



Week 3 – Elementary
Additional Resources for Parents

ACTIVITY: The Right Uniform

INSTRUCTIONS: You or another parent starts off dressed in a uniform of some sort. You could be dressed as a sailor, a firefighter, a race car driver, a chef – any outfit that obviously looks like the dress of another profession and is easily identifiable by kids. Hey! Do you, uh, happen to notice anything different about me today? That’s right, I’m dressed as a _____. But wait a second... I’m not a _____! I am a (insert your title here; e.g., teacher, pastor, director, leader, etc.)! Uh-oh! I’m not dressed in the right clothes for my job here at church!

ACTIVITY: Name That Uniform

INSTRUCTIONS: Print out the Name That Uniform printable provided for you. Can you guess what job each person has in these pictures? How can you tell?

POLL: Do Uniforms Matter?

Do you think uniforms are an important part of having a job? Give me two big thumbs up if your answer is “yes” and two big thumbs down if your answer is “no.” So, lots of uniforms are pretty important when it comes to certain workers. Those big, heavy jackets firefighters wear? They’re made of really special, thick material that protects the firefighters from getting burned! A sailor’s life jacket protects the sailor in case they have to go in the water, and a surgeon wears brand new clean scrubs to keep germs out of the surgery room. The type of uniform a person will wear has a lot to do with the job a person will be doing.

THE BIG IDEA: God gives us everything we need.

INSTRUCTIONS: Use the same images from the “Name That Uniform” activity. In addition to what they’re wearing, what else do each of these people need? Each person can only succeed in their jobs if they have everything they need! Well, that’s what today’s Big Idea is!

Repeat after me:

God (Point upward.)

Gives us (Point to self.)

Everything we need (Spread arms out wide.)

Just like uniforms give firefighters and sailors what they need to stay safe and do their jobs well, God gives us everything we need to face anything that may come our way!

SCRIPTURE: Ephesians 6:10-18

Did you know we have a uniform? The Bible talks about how the world can be a really difficult and even sometimes scary place. But in the middle of a lot of really hard things, we have protection! We can stand up for things that matter and for people who matter because God is protecting us and helping us with everything we need. Remember we talked about the Helper last week? Well, one of the biggest jobs of the Helper is helping us to be brave when we need to stand up for those who need help! So, as Christians, our uniform is given to us by God, and we are going to talk about what that uniform looks like today! Each part of that uniform helps us in a different way.

INSTRUCTIONS: Begin reading the Bible verse. When you get to verse 13, ask the kids to stand up and mirror you as you act out the different parts of the armor.

Belt of Truth (Hands on hips)

Breastplate of Righteousness (Arms crossed over chest)

Shoes/Sandals-Gospel of Peace (Run in place)

Shield of Faith (Hands out in a stopping motion)

Helmet of Salvation (Hands on head)

Sword of the Spirit (One hand downward in a sweeping motion)

Praying (Hands clasped in prayer)

The Whole Armor of God

10 Finally, be strong in the Lord and in the strength of his might. **11** Put on the whole armor of God, that you may be able to stand against the schemes of the devil. **12** For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. **13** Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. **14** Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, **15** and, as shoes for your feet, having put on the readiness given by the gospel of peace. **16** In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; **17** and take the helmet of salvation, and the sword of the Spirit, which is the word of God, **18** praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints

RESPONSE: When Do We Need the Armor of God?

INSTRUCTIONS: Read out some of these scenarios the kids might find themselves in and ask them to identify which piece of the armor of God they might need. (Possible answers are listed here, but entertain different responses as well!)

When your parent tells you it's time to read the Bible and you just want to watch TV instead (Breastplate of Righteousness)

When you might want to blame someone else for a mess you made (Belt of Truth)

When you see two of your friends fighting during lunch (Shoes of the Gospel of Peace)

When someone asks you tricky questions about the Bible, trying to make you stop believing in God (Helmet of Salvation, Sword of the Spirit)

When you are sad because it seems like God is not answering your prayers (Shield of Faith)

ACTIVITY: Suit Up!

INSTRUCTIONS: Print out this week's printable and ask the kids to color and cut out all the pieces. Ask them to "put on" the pieces of the armor of God, and the older kids can label them by looking at the Bible passage again.