



## LESSON SNAPSHOT

**BOTTOM LINE:**

God's truth is our guide in life.

**OBJECTIVE:**

Kids will state why it is important to learn the truth of the Bible.

**KEY PASSAGE:**

John 8:28-40, The Truth Will Set You Free

**MEMORY VERSE:**

*"So put on all of God's armor. Evil days will come. But you will be able to stand up to anything. And after you have done everything you can, you will still be standing."*

*Ephesians 6:13 (NirV)*

Read the verse several times. Then say it really fast. Then as sloooooow as you can.

**SUMMARY:**

A belt is a vital part of any ensemble, whether it's on a pair of jeans or a suit of armor. It keeps everything in place. Just as a belt holds the rest of the armor in place, the truth of God's word is what guides all areas of our life.

**SIMPLE PRAYER:**

*Dear God,*

*Show us your truth and set us free.*

*In Jesus's name,*

*Amen*



# EASY AT HOME OBJECT LESSON

## ITEMS NEEDED:

A belt

How many of you have ever been in the awkward position of having your pants fall down when you weren't expecting it? It's a pretty uncomfortable feeling, isn't it? You're playing hard, running and all of a sudden, your pants come loose and start to fall to your ankles. It's an awkward moment that could easily have been prevented - if only you had worn a belt.

Why did Paul choose the belt to represent God's truth? Because that truth can keep us from having awkward moments. The Word of God is truth, and that truth shows us the right way to live. When we make God's truth our focus, we learn to avoid sin, to treat others with kindness, and to share the truth we believe with others.

As we begin this series, let's all make a commitment to learning more about God's truth. Let's put the belt of truth around our waist and let it be our guide.



# FAMILY GAME TIME

## SHAKE IT LOOSE

### ITEMS NEEDED:

A belt  
An empty tissue box  
Ping-pong balls

### INSTRUCTIONS:

Choose one player for this game. Fill the empty tissue box with ping-pong balls, and attach it to the belt. Put the belt around the waist of the player with the tissue box on their back. The player will have 60 seconds to jump and shake all the ping-pong balls loose from the box. If they can complete the challenge in 60 seconds or less, they win a prize.

### VARIATION:

For double the excitement, have two players race to see who can empty their box the quickest.

### WHAT'S THE POINT?

The belt of truth holds our lives together and guides us in the right path.



# FAMILY BIBLE LESSON

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**OBJECTIVE:**

Kids will state why it is important to learn the truth of the Bible.

**KEY PASSAGE:**

John 8:28-40, The Truth Will Set You Free

**INTRO:**

When you think of a suit of armor, what comes to mind first? For most of us, it's probably the metal helmet, or maybe the breastplate of metal. We think of arms and legs covered in metal as well. We can picture all the plates of armor protecting the limbs, the back, the chest, and the head of a soldier. And let's not forget the big sword and even bigger shield!

For as long as men have been going to war, they've been making suits of armor to go into battle. Today's soldiers wear Kevlar vests and helmets with their camouflage gear, but the idea is very much the same. Soldiers want to come home in one piece, and they are willing to suit up in armored gear to protect their bodies - and their lives.

In the book of Ephesians, the Apostle Paul introduces us to a very different suit of armor. This armor isn't designed for the military, but for all God's children. Paul tells us we are involved in a spiritual battle, and if we want to get out unscathed, we need some special equipment.

**READ EPHESIANS 6:10-16**

The armor of God is our protection against temptation. It is our best defense against those who would try and turn us down the wrong path. We need to put on the full armor of God if we want to live godly lives, and today we're going to start with the most unlikely piece of all - the belt.

Of all things, why does Paul start with the belt? When we talked about suits of armor a moment ago, I suspect a belt was the last thing any of you thought about, but even the Dark Knight of the comic books, Batman, relies on a belt. The belt holds all of his bat gear, but more importantly, like any suit of armor the belt holds everything together.

# FAMILY BIBLE LESSON

The armor of God includes the belt of truth. Truth can be found in the Word of God, and as Jesus teaches in today's scripture, the truth can set us free.

## **READ JOHN 8:28-40**

### **MAIN POINT:**

Jesus came to make us part of God's family. The way to become one of God's children is to learn the truth of God's Word. God's Word teaches us what sin is. It teaches us right from wrong and how we can lead a life that pleases God. We do these things not to earn the praise of men like the Pharisees, but to honor God and be a witness to others.

The Pharisees knew the Word of God, but they didn't understand it. They saw a set of rules to enforce among the people, and they made the people slaves to these laws.

Jesus wanted to show people the truth of God's Word. The Word of God was not another way to enslave people. It was given to set them free. When we follow the teachings of Jesus, we will not be a slave to the law or to sin. We will be members of God's family. We will be free.

### **DRIVE IT HOME:**

What happens if you don't wear a belt? Your pants can slide down, can't they? That can lead to some rather embarrassing moments, depending on where you are and what you do. Imagine catching a football right near the end zone - then tripping and fumbling the ball because your pants fell down. That would be pretty embarrassing.

The belt of truth can save us from such moments. Knowing God's truth can help us avoid the embarrassment of sin. Knowing right and wrong, as the Bible teaches, can keep us on the right path. It guides us to follow Jesus and to make wise choices in all situations.

Likewise, knowing God's truth can help us to be a positive witness for Jesus. The Pharisees were judgmental and cruel. They loved to find fault, and they loved to criticize people who sin. God wants us to be able to teach others about sin without judgment. We are all sinners, after all, and we all make mistakes. Instead of pointing fingers and judging others, we need to share the truth in love. We need to be like Jesus, not the Pharisees, loving others while showing them in words and actions the way to go.

The belt of truth is essential to the Armor of God. It guides us along the straight path, avoiding sin. It shows us how to be the best witness for Jesus we can be. God wants all of us to join his family. He wants to set us free. The belt of truth will set us free, and help us to show others the path to freedom.

# FAMILY BIBLE LESSON

## CLOSE WITH A SIMPLE PRAYER:

*Dear God,*

*Show us your truth and set us free.*

*In Jesus' name,*

*Amen*



# FAMILY DISCUSSION QUESTIONS

## ICEBREAKER:

Have you ever had an embarrassing moment because you forgot to wear a belt?

## DISCUSSION QUESTIONS:

**Read John 8:28-40**

What does the belt represent in the armor of God?

What does Jesus say the truth can do for us?

How does knowing the truth keep us from sin?

How can knowing God's truth help us be a better witness for Jesus?

Why is it important to know God's truth?

## SIMPLE PRAYER:

*Dear God,*

*Thank you for revealing the truth in your Word!*

*In Jesus' name,*

*Amen*



# LESSON REVIEW GAME

## FILL IN THE BLANKS.

The armor of God includes the belt of \_\_\_\_\_.  
TRUTH

Truth can be found in the Word of \_\_\_\_\_.  
GOD

Jesus says if we know the truth, it will set us \_\_\_\_\_.  
FREE

Truth can help us to avoid \_\_\_\_\_.  
SIN

The belt of truth can guide us and help us be a better \_\_\_\_\_ for Jesus.  
WITNESS





## CRAFT ACTIVITY

At the end of this series, kids will have made not only a set of armor, but assembled their armor on a “soldier.”

For this first lesson create a template of the shape of a man the full length of a piece of construction paper (or use the included template). Have the kids trace and cut out their soldier. Then have them choose a new color and cut out a piece of that color for the belt. Have the kids write “truth” across the width of the belt. They can decorate it with flags or other adornments if time allows. Or you can just have them decorate the belt on the included coloring page that has all the parts of the Armor of God. Then have them glue the belt to their soldiers waist.

Save the soldiers so that kids can add to theirs after each lesson.



# ARMOR OF GOD

