children in a prayer of commitment to reading and meditating on the Word of God for as much as or for more time than they spend on one of these above activities. Lead them in a prayer of repentance for watching anything that would be “evil before their eyes” as mentioned in the Psalm above. Bring out the Play doh again as a reminder and pray a prayer asking God to help them resist the enemy’s pressure.

Clip art for Rampin Up

