

Acts-Revelation

Ephesians

2:8-9; 3:20; 4:29; 5:1; 6:1; 6:13-18

Younger Verse

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Galatians 5:22

Older Verse

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. There is no law that says these things are wrong. Galatians 5:22

Welcome Time

Have you ever seen a suit of armor? It is what people used a long time ago to protect themselves from arrows and other weapons. Let's see what Paul tells us about God's armor.

Bible Story

*The following is a summary of the Bible story to help you with your preparation. It is **NOT** to be read to the children. Instead, use your Bible to explain the story. Make a note page to help you remember your plans for the lesson or questions you wanted to ask.*

We have learned so much about Paul and the special letters that he wrote to the believers. This week we are learning about one special letter he wrote to a group in the town of Ephesus. The people were called the Ephesians. Paul wrote this letter while he was in prison for telling people about Jesus. That's right! He was arrested for sharing what he believed. Instead of getting angry or bitter, he used the time to write letters and help people learn more about Jesus and grow in what they believed.

Paul told the Ephesians many important things. First, he helped them see that Jesus was the only way to get to Heaven. He shared with them that they could never be good enough to get to Heaven on their own. Paul told them that God made a way for them to go to Heaven. Heaven was not something we could get to on our own. We can only go to Heaven by believing in Jesus and having Him in our heart. (Ephesians 2:8-9)

Paul also helped the people see that they must trust God and know that He would help them with any situation. He told them that God could do more than they could ever measure or imagine!! He also helped the people see that they must be kind and care for others. He told them to speak kind words and not mean or hateful words. He urged them to speak only helpful words, not words of gossip or bitterness. He told them to forgive others just as God forgave us. Paul told them to be imitators of God and have nothing to do with bad things.

Paul also told the children to obey their parents and to honor them because God promised that He would give them a long and enjoyable life.

Lesson Goals

Share things we do when we believe in Jesus (are kind to others, obey our parents, imitate Jesus)
Explain the armor of God

Then, Paul shared something else. In Paul's time, there were many Roman soldiers who wore armor to protect them from weapons like arrows. Paul saw this armor because he was in prison. God helped him use the armor as a way to remember things that we should do as believers to protect us from the devil's mean ways and help us stand up for Jesus.

He said to have the **Belt of Truth** buckled around your waist. God's truth will hold you up just like a belt holds up pants. Next, have the **Breastplate of Righteousness**. A breastplate was the piece of metal that protected a soldier from his neck to his waist. Most importantly, it covered the heart. God wants us to live "right" lives. When we do this, we are protecting our "heart."

Paul also told them to have **Peaceful Feet ready for action**. Just like a Roman soldier had to have good shoes for battle, we must have the peace that only comes from Jesus. Believers must be at peace with God and also be ready to tell others how they can find God's peace by believing in Jesus.

The **Shield of Faith** is the next part of the armor. A shield protected the soldier from fiery arrows. In the same way, our trust in Jesus will help us when Satan tries to shoot arrows like mean thoughts, lies, and gossip. Instead of thinking mean thoughts, we stop these arrows with our shield and live like Jesus.

A soldier must definitely protect his head. This piece of equipment is called the **Helmet of Salvation**. We need to concentrate on God so that the devil cannot put little lies in our mind that draw us away from Jesus. The big word "salvation" means that Jesus made a way to save us. Jesus died on the cross for all the wrong things we have done. He took our punishment for us. We must believe in Him and tell Him we are sorry for the wrong things we have done. Then, we must ask Jesus to come into our heart. Jesus comes into our heart and makes us clean on the inside. He promises to stay with us forever and take us to Heaven one day. If you want to know more about how Jesus can "save" you, talk to us about it anytime.

The last piece of equipment needed is the **Sword of the Spirit**. Our sword to help us is the Bible, God's Word. The more verses we learn and memorize in our hearts, the more we are protected from doing wrong things. Paul also tells the people that they must **Pray**. Just like a soldier has to get his instructions from a leader, we must pray and get our directions from God.

Paul shared all these things with his friends so that they would see how important it was to live their lives doing things God's way. If you want to know more about how to live a Godly life, we can share much more about it.

There are lots of lessons in today's story. Talk about them with the kids so they see what it means to follow Christ.

Learning Activities

Memory Verse Activities

Make a hopscotch pattern that the kids can use to say the fruit of the Spirit. Have fun hopping and saying the fruit.

Prayer Time

Share with God how we want to listen and get instructions from Him. Tell Him special needs on your heart.

Clean Up/Snack time

Snack on trail mix or make graham cracker shields with frosting and sprinkles.

Planning for August 29th
Philippians 2

Preschool Lesson
For
Ephesians

(Teachers, you may want to bring objects such as a belt, helmet etc. to help the kids visualize the lesson.)

Kids, have you ever seen shows where there are soldiers with armor on their bodies? Armor is the silver metal that protects soldiers in battle. Today we are going to talk about some more words that Paul wrote.

Paul wrote more letters to his friends. This time, he wrote to friends and shared how they should love God and do things that would please Him.

In Paul's time, there were soldiers that protected the towns. They wore metal armor to protect them from arrows. Paul saw the armor and thought of a good way to help the people remember to be good and love God. He used a belt, breastplate, shoes, helmet, shield and sword to help his friends see that they must do things God's way and be careful not to do wrong things.

Paul also shared how we must be kind and say good words to others. He also shared that we must obey our parents. He told his friends that it is good to please God.

God loves us and wants us to be kind to others and do good things just like Paul wrote about in the letter. Let's pray and ask God to help us do good to others this week!

Sing, "I'm in the Lord's Army."

Hands-On Activities For Ephesians

Design the armor of God. Ideas are limitless! Wrap foil around an old football helmet. Make a sword and breastplate out of cardboard and cover with foil. The kids can learn and have fun!

Ephesians 3:20 says that God can do immeasurably more than we can imagine. Ask the kids to “measure” out something. It could be water or M & M’s etc. Now, as you measure, make the measuring cup overflow. Share how God does things more than we can “measure.” God will make things overflow!

Play an imitating game. One person is “it” and everyone has to imitate what they do. (Make sure they do good or funny things, not bad things.) When the game is over, talk about Ephesians 5:1 and how we can be imitators of God.

Ephesians 6:1 says to obey our parents. This should provide a very good discussion with the kids!

Ephesians 4:29 says not to let unwholesome words come out of our mouths. For a fun way to illustrate this verse, bring candy that must be squeezed out of the container. Share how God wants us to share good and kind words like squeezing out the delicious candy! Our words should be sweet!!

There is a Christian video series from several years ago called Bible Man. He wears the armor of God and fights for truth. Watch one of the videos with the kids. (Most libraries have them.)
