

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.



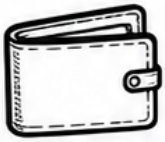
Blame the dog.



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...

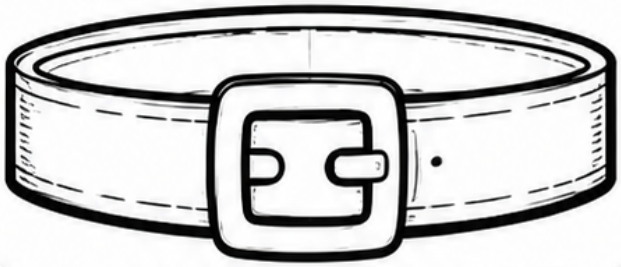
_____

_____

_____

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!



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.





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!

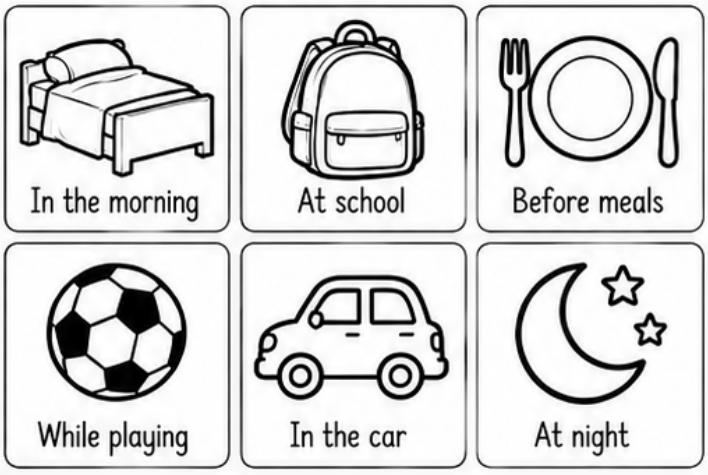
"And pray in the Spirit on all occasions with all kinds of prayers and requests..."
Ephesians 6:18 (NIV)

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

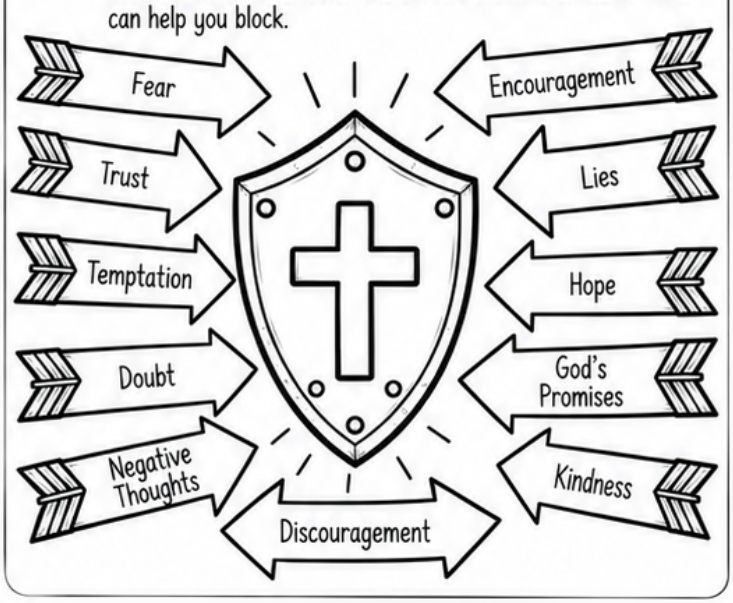
1 Truth or Lies?

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

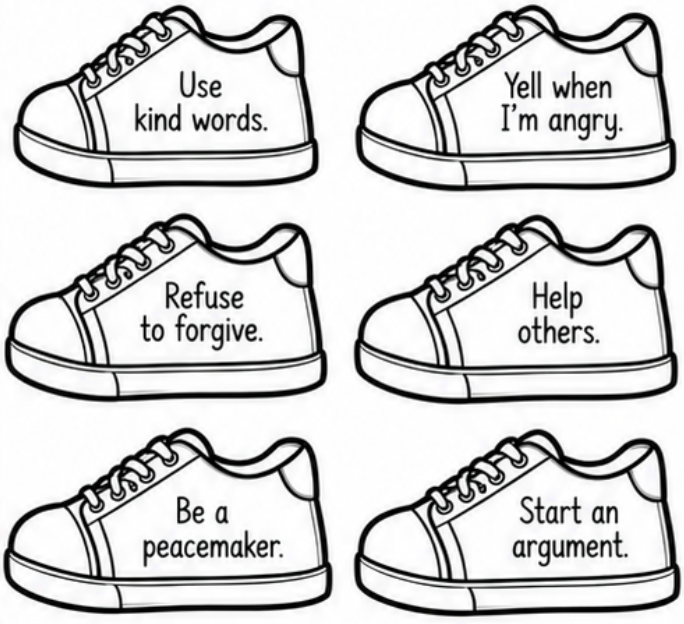
1 Which Path Brings Peace?

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.

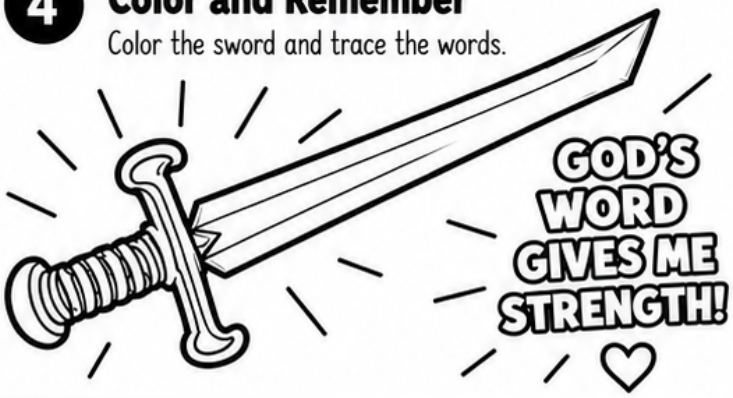
Remember God's promises and trust Him.

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!

Love

Love helps us include others!

"Do everything in love."
1 Corinthians 16:14 (NIV)

Who can I include?

Think about the people in your life. Who could you include, invite, or show love to this week?
Write or draw some ideas in the hearts below.

At School

At Home

In My Community

Someone New

Small choices make a big difference!
Love can help someone feel included.

Color the picture!

Everyone is welcome in God's garden!



Joy

Joy helps us choose to be happy,
even when things don't go as planned!

"....the joy of the LORD is your strength."
Nehemiah 8:10 (NIV)

Sometimes our plans change...
but we can still find joy!

Draw something that brings you joy
even when things don't go as planned.

Joy can be found in the little things!



A joyful heart makes a brighter day!

Peace

Peace helps us be kind, listen, and find better ways to work things out.

"Blessed are the peacemakers, for they will be called children of God."

Matthew 5:9 (NIV)

Two friends disagree!

Look at the picture below. The two friends want to do different things.

What could they do to find a peaceful solution?

Write or draw your idea in the space below.

Peace helps us care about others, even when we disagree.



My peaceful solution:

Kind words. Listening ears.
A brighter tomorrow.

Patience

Patience helps us wait with a good attitude!

"But if we hope for what we do not yet have,
we wait for it patiently."
Romans 8:25 (NIV)

Some things are worth waiting for!

Look at the pictures below. These are things that can take time. Color the ones you have waited for, and add one more idea in the empty box.

Good things take time!

- ○  A plant to grow
- ○  A birthday
- ○  A family vacation
- ○  A new pet
- ○  A special gift
- ○  A big milestone
- ○ Something else that is worth waiting for:

_____

_____



Waiting can be hard,
but God's timing is always good!

Kindness

Kindness helps us notice others and look for ways to help.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
Ephesians 4:32 (NIV)

How can I help?

Look at each situation below.
Write or draw a kind way you could help.
Even small acts of kindness make a big difference!

Kind people make a brighter day!

A classmate drops their books.



How can you help?

_____

_____

_____

You notice someone sitting alone at lunch.



How can you help?

_____

_____

_____

A friend looks sad.



How can you help?

_____

_____

_____

You see a mess on the floor.



How can you help?

_____

_____

_____

Someone is having a hard time with schoolwork.



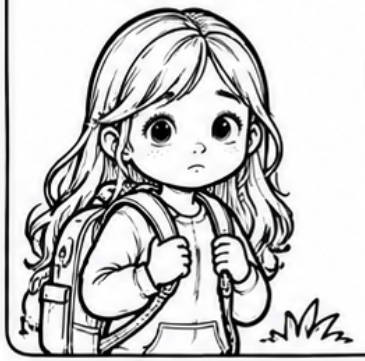
How can you help?

_____

_____

_____

You see someone new at school.



How can you help?

_____

_____

_____

Kindness changes everything!

Goodness

Goodness means choosing to do what is right, even when no one is watching.

"Do not be overcome by evil, but overcome evil with good."
Romans 12:21 (NIV)

What would you do?

Look at each situation below.
Choose the good thing to do, even if no one else knows. Check the box, or write your own idea.
Remember, doing what is right matters to God!

Do what is right, even when no one is watching!

You find a $5 bill on the ground and no one is around.



- ☐ Keep it for myself.
- ☐ Turn it in to a teacher or the office.
- ☐ Look around to see if someone lost it.

Other idea: _____

You finish a snack and see trash on the table, but no one is looking.



- ☐ Leave it there.
- ☐ Throw it away.
- ☐ Make the table extra clean.

Other idea: _____

You see a friend's toy on the floor and they left the room.



- ☐ Play with it.
- ☐ Leave it.
- ☐ Pick it up and put it away for them.

Other idea: _____

You see someone being left out at recess.



- ☐ Walk away.
- ☐ Invite them to play.
- ☐ Tell a trusted adult.

Other idea: _____

You finish a test early and notice someone's paper is open.



- ☐ Take a peek.
- ☐ Keep working on my own paper.
- ☐ Tell the teacher.

Other idea: _____

You make a mistake, but you know no one saw it.



- ☐ Pretend it didn't happen.
- ☐ Be honest and tell the truth.
- ☐ Fix it if I can.

Other idea: _____



Doing what is right, even when it's hard, shows that we are growing more like Jesus.



Small choices can make a big difference!

Faithfulness

Faithfulness means keeping our promises and being someone others can count on.

"All you need to say is simply 'Yes' or 'No'..."
Matthew 5:37 (NIV)

What would you do?

Read each situation. Choose the best response.
Check the box, or write your own idea.
Being faithful means doing what you say you will do, even when it's not easy!

People can count on me because I keep my promises!

You promised to help set the table for dinner, but now you want to keep playing.



- ☐ Keep playing.
- ☐ Help set the table like you promised.
- ☐ Ask if you can do it after dinner.

Other idea: _____

A friend asks you to meet at the park, but it's starting to rain.



- ☐ Don't go.
- ☐ Go and be there like you said you would.
- ☐ Text your friend and let them know.

Other idea: _____

You say you will bring a book to share with your class, but you can't find it.



- ☐ Hope no one notices.
- ☐ Tell your teacher the truth.
- ☐ Find a different book to bring.

Other idea: _____

Your sibling asks you to keep a secret.



- ☐ Tell someone right away.
- ☐ Keep the secret like you promised (unless it's unsafe).
- ☐ Only tell a friend.

Other idea: _____

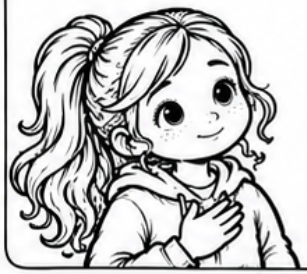
You volunteer to help with a project, but it takes longer than you thought.



- ☐ Give up.
- ☐ Keep going and finish it.
- ☐ Ask for help and don't quit.

Other idea: _____

You make a mistake, but you said you would be honest.



- ☐ Hide it.
- ☐ Tell the truth, even though it's hard.
- ☐ Blame someone else.

Other idea: _____

- Keep Your Promises
- Be Honest
- Be Trustworthy
- Be Faithful

How can you be more faithful this week?

_____

_____

_____



Faithfulness builds trust, strong friendships, and a brighter tomorrow!

Gentleness

Gentleness means using kind words and a calm attitude, even when it's hard.

"A gentle answer turns away wrath, but a harsh word stirs up anger."
Proverbs 15:1 (NIV)

Choose Gentler Words

Each sentence shows a harsh or hurtful response.
Rewrite it using kind-but-honest words.
Try to be gentle while still telling the truth.

Kind words can make a big difference!

1. Your sibling takes your toy without asking.



A harsh response:
"Hey! That's mine! Give it back!"

A gentler response:
_____
_____
_____

2. A classmate makes a mistake in a group project.



A harsh response:
"Ugh! You always mess things up!"

A gentler response:
_____
_____
_____

3. Someone doesn't agree with your idea.



A harsh response:
"Whatever! You're wrong."

A gentler response:
_____
_____
_____

4. A friend accidentally bumps into you.



A harsh response:
"Watch where you're going!"

A gentler response:
_____
_____
_____

5. A family member asks you to do something and you don't feel like it.



A harsh response:
"Do I have to? This is so unfair!"

A gentler response:
_____
_____
_____

6. Someone is having a bad day and is short with you.



A harsh response:
"Wow... That was rude!"

A gentler response:
_____
_____
_____

Be Kind
Be Calm
Choose Gentle Words

Gentleness doesn't mean being quiet —
it means saying what's right in a kind way.



A gentle heart helps others feel safe, valued, and loved!

Self-control

Self-control means choosing to do what is right, even when it's hard.

"It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age."
Titus 2:12 (NIV)

Stop, Think, Choose

Use these steps to help you make a good choice when your feelings are strong.

Stop
Take a breath. Pause.

→

Think
What is the right thing to do? What would Jesus do?

→

Choose
Make a good choice and do it!

I can choose what is right, even when it's hard!

Read each situation. Use the **Stop, Think, Choose** steps to decide what you could do. Write or draw your idea in the box.

1. You feel really angry because someone said something unkind to you.



My good choice:

2. You really want to grab a snack before dinner, even though you were told to wait.



My good choice:

3. You see a toy (or something) that doesn't belong to you, and no one is looking.



My good choice:

4. You feel like giving up because something is really hard.



My good choice:

5. Your friend is doing something wrong and asks you to keep it a secret.



My good choice:

6. You want to yell or say something hurtful, but you know it's not kind.



My good choice:



I can stop. I can think. I can choose what is right!



Self-control helps me grow into the person God created me to be!

Fruit of the Spirit Match-Up

Match each fruit to its meaning.

Draw a line from the fruit on the left to the matching meaning on the right.

The more we spend time with God, the more His fruit grows in us!

Love	Choosing to do what is right, even when it's hard.
Joy	Showing care and compassion to others.
Peace	Keeping my promises and trusting God.
Patience	Being slow to get angry and waiting with a good attitude.
Kindness	Treating others with respect and a gentle heart.
Goodness	Feeling happy because of what God has done.
Faithfulness	Loving others the way God loves me.
Gentleness	Doing what is right, even when I want to do something else.
Self-control	Feeling calm and trusting God, no matter what.



Which Fruit Is It?

Read each situation. Which Fruit of the Spirit does it show?
Write the right fruit in the blank.

Look for how the person is thinking, feeling, and choosing. That will help you find the fruit!



Love Joy Peace Patience Kindness Goodness Faithfulness Gentleness Self-control

1. Your friend is sad, so you sit with them and listen.



This shows: _____

2. You keep trying a hard math problem, even when it's frustrating.



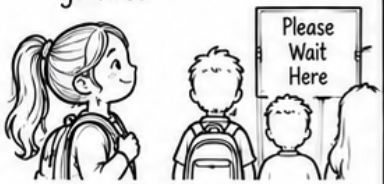
This shows: _____

3. Someone bumps into you in the hallway, and you forgive them.



This shows: _____

4. You wait your turn, even though you really want to go first.



This shows: _____

5. You share your snack with a classmate who didn't have one.



This shows: _____

6. You feel calm and take deep breaths when you feel worried.



This shows: _____

7. You choose to tell the truth, even when it's hard.



This shows: _____

8. You include someone who is sitting alone.



This shows: _____



9. You are happy for your friend when they do well, even if you didn't win.



This shows: _____

10. You use kind words, even when you are mad.



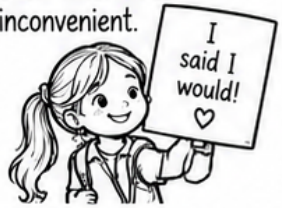
This shows: _____

11. You make a good choice, even when no one is watching.



This shows: _____

12. You keep a promise, even when it's inconvenient.



This shows: _____