Kidztown Sunday Morning
The Armor of God
Lesson 1: The Belt of Truth

Memory Verse

Stand firm then, with the belt of truth buckled around your waist. Ephesians 6:14a

Power Points/Lesson Objective

1. To learn about God’s armour for Christian warriors
2. To know how to wear the armour of God
3. To understand the importance of wearing the Belt of Truth

Thoughts On The Lesson

“For we wrestle not against flesh and blood, but against principalities and powers…” Perhaps if we had the slightest idea how much Satan is working against us, we might be more inclined to prepare ourselves for battle.

This new series of Kidztown lessons is designed to help children learn about the importance of the armour of God, and how each piece can protect us, advance God’s Kingdom, and bring honour to our Leader, the King of Kings.

It is not coincidental that truth is mentioned first in this armour checklist. The proper foundation of truth lays the framework for the other pieces to operate according to their full potential. What better way to combat Satan who is described as a liar and the father of lies than with truth?

The first piece of armour listed in Ephesians 6 is The Belt of Truth. Written by the apostle Paul, he is using symbolism as he makes an analogy between the Roman armour and what the Christian needs in his or her battle with the forces of darkness. A Roman soldier back in Paul’s day would have put on his belt first because all of his equipment would have been attached to it. That belt helped to hold the rest of the armour in place. His belt would have also secured his tunic and armor so that he would not have been hindered while in battle. The belt bound everything together giving the soldier a sense of firmness, making him feel secure, and able to meet the enemy’s attack with confidence. The belt protected the abdomen of the soldier, a soft place that is vulnerable unless it has a protective covering. There was security in the belt. The image here is that truth holds all the other virtues together and makes them effectual in the life of the believer.

Lying and deceit are two of Satan’s tools that he loves to use. Paul is saying to have truth which will show in a world that is filled with just the opposite.

What does putting on a belt of truth do for a Christian? The belt of truth will bring stability: stability to our temperament, stability to our thoughts, stability to our speech, stability to our actions.

When we wear the belt of truth, we put on the truth of Christ. When we wear the belt of truth we affirm that truth never changes. Hebrews 13:8 tells us that Jesus Christ is the same yesterday, today and forever. He is the truth and even if there are those who do not believe in Him, truth is truth and it never changes.

How important for our kidz to learn God’s Truth and protect themselves with it day after day.
Note To The Kidzcare Leaders

It is hoped each child in your group will understand the importance of the pieces of God’s armour. Take a few moments this week and ask yourself if you are wearing the belt of Truth. Do you show integrity and stability in all you do and say? Do you take time each day to spend in God’s Word and actually learn God’s Truth?

This series of lessons is a perfect time for getting our own spiritual armour polished and ready. Thank you for your commitment to Christ and to His kidz!
Welcome
  Leader 1 -

Introduction
  Team Member -
  Puppet -
  Leader 2 -
  Leader 1 -

Songs
  Dancers -
  Puppeteers -

Memory Verse
  Leader 1 -
  Leader 2 -

Game
  Leader 1 -
  Leader 2 -

Drama Skit
  Team Member 1 -
  Team Member 2 -

Puppet Presentation Song
  Puppets -
  Props -

Big Group Conclusion
  Leader 1 -
KidzCare Group Gathering Time

KidzCare Leader:

Good morning, everyone! It’s so good to have you here for a while today! I am looking forward to our time together. Today we are going to be learning about how to prepare ourselves for being workers for God.

(Bring a child’s coat/sweater and picture of a safety belt.) Who can tell me what this sweater is for? When would you use it? (listen for answers). Yes! It would be used on chilly days to keep you warm when you were outside. How many of you have ever run outside or gone to school without a coat or a sweater? Do you get cold? Sometimes we even get sick because we haven’t taken care of ourselves.

What do we put on in a car or van to protect us? (listen for answers). Here’s a hint: click! Click! That’s right – a seatbelt! Did you know scientists have proven that you are more likely to survive an accident by wearing your seatbelt than if you don’t? Why won’t people put on their seat belts then? Are they too busy, too lazy to take two seconds and put it on?

This morning in Kidztown and over the next several Sundays we are going to be learning about what God wants us to put on so we can be prepared to be strong for Him! I want you to listen carefully, and when we come back to our kidzcare group, tell me what it is that we learned we must put on.

Big Group Welcome

Leader or off stage voice:
Only 1 minute until Kidztown. Come on over and grab a seat. … Only 20 seconds to Kidztown.
(Play Kidztown Intro Music)

Leader:
Does anyone know what time it is?

Kidz:
Kidztown time!

Leader 1:
Oh, I can’t hear you! I know you can be louder than that! I said, “Does anybody know what time it is?” Much better!

Big Group Lesson Introduction

(one puppet and one team member out front are hanging out along the corner of the stage, slouching, wearing sloppy clothes, and looking glum. They could be chewing gum, wearing bandanas, etc.)

Team Member:
Oh boy, I feel terrible!

Puppet:
Me too.

Team Member:
I don’t like this feeling. Every time I hang out with those guys, I leave feeling this way.

Puppet:
Me too.
Team Member:
Why do they gossip like that? It makes me wonder what they’re saying about us when we’re gone.

Puppet:
Yeah. I wanted to tell them what God thinks of gossip, but I couldn’t remember where to find it in the Bible.

Team Member:
Me either! And did you see how they were being mean to some of the kids in the hall?

Puppet:
Yes. But what can we do? I feel like I don’t know what to do or what I can say that would make any difference.

Team Member:
Yeah. I don’t want them to turn on me. I don’t think I could handle that.

Puppet:
Wimps. That’s what we are. Big, spiritual, foamhead wimps.

Team Member:
Speak for yourself. I’m a big, spiritual hairy wimp!

(begin to play marching music. Enter Leader 2 wearing fatigues, cap, shades, and a whistle).

Leader 2:
(blow whistle once)
Atten-tion!

Team Member:
What are you doing?

Leader 2:
I heard there were two young recruits today that needed some cleanup duty!

Puppet:
Recruits? There isn’t anyone around here – except for – oh no, you mean him and me?

Leader 2:
Speak, private. I am listening.

Team Member:
Well, we’re feeling a little down about things at school and the mall and stuff. It’s hard being a Christian. Most of the time I don’t even know what I should do or say.

Leader 2:
I see. Do you have your armour on?

Puppet:
Armour? Good grief! This is the 21st century!

Leader 2:
Exactly. Even more reason to be wearing your armour.

Team Member:
Then I guess I would have to say no. I don’t have a clue what you are talking about.

Leader 2:
Stick around, recruits. Over the next several weeks you will be learning some life-saving information, and you WILL succeed. Now, when you hear this whistle blow (two short whistles), I need you to shout Praise the Lord! And this goes for all you recruits out there too. Are you ready? Let’s practice. (Blow whistle twice).

Excellent! Now, when I blow once, it means drop – and give me five! Let’s practice. (Blow whistle once).

Leader 1:
(enter Leader 1)
And when I blow my whistle like this – one long, one short, one long – it’s time for us to do our God’s Army Cadence. Every one up! And repeat after me!

GOD’S ARMY CADENCE

We are in the Lord’s Army
Living our lives for Christ daily.
Putting on our full armour
With God’s word we will stand firm.
Count off!
1 – 2
Count off!
3 – 4
Count off!
Stand firm!
(puppet and team member exit)

**Leader 1:**
Good morning, everyone! I'm glad you're here in Kidztown! We are starting today to learn about protecting ourselves as we advance God's Kingdom. How do we do that? With the Armour of God! And today we are going to be learning about – the belt of truth! But first, let's stand and do some singing!

**Songs**

**Song 1**

**Song 2**

**Leader 2:**
Wow! Those songs were great! I love being here at Kidztown.

**Leader 1:**
Me too. Who wants to play a game?

**Memory Verse - Cracking the Code**

**Power Memory Verse:**

Stand firm then,  
with the belt of truth  
buckled around your waist.  
*Ephesians 6:14a*

**Items Needed:**
White board or powerpoint with the following written on it:

Write the following verse on the board:

19 20 1 14 4 / 6 9 18 13 / 20 8 5 14 / 23 9 20 8 / 20 8 5 / 2 5 12 20 / 15 6 / 20 18 21 20 8 / 2 21 3 11 12 5 4 / 1 18 15 21 14 4 / 25 15 21 18 / 23 1 9 19 20 /.
5 16 8 5 19 9 1 14 19 / 6:14

A – 1  B – 2  C – 3  D – 4  E – 5  F – 6  
G - 7  H - 8  I - 9  J - 10  K – 11  L - 12  
M - 13  N - 14  O - 15  P - 16  Q - 17  R - 18  
S - 19  T - 20  U - 21  V - 22  W - 23  X - 24  
Y - 25  Z – 26

Have a team member dressed in fatigues come running out and snap to attention, hand the information to one of the leaders and then be dismissed.

**Leader 1:**
Okay, recruits, looks like we've been given a code that needs cracking. Are you with me on this one?

(blow whistle once so everyone has to do five pushups).

Excellent! Way to go! Okay, here's the code. Let's see if we can crack this thing!

Using the code breaker given, invite the Big Group to decipher the memory verse. Each / signifies the end of one word.
Invite the children to help decipher what the memory verse is for the lesson. Once it has been written out correctly, have the kidz recite it several times. Wipe off or take out two words at a time, until the group is saying the verse from memory.

**Game - Boot Camp Training**

**Participant Involvement:**
8 kidz

**Items Needed:**
Obstacle course set up

Set up an obstacle course like you might see at a boot camp. Have the kidz crawl under some hockey sticks, over a bench, and roll under a table.

Using skill testing questions, have 8 participants join you at the front. Divide them into two teams. At the word “go!”, the first player from each team must complete the obstacle course, come back and tag the next player. The first team to successfully complete the obstacle course is the winner!

**Leader 2:**
Wow! That was a great job! Way to go!

**Leader 1:**
(Blow whistle twice – shout Praise the Lord!)

It is so important when we are in God's Army, that we learn how to use our Bibles because that is our best way to protect ourselves and to show Satan what really is the truth! We are going to be working on learning all the Books of the Bible, so we know how to find them!

**Drama Skit: the "lion" of support**

**Items Needed:**
   - Stuffed lion
   - Belt
   - Bible

(Team Member 1 is kneeling on the floor talking to a stuffed lion)

**Team Member 1:**
You can do it! I support you 100%. I promise. I'm telling you the truth. I support you in every way. You are a brave lion and that's the truth...
(Team Member 2 enters)

**Team Member 2:**
Excuse me, but I hope you don't mind me asking. Just what are you doing?

**Team Member 1:**
I'm giving support to my lion.

**Team Member 2:**
That's a stuffed lion.

**Team Member 1:**
Do you expect me to have a live lion? I don't think so.

**Team Member 2:**
So why are you giving a stuffed animal support?

**Team Member 1:**
Shhhhh... he might hear you.

**Team Member 2:**
What? It's a stuffed toy! It can't hear.

**Team Member 1:**
Haven't you ever seen the movie Toy Story?

**Team Member 2:**
Yes, but that was just a movie. It was fantasy!
Team Member 1:
Fantasy? Maybe, maybe not.

Team Member 2:
Okay, let's talk over here where he can't hear us. (walks to the other side of the stage) I can't believe I'm doing this.

Team Member 1:
This is much better.

Team Member 2:
Now, what are you doing?

Team Member 1:
Well, in church the other day my pastor said, “gird up our loins with the belt of truth”.

Team Member 2:
Yes and...

Team Member 1:
I went home and I looked up gird in the dictionary and it said support. So I got my lion, my belt and now I'm supporting my lion with the belt of truth.

Team Member 2:
I can't believe it. I just can't believe it.

Team Member 1:
Believe it.

Team Member 2:
Are you telling me the truth?

Team Member 1:
(Holds up belt) Belt of truth.

Team Member 2:
I'm sorry to have to tell you this, but your interpretation of that verse is wrong.

Team Member 1:
It can't be, I looked it up!

Team Member 2:
Let me explain. Gird does mean support but not in the way you are thinking. Here it means to strengthen or protect. Also, it's not lions, it's loins. Loins means your mid section. The belt of truth, also known as a girdle...

Team Member 1:
Hold on! What did you just say?

Team Member 2:
Girdle?

Team Member 1:
I'm not putting a girdle on my lion. He's a boy lion.

Team Member 2:
Not on your lion, on you.

Team Member 1:
Wait a minute! I'm not wearing a girdle!

Team Member 2:
Don't think of a girdle as we know it today, think way back to the days of the Roman Soldiers.

Team Member 1:
I'm trying!

Team Member 2:
As the Soldiers prepared for battle they first put on a girdle or belt.

Team Member 1:
I like belt better.

Team Member 2:
Okay, the belt protected the mid to lower abdominal area. It was also the main item to which other things were attached.

Team Member 1:
Like the sword?

Team Member 2:
Yes. Let me tell you the devil doesn't fight clean. Paul said in Acts 20:29-31: "I know this, that after I leave, savage wolves will come in among you, and will not spare the flock. Even from your own number men will arise and distort the truth in order to draw away disciples after them. So be on your guard! Remember that for three years I never stopped warning each of you night and day with tears."

Team Member 1:
Savage wolves? (gulp)

Team Member 2:
The devil and his demons are those wolves! They will go for any exposed area of your body. For this reason you're going to need to constantly have on that girdle, I mean belt of truth that God's armor provides.

**Team Member 1:**
Give me the belt and the whole girdle too!
(Team Member 2 hands him a Bible)

**Team Member 1:**
No I want the belt, the girdle, the big tanks!!  

**Team Member 2:**
When Jesus was in the wilderness He came up against the devil and the devil attacked him. Jesus had his loins girded with truth. He knew the truth and voiced that truth. This is how you are going to have to cover your human weak spots. You're going to have to know and voice the word of God. In the Bible, is the truth. By knowing it and voicing it, you are letting truth protect you - a belt or girdle of truth!

**Team Member 1:**
That's what I need!

**Team Member 2:**
So what's your lion's name?

**Team Member 1:**
Fluffy.

**Team Member 2:**
Fluffy? That's a name for a lion?

**Team Member 1:**
Yes, shhh... he's very sensitive about that. He needs all of the support I can give him.

**Team Member 2:**
I can't believe it. I just can't believe it.
(team members exit)

**Puppet Presentation Song**

**Presentation Song**
Song – Books of the Bible

**Big Group Conclusion**

**Leader 1:**
There are six pieces to God's armour that we're going to be studying.

What is the first piece of God's armour that we learned about today? (the belt of truth).
What are some of the things that a belt did to help the Roman soldier? (hold his tunic in place, give him a place to hang his stuff, like his sword, protected his abdomen)
If the belt is so important to the soldier, why did Paul tell us to first put on our belt of truth? Why is truth so important to the Christian? (Satan does not like truth. It is foundational to what he isn't).

Let's stand and do our GOD's ARMY CADENCE one more time!

We are in the Lord’s Army  
Living our lives for Christ daily.  
Putting on our full armour  
With God’s word we will stand firm.  
Count off!  
1 – 2  
Count off!  
3 – 4  
Count off!  
1 – 2 – 3 – 4  
Stand firm!  
(puppet and team member exit)

**Leader 1:**
Thanks for coming, everyone, to Kidztown today! Let's join our small groups and learn some more about the armour of God.

**Encourage with Prayer**
Close your time together in prayer, asking God to give each group member wisdom and discernment to live a holy life.

**Dismiss to small groups**
Small Group Options

**Option #1: Digging in the Bible**

Invite your group to look up the following references and discover what they say about truth:
- Ephesians 1:13-14 (by truth we are saved)
- John 17:17 (by truth we are brought to Christian maturity)
- Ephesians 4:17-24 (by truth our minds are renewed and transformed)
- Ephesians 4:15,25,29 (truth builds up the church)
- John 4:24 (truth is essential for true worship)
- 2 Corinthians 2:11 (truth informs us of Satan's schemes)

If you have a few more moments, encourage some discussion with your group by asking some of the following questions. Close in prayer by asking God to help each student put on the belt of truth this coming week.

Would you rather have your best friend lie to you and not know it or find out about it later? Why?
- Why do you think that we are tempted to lie?
- Why might truth be foundational? (see John 8:32)
- If all truth is God's truth, then where do you think you should look to find truth?
- How can something that is a little bit false lead you astray in a spiritual battle?
- How might you use truth in your school to combat spiritual attacks?
- What can you do to ensure that you are wearing the belt of truth?
- Close in prayer asking God to help you begin to dress for battle by wearing the belt of truth.

**Option #2: Craft – The Belt of Truth**

**Items Needed:**
- Fun foam cut into 12” x 4” strips, one for each child
- String or ribbon
- Markers
- Gel pens
- Hole punch
- Scissors
- Glitter

**What To Do:**
- Give each child a piece of the fun foam.
- Punch a hole (or three holes) along each 4” end of the fun foam.
- Tie the string to each end of the foam (or braid it through if you punched in three holes). The strings or ribbons should be able to tie around the child at the back.
- Using the markers and gel pens, write the word TRUTH in balloon or block letters in the center of each belt.
- Decorate the belt with the rest of the glitter glue, etc. The kidz could write the memory verse or its reference.
- Once finished, invite each child to put on their belts of truth and wear them proudly!

**Option #3 - The Books Game**

**Items Needed:**
- One dice for each group
Divide your group into groups of about four. They can sit in small circles. The first person shakes the dice. Whatever number is thrown, they must say that many books of the Bible in order, starting at the beginning. The next person to shake must continue where the first person left off. This game can be played for both the Old and the New Testament books.