



First, watch  
this week's  
video!

Confidence:  
learning to  
see yourself  
the way God  
sees you

### Memory Verse

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."  
Philippians 1:6, NIV

### Bible Story

Armor of God  
Ephesians 6:10-17

### Bottom Line

Use what God has given you to stand strong.

Use this guide to help your family learn how God can help us live with confidence.

## Activity

### Armor Matching

#### What You Need:

Six note cards, something to write with

#### What You Do:

Write\* the following phrases on the note cards (one phrase per card):

- Belt of truth
- Armor of godliness
- Shoes of peace
- Shield of faith
- Helmet of salvation
- Sword of the Holy Spirit (God's word)

(\*If your child is still learning to read, you could draw or print/glue a picture onto each card to represent each piece of armor.)

Shuffle the cards and give them to your child. Tell your child that you're going to read a description (listed below), and they're going to look through their set of cards to try to find the one that matches the description. Read all six descriptions and see if your child can match all of them.

- This keeps our whole set of armor together! If we wear it, we can remember what's true. (*belt of truth*)
- This protects a soldier's lungs and heart. It keeps our hearts safe and helps control our actions, even when we have big emotions! (*armor of godliness*)
- These help us carry the good news of Jesus everywhere we go. (*shoes of peace*)
- Our minds need help to stand strong, too! This piece of armor reminds us that Jesus loves and forgives us. (*helmet of salvation*)
- This shows us how God wants us to live, as we can read in the Bible. (*sword of the Holy Spirit/ God's word*)
- We hold this in front of ourselves to remind us that God is always with us and will always help us. (*shield of faith*)

## Talk About the Bible Story

When Paul wrote about the armor of God, did he mean that we would be wearing actual armor?

Why do you think Paul wrote about armor then? (*To show the different ways that our relationship with God can help us*)

How can our relationship with God give us confidence? (*It protects us, prepares us, and reminds us that God is always with us.*)

As you get dressed this week, how can you remind yourself to "put on God's armor"?

*Parent: Give an example of a time when you needed God's protection.*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for the strength and confidence we have from our relationship with You. It really is like Paul wrote; it's like we're wearing armor! Please help us to use what you've given us to make wise choices and live the way You want us to. Please help us stand strong and remember what's true. We love You, and we pray these things in Jesus' name. Amen."

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### Key Question

When is it hard to stand strong?

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## Talk About the Bible Story

Why do you think Paul wrote about armor to describe our relationship with God? (*To show the different ways that our faith can help us*)

What are some things that our faith can help protect us from? (*pride, selfishness, bad attitude, laziness, disrespect, fear, doubt, unkindness, etc.*)

How can our relationship with God give us confidence? (*It protects us, prepares us, and reminds us that God is always with us. It helps us have the courage to face tough situations.*)

As you get dressed this week, how can you remind yourself to "put on God's armor"?

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