

Belt of Truth

The Belt of Truth helps me choose to be honest, even when it's hard.

> "Stand firm then, with the belt of truth buckled around your waist..."
> Ephesians 6:14 (NIV)



Truth helps me...

- ♡ Be honest
- ♡ Build trust
- ♡ Do what is right
- ♡ Be brave
- ♡ Please God

1 What's the Truth?

Look at each picture. Choose the honest thing to do and circle it.



Tell an adult what happened.



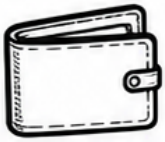
Blame the dog.



Be honest about your score.



Say you got a better grade.



Turn in the money you found.



Keep the money for yourself.

2 Truth or Not?

Read each statement. Color the ones that show truth.

- I tell the truth, even when I might get in trouble.
- It's okay to lie if no one finds out.
- I admit when I make a mistake.
- I try to be honest, even when it's hard.
- I only tell part of the truth.
- I take responsibility for my actions.
- I can be trusted to tell the truth.
- It's okay to blame someone else.

3 My Truth Pledge

Finish the sentence. You can write or draw.

I can choose the truth by...

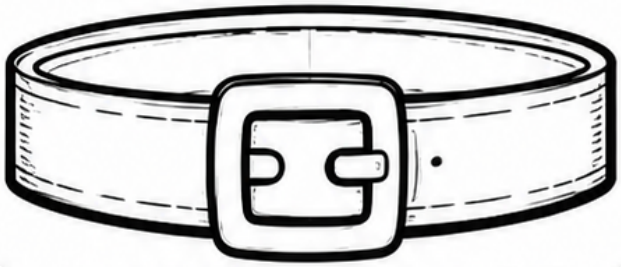
_____

_____

_____

4 Remember...

Color the belt and the words.



I CAN CHOOSE THE TRUTH!

With God's help, I can be honest, brave, and stand strong every day! ♡



Breastplate of Righteousness

The Breastplate of Righteousness helps me do what is right, even when it's hard.

"...with the breastplate of righteousness in place,"
Ephesians 6:14 (NIV)

Righteousness means:

- Doing what is right
- Choosing to be kind
- Living in a way that pleases God
- Treating others with love and respect
- Making good choices
- Standing up for what is right

1 Right or Wrong?

Look at each picture. Is it the right thing to do? Color the smiley face or sad face.



Help a friend who fell.



Tell the truth when you accidentally break something.



Say something mean about a classmate.



Return something you found.



Choose not to cheat.



Include someone who feels left out.

2 Make the Right Choice

Read each situation. Write or circle what you could do to show righteousness.

1. A friend wants you to say something that isn't true. _____
2. You see someone being teased at school. _____
3. You accidentally make a mess. _____
4. It's hard to do the right thing because no one is watching. _____
5. You feel like getting even, but you know it's not right. _____

3 I Can Be Righteous!

Color the breastplate and the words.



4 My Righteousness Pledge

Finish the sentence. You can write or draw.

This week, I will choose to do what is right by...

_____

_____

_____

With God's help, I can wear the breastplate of righteousness every day!

My Invisible Armor

God gives me what I need to stand strong every day!

"Put on the full armor of God, so you can take your stand against the devil's schemes."
Ephesians 6:11 (NIV)



- Belt of Truth
- Breastplate of Righteousness
- Shoes of the Gospel of Peace
- Shield of Faith
- Helmet of Salvation
- Sword of the Spirit

Every day.
Everywhere.
I can stand strong!



Put on your helmet and think God's truth!

Helmet of Salvation

The Helmet of Salvation helps me remember that I belong to God and gives me a right mind.

> "Take the helmet of salvation and the sword of the Spirit, which is the word of God."
> Ephesians 6:17 (NIV)

Salvation helps me...

- Remember I belong to God
- Choose to obey
- Keep the right thoughts
- Not be afraid
- Trust that God is with me
- Make wise choices
- Live for eternity

1 Right Thoughts or Wrong Thoughts?

Read each thought. If it is a helpful, God-honoring thought, color the smiley face. If it is a negative or untrue thought, color the sad face.

I am loved by God.	☺	☹
I can't do this.	☺	☹
God is always with me.	☺	☹
I'm not good enough.	☺	☹
I can choose to do what is right.	☺	☹
Nobody likes me.	☺	☹

2 Protect My Mind

Look at the items below. Color ONLY the ones that help you keep the right thoughts and wear the Helmet of Salvation.

Read the Bible	Video games all day	Pray
Kind words	Angry thoughts	Worship music
Too much TV	Remember God's love	Worry

3 My Right Mind Plan

Think of a time when you had a hard or confusing thought. What can you do next time? Write or draw your plan.

4 Color and Remember

Color the helmet and trace the words.



I HAVE A RIGHT MIND IN CHRIST!

I take the helmet of salvation!

With God's help, I can keep the right thoughts and remember that I belong to Him!

Armor of God Match-Up

God gives me what I need to stand strong! ♡

Match each piece of armor to what it helps you do.

Draw a line from each item on the left to the correct meaning on the right.

The Armor	What It Helps Me Do
 Belt of Truth	Helps me remember that I belong to God.
 Breastplate of Righteousness	Helps me be ready to share God's Word.
 Shoes of the Gospel of Peace	Helps me tell what is right and true.
 Shield of Faith	Helps me make peaceful choices.
 Helmet of Salvation	Helps me trust God, even when I'm afraid.
 Sword of the Spirit	Helps me choose to do what is right.



MY INVISIBLE ARMOR Maze

Help the boy find all the pieces of the Armor of God so he can stand strong!

Refer to Ephesians 6:10-18



Start

Belt of Truth

Breastplate of Righteousness

Shoes of the Gospel of Peace

Shield of Faith

Helmet of Salvation

Pants of Prayer

Sword of the Spirit

With God's help you can!

"Finally, be strong in the Lord and in his mighty power."
Ephesians 6:10

Stand Strong!



Pants of Prayer

The Pants of Prayer help me stay connected to God anytime, anywhere.

"The Pants of Prayer are made up—but prayer isn't!

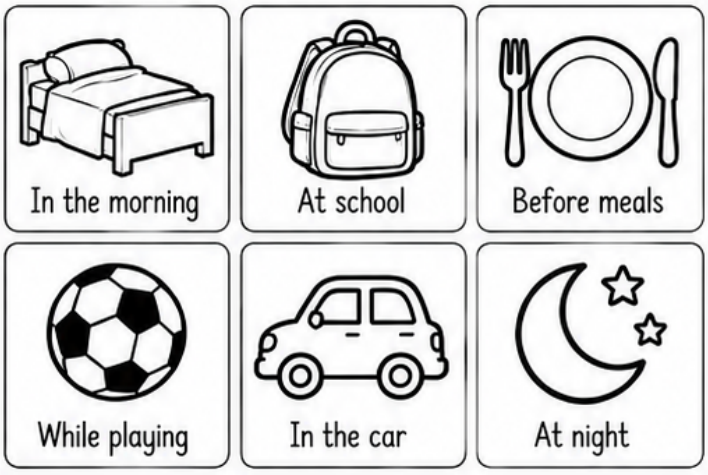
"And pray in the Spirit on all occasions with all kinds of prayers and requests..."
Ephesians 6:18 (NIV)

Prayer helps me...

- Talk to God anytime
- Share my thoughts
- Ask for help
- Thank God
- Pray for others
- Stay close to God
- Remember He hears me
- Be brave and trust Him

1 When Can I Pray?

Look at each picture. All of these are good times to pray!
Color the pictures.



2 What Can I Pray About?

You can talk to God about ANYTHING!
Color the things you can pray about.



Answer: ALL OF THEM!
God wants to hear from you. You can pray about anything!

3 My Prayer Ideas

Write or draw some things you can pray about.

Something I'm thankful for...

Something I need help with...

Someone I can pray for...

A choice I want to make...

4 Color and Remember

Color the pants and trace the words.



I CAN PRAY ANYTIME, ANYWHERE!

I will put on the pants of prayer!

With God's help, I can pray anytime, anywhere, about anything!



Shield of Faith

The Shield of Faith helps me trust God, even when things are scary or don't make sense.

> "In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."
> Ephesians 6:16 (NIV)

Faith helps me...

- ♡ Trust God
- ♡ Believe His promises
- ♡ Be strong when things are hard
- ♡ Not give up
- ♡ Remember God is always with me
- ♡ Choose to be brave

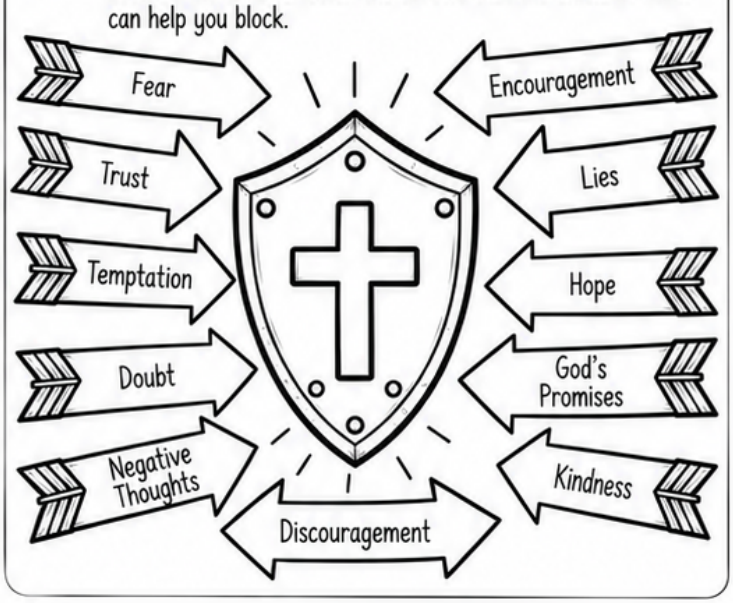
1 Truth or Lies?

Read each statement. If it shows faith, color the thumbs up. If it shows fear or doubt, color the thumbs down.

I trust God, even when I can't see how it will work out.	👍 👎
I give up when things are hard.	👍 👎
I believe God keeps His promises.	👍 👎
I worry and forget to pray.	👍 👎
I choose to be brave and trust God.	👍 👎
I think I have to do everything on my own.	👍 👎

2 Block the Arrows

Look at the arrows. Color the arrows that the Shield of Faith can help you block.



3 My Faith in Action

Think of a time when it was hard to trust God.
What happened? What helped you keep your faith?
Write or draw about it.

4 Color and Remember

Color the shield and trace the words.



I will take up the shield of faith!

With God's help, I can trust Him, be brave, and stand strong every day! ♡



Shoes of the Gospel of Peace

The Shoes of the Gospel of Peace help me follow Jesus and bring His peace wherever I go.

"...with your feet fitted with the readiness that comes from the gospel of peace."
Ephesians 6:15 (NIV)

The Shoes of the Gospel of Peace help me...

- ♡ Follow Jesus
- ♡ Share His love
- ♡ Be a peacemaker
- ♡ Stay calm
- ♡ Make good choices
- ♡ Go in the right direction
- ♡ Bring peace to others

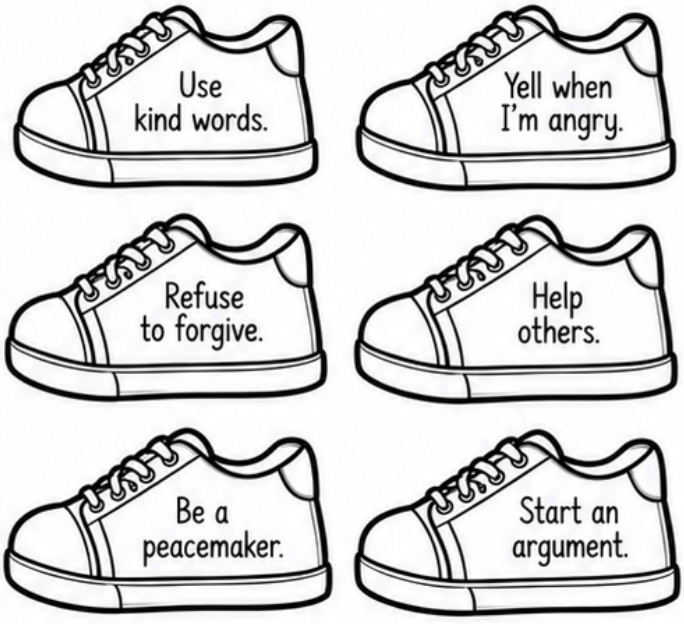
1 Which Path Brings Peace?

Look at each situation. Which choice shows the way of peace? Circle it.

A friend says something mean to you.	Say something mean back.	Use kind words.
You see two friends arguing.	Take a side and make it worse.	Help them find a peaceful solution.
Someone is left out at recess.	Ignore them.	Invite them to join.
You feel upset about something.	Yell or hit.	Take a deep breath and talk about it.

2 Steps of Peace

Color ONLY the shoes that show peace.



3 My Peace Plan

Think of a time when it's hard for you to be peaceful. What can you do next time? Write or draw your plan.

When I feel _____,

I can _____

_____

_____

_____

_____

4 Color and Remember

Color the shoes and trace the words.



I will walk in peace!

With God's help, I can follow Jesus and bring His peace wherever I go! ♡



Sword of the Spirit

The Sword of the Spirit helps me use God's Word to make wise choices and stand strong against lies.

"Take the helmet of salvation and the sword of the Spirit, which is the word of God." Ephesians 6:17 (NIV)

The Sword of the Spirit helps me...

- Read God's Word
- Remember what is true
- Stand against lies
- Make wise choices
- Use Scripture
- Trust God's plan
- Speak the truth
- Let God's Word guide me

1 Truth or Lie?

Read each statement. If it matches God's Word, color the check mark. If it is a lie or not true, color the X.

God loves me.	✓	✗
I can do everything on my own.	✓	✗
I should be kind to others.	✓	✗
It's okay to lie.	✓	✗
God gives me strength.	✓	✗
I can trust God's plan.	✓	✗

2 Use God's Word

Look at each situation. Choose the best way to respond. Color the box with the choice that shows using the Sword of the Spirit.

A friend dares you to do something you know is wrong.



Do it to fit in.

Remember what God's Word says.

You feel angry and want to say something mean.



Yell and say it.

Take a deep breath and choose kind words.

You see someone being picked on at school.



Ignore it.

Stand up for them and do what is right.

You are afraid and feel worried.



Let fear take over.

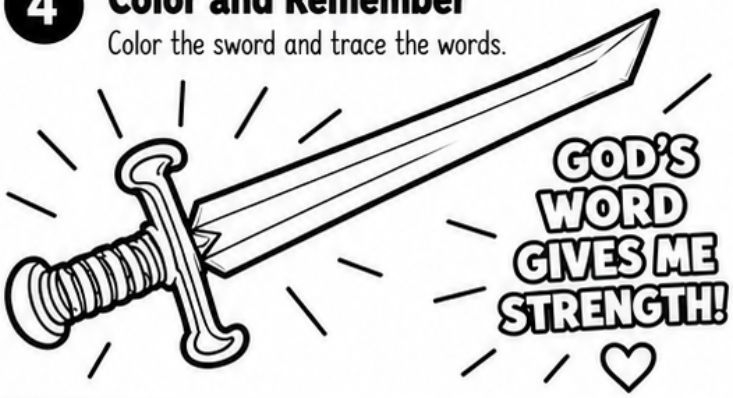
Remember God's promises and trust Him.

3 My Scripture Plan

Choose a verse you like or ask for help finding one. Write it below, or draw a picture of it.

4 Color and Remember

Color the sword and trace the words.



I will use God's Word!

With God's help, I can use His Word to make wise choices and stand strong every day!

My Invisible Armor Word Search





Find and circle the words below.
They can be across or down!

G	L	S	F	J	B	I	B	L	E
O	I	T	O	E	C	M	E	Z	F
D	W	R	P	S	S	T	P	H	T
R	Y	O	K	U	P	R	R	E	R
J	P	N	Q	S	I	U	A	W	U
F	O	G	T	K	R	T	Y	O	S
F	A	I	T	H	I	H	E	R	T
A	R	M	O	R	T	Q	R	D	U
J	E	P	E	A	C	E	U	P	U
M	O	K	I	N	D	N	E	S	S

Put on the whole armor of God!



Word List

TRUTH	ARMOR	WORD
PEACE	GOD	STRONG
FAITH	JESUS	TRUST
SPIRIT	BIBLE	KINDNESS
PRAYER		



"Finally, be strong in the Lord and in his mighty power."
Ephesians 6:10 (NIV)



MY INVISIBLE ARMOR

Discussion Questions

Talk about it.
Think about it.
Apply it.
Let God use it!
♡

These questions can help you talk about the story, dig deeper into God's Word, and discover how to put on your invisible armor every day.

1 What was your favorite part of the story? Why?



2 The boy in the story faced real problems, not dragons. What are some "everyday battles" that you face?



3 Which piece of the armor stood out to you the most? Why?



4 How can the Belt of Truth help you make good choices?
(Ephesians 6:14)



5 How does the Breastplate of Righteousness help protect your heart?
(Ephesians 6:14)



6 Why is it important to have Shoes of the Gospel of Peace?
(Ephesians 6:15)



7 What can the Shield of Faith help you with?
(Ephesians 6:16)



8 How can the Helmet of Salvation help you think differently?
(Ephesians 6:17)



9 In what ways can God's Word (Sword of the Spirit) help you every day?
(Ephesians 6:17)



10 Why do you think the author added "Pants of Prayer" to the armor? How can you pray more often throughout your day?
(Ephesians 6:18)



11 What is one way you can put on your invisible armor tomorrow?



Let's Pray

Ask God to help you remember to put on your invisible armor each day. Thank Him for His strength, His truth, and His help in every situation.

♥

"Finally, be strong in the Lord and in his mighty power."
Ephesians 6:10



MY INVISIBLE ARMOR
Reading Journal

Read + Reflect + Apply + Grow

God's Word helps me stand strong every day!

Refer to Ephesians 6:10-18

Today I Read...

Date: _____

Book / Chapter / Passage: _____

Verse(s) that stood out to me:

What I Learned

What did this passage teach me about God, myself, or how to live?

My Prayer

Talk to God about what you read. You can thank Him, ask for help, or tell Him what's on your heart.

How Does This Help Me?

How can I put this into practice in my everyday life?

My Action Step

What is one thing I can do this week to be more like Jesus?

God's Truth

What is one truth from today's reading that you want to remember?

Today I Feel...

Color the face that matches how you feel.

Happy | Thankful | Calm

Excited | Confused | Worried

Sad | Frustrated | Brave

My Favorite Part

What was your favorite part of what you read today?



"Finally, be strong in the Lord and in his mighty power."
Ephesians 6:10

Belt of Truth



Stand firm then, with the belt of truth buckled around your waist...

Ephesians 6:14

I can choose to tell the truth, even when it's hard!

♡

Breastplate of Righteousness



...with the breastplate of righteousness in place...

Ephesians 6:14

I can do what is right, even when no one is watching!

♡

Shoes of the Gospel of Peace



...and with your feet fitted with the readiness that comes from the gospel of peace.

Ephesians 6:15

I can be ready to share about Jesus and help bring peace wherever I go!

♡

Shield of Faith

...take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

Ephesians 6:16



I can trust God even when things are hard!

Helmet of Salvation

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I can make a better choice because God is with me!

Sword of the Spirit

...and the sword of the Spirit, which is the word of God.

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God's Word gives me the right words and a better plan!

Pants of Prayer

I can talk to God about anything!

Pray in the Spirit on all occasions with all kinds of prayers and requests...

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Put On the Whole Armor!

Put on the full armor of God, so that you can take your stand against the devil's schemes.

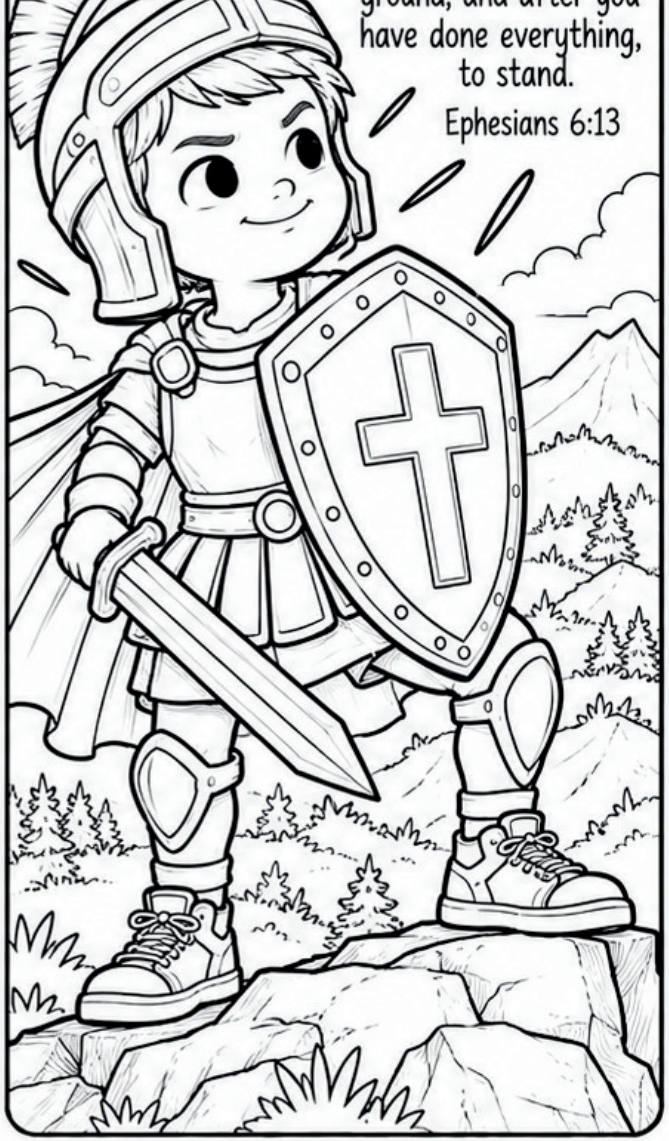
Ephesians 6:11



Stand Firm!

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Ephesians 6:13



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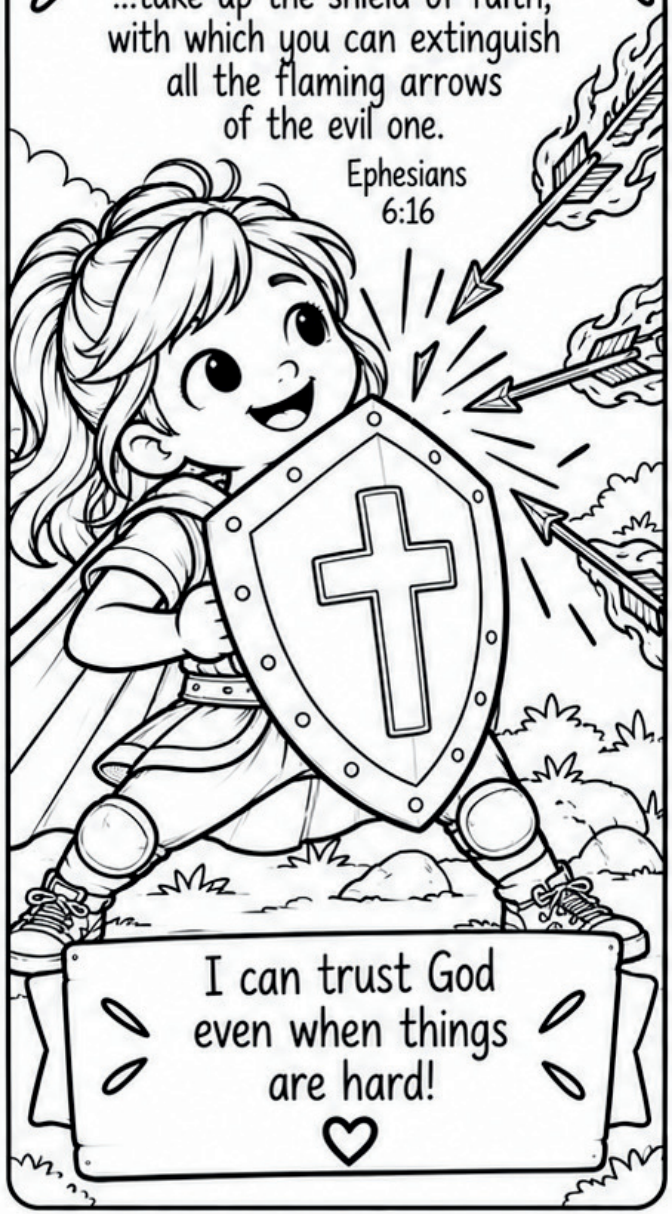
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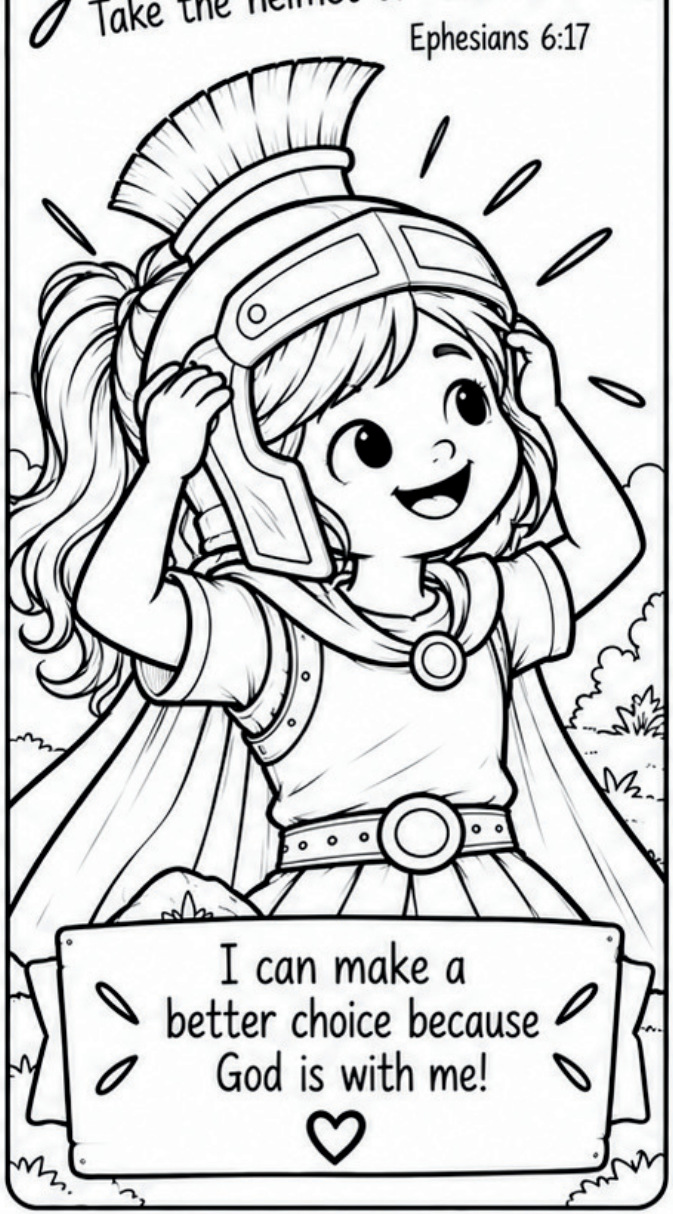


I can trust God even when things are hard!

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Ephesians 6:17



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