HOW TO WALK IN VICTORY
Lesson 3: My Armor
Lesson 3—My Armor

Unit Summary
What is our goal for our children? That they come to know Jesus as their Savior? Of course. But what then? If salvation were our only goal, children might as well go straight to heaven upon accepting Christ. But the reality is, they have an entire life ahead of them. Children, just like adults, are living in a spiritual battlefield and need to be equipped to live victoriously. Too often we tend to focus on helping children know how to behave—as if a child’s behavior depended entirely on human effort. What children need is to be trained in how to claim spiritual victory in Christ Jesus.

Lesson Summary
The world talks much about “peace on earth,” but as Christians we know that true peace is not the absence of conflict or problems but a quiet confidence in God in the midst of trials. That is why God says having our feet fitted with peace is an element of the armor of God, along with the shield of faith. When kids learn how to put their faith in God, they will have peace in their hearts and minds no matter what is going on in their lives. These defensive tools will help them to live victoriously, and we need to help kids learn to use them.

Paul’s Power Principle: Don’t go out without your armor on!

In this lesson, your children will...

KNOW
- God provides armor to defend them from enemy attacks

FEEL
- Relieved that God’s armor (shoes, shield, helmet) can protect them

DO
- Practice “putting on” their defensive armor each day
SPARK INTEREST
Choose from the following activities and ideas to engage kids and grab their attention.

Welcome!—Training Stations
As kids arrive, have some tables set up with craft supplies for them to make small shields out of firm paper plates. Purchase some firm white paper plates and have some coloring supplies so they can design their own shields. If you wish, have the word “faith” already written in the center of the plates—that is up to you. For handles, cut curved pieces from smaller plates or strips of card stock and staple them to the plates, leaving room for fingers to go through the handles. Put the handles on the side normally eaten on and decorate the backs of the plates. The plates can be used later in the lesson for an optional lesson activity.

Let’s Meet-n-Greet!
As kids turn to greet each other and swap names, have them share what sporting equipment they own. What sport is it used for? Do they have any equipment that protects them?

Leaders, be sure to stop whatever you are doing to move through the audience and greet the children, especially those you do not recognize. Announce any birthdays for the week. (See the How to Use DiscipleTown guide for quick and easy ways to acknowledge visitors and birthdays.)
Let’s Worship!

As you open in worship, talk briefly about how one of the ways we are victorious is to redirect our focus toward God and away from the things that distract us from God. One of the ways we do this is through praise and worship. As we focus on the faith we have in God, it gives us power to be victorious for God!


Puppet Intro

Leader & puppet introduce today’s lesson. You will find a scripted version of this intro at the end of the lesson.

Puppet comes out with a bottle of lotion, which he is spreading on his arms. (Pretend; don’t put real lotion on a puppet.) Leader asks what he is doing. Puppet says, “Oh, I bought this powerful lotion online. It gives you thick skin. That big bully keeps saying mean things. He keeps saying he is going to beat me up after school. He hurts my feelings. So I ordered this lotion to give me thick skin so it wouldn’t hurt my feelings.” Leader says, “I’m sorry to hear that.” Puppet says, “Yeah, whoever made up ‘sticks and stones may break my bones but words will never hurt me’ never met this big bully. His words do hurt!” Leader says, “I’m so sorry, Puppet. But you know, God has given you a shield of faith you can use to protect yourself. You need to put your faith in what God says about you. He says you are wonderful; you are His child; He loves you.” Puppet says, “Yeah, I know. I’ve been trying to get trained, and strengthening my armor, but I think it’s time to stand up to that big bully and go on the attack. The next time he hurts me, I’m gonna let him have it!” (Puppet storms out.) Leader says, “Oh dear. We need to pray for Puppet. He is really hurting. I hope he does the right thing. That bully is really getting to him. I hope his training and armor help him do the right thing.”

Let’s Play!—The Faith Games

Now faith is being sure of ... what we do not see. (Hebrews 11:1)

Week 3 Game: What Is It? (Taste Version)

Supplies: blindfolds (see blindfold instructions in Lesson 1), bowls, collection of yummy snacks—both healthy and sweet treats that kids may recognize. (Be sure they are sanitary as they are served. Use a collection of disposable bowls and let the kids pick up and eat the food themselves.)

Choose six to ten boys and six to ten girls to come up on stage and form two lines, one of boys and one of girls. They will have fifteen seconds to try and guess what a food is by tasting it. Blindfold the first child in each line. Hand each a small bowl with the same food in it. On “Go” they can take the food and eat it. Promise them nothing will be gross. The first to say out loud what it is gets a point for their team. For example, hand each an Oreo cookie. As they are tasting it blindfolded, the first to call out “Oreo!” gets a point for that team. If both say “Oreo” at the same time, award both teams a point. Then have the next two kids come up and put on blindfolds while the previous two return to the end of the line.

Optional: If you have a small group, you could allow all the kids in your class to participate by having kids return to their seats and bringing up new kids until everyone has had a chance.

Important note: Be aware of your kids’ allergies; if you don’t know what your kids are allergic to, play it safe by avoiding peanut butter. It would be wise to say, “Don’t volunteer if you have any food allergies.”
The Point: You may have been nervous to try something you couldn’t see, but everything was tasty, and many of you recognized yummy things you had eaten before. Psalm 34:8 says, “Taste and see that the Lord is good.” If we will give God a chance and put our faith in Him, we will never be disappointed!

Connect with Your Kids
Do you have a uniform of any kind—especially a uniform that protects the wearer? Wear it to class or put it on in front of the kids. Explain what it is for, what it signifies, and how it protects you. The children will be very interested in your job, sport, or hobby. Make a comparison between what you wear and the armor of God. This personal illustration will be a great object lesson that they will not soon forget!

DiscipleTown Visitor
Miss Wisdom and Sly come out each week to give good and bad advice to Leader—similar to the classic good and bad angels on the shoulders of cartoon characters. How will Leader respond to temptation this week and be victorious?

Costumes: Miss Wisdom is dressed in a modest dress (long and flowing is always fun) and has a Bible handy for reference. Sly has his hair slicked back, is wearing a slick suit and has lots of fake bling. He comes in chewing on a toothpick with a smug, arrogant look on his face. Leader needs a mobile phone.

[Miss Wisdom enters first and goes directly to stand beside Leader—quietly, gently, and calmly. Sly enters chewing on his toothpick, snickering and wringing his hands. He is arrogant and proud. He goes directly to stand behind Leader. Leader continues as if he/she has no idea they are there. (They represent spiritual influencers who are technically invisible.) Leader should respond to the voices of Miss Wisdom and Sly as thoughts in his/her head rather than as people standing beside him/her. Humor can be added with the overdramatic responses of Sly to the circumstances.]

Leader: Last week we learned how important truth is in our battle against our enemy. This is vital if we are going to gain territory for God’s kingdom.

Sly: [Sinisterly:] Ahhh, so you can take territory, but can you protect yourself? All this Scripture speaking is growing quite tiresome, you know.

Miss Wisdom: Do not be afraid. God is with you always.

[Leader gets a message on his/her mobile phone; it is evidently bad news.]

Leader: Oh dear! It seems a tree branch has fallen on my car and crushed in the roof!

Sly: Oh, no, that’s awful! How are you ever going to afford that repair?

Leader: Oh, how am I going to pay for that repair?

Sly: Think of all the things you have to pay for this month! You can’t afford this, too. What if you can’t afford to repair it? How are you going to get to work?

Leader: If I can’t fix my car, then I can’t get to work!

Sly: If you can’t get to work, you won’t be able to make money, and then how are you going to pay all your other bills?

Leader: [Anxious and fearful:] Oh, I can’t miss work! That’s not an option. I have bills to pay.

Miss W: [Calmly:] This is not surprising news to God. He cares for you.
Leader: God cares for me. He will help me!

Sly: Help you? Wouldn't it have been helpful if He had prevented this accident in the first place? How is He being helpful? You have bills to pay; you're going to miss work; you're going to miss bill payments—who knows, you may even lose your house with all this mess!

Leader: [Worried again] Oh, I can't handle this. What if I lose my job? What if I lose my house? What if I can't even come in here and teach you guys anymore?

Sly: Yes, yes, yes! What if! So many what-ifs!

Miss W: [Turns to her Bible.] Isaiah 26:3 says, “You will keep in perfect peace those whose minds are steadfast, because they trust in you.” Do you trust God? He will help your mind be at peace. Do not let worry take over. Have faith in God!

Leader: A victorious Christian walks in peace. I do not have to worry. I must stop this!

Sly: You can't! What if?

Leader: But what if … No! I know God loves me. I will trust Him no matter how it looks. [Pulls out Bible and digs into Scripture.]

Sly: Oh, not that wretched book again! You don’t need that! You have more important matters to attend to. Forget about all this Bible stuff. You have a crushed roof on your car—did you forget that?

Miss W: God knows the number of hairs on your head. He sees when a sparrow falls. God knows about the log on your car!

Leader: I didn’t forget, and God hasn’t forgotten, either. I will have faith. I will trust that God will help me through this. I will not be afraid. Peace is what Jesus bought for me to enjoy, and I will enjoy it even now.

Sly: [Frustrated:] But your car! The cost! Your job! Isn’t this important to you? You need to solve this! You need to figure this out!

Leader: In the name of Jesus, get out, worry and fear! My situation may be challenging, but my God is bigger than this. I will not be afraid. I will put my faith in God. God will help me; He has not left me alone.

Sly: No, not that name again! [Recoils and staggers out, talking to himself.]! [Leader name] figured out that plan, too! What am I going to do with this one? I just can’t win. [Leader name] remembers God’s armor every day, and the faith in this one keeps growing. Aah!

Miss W: You remembered God’s promise to you, [leader name]. You held on to His promise, and it has protected you and given you peace. Your faith has grown again!

Leader: It is very hard sometimes to hold on to the truth!

Miss W: Yes, that is why your training is so important. Your armor protects you. Your faith enables you to walk in victory and in peace.

Leader: Wow, I am sure glad that I took the time to read Scripture—to learn who God really is and what He is like. Then when times are tough, I can trust God. This week, let’s explore this more.
Let's Search!—Bible Dash

Supplies: Bibles

Ask all kids with Bibles to participate, or invite a few volunteers to come to the front. As children hold Bibles closed with hands on covers, state the Bible reference twice, then on the command “SEARCH!” have the students race to locate the verse. Once they have a finger on the verse, they can stand and call out, “FOUND IT!” Have the first child read the verse aloud while you project the verse on a screen via PowerPoint. See suggestions below for comments on each verse. Keep your comments brief and to the point of the lesson.

- James 4:7 Submit yourselves to God. Resist the devil, and he will flee from you.
- Psalm 84:11 God is like a shield.
- 2 Timothy 4:18 The Lord will protect us from every assault of evil.
- Colossians 2:15 At the cross, God showed His power over evil.
- 2 Samuel 22:3 God is like a rock we can hide behind.
- 1 John 5:4–5 If you are born of God, you will overcome evil.

Paul's Power Principle: Don’t go out without your armor on!

Suggested Bible Narrative

Acts 16:16–40—Paul and Silas sing in prison

Paul and Silas were thrown into prison for doing a miracle and preaching about Jesus. They didn’t worry or get upset; they sang praise to God. There was an earthquake, and their chains broke! They led a prison guard to Jesus! But they didn’t escape. They knew they were right where God wanted them. They stayed in prison until their captors let them go. They did what was right and trusted God—even when things looked bad—knowing that God would protect them.

Let's Learn!—My Armor

Optional Paper Plate “Shield” Game

If you used the welcome activity and the children have their paper plate shields, here is a fun group game you can do. You can still play the game, however, even without the shields.

Ahead of time, prepare wads of paper that have been loosely taped so that they can be thrown, but not so tightly that they will hurt if they hit someone (as they surely will!). You will want at least two or three wads of paper per child. Divide the balls into two bags/boxes that are basically equal. (No need to worry about being exact.)

Divide the class in two. Toss out a bag of balls to each group and tell the kids you are going to have a battle! The game will be two minutes long, and the object will be to toss all the balls to the other side of the room. Of course, they can use their shields to block and protect themselves from flying balls! It will look like an indoor snowball fight! After two minutes you will blow a whistle (or stop music), and the game stops. Balls will be passed forward, and the
team with the fewest balls on its side will win. Be sure to warn the kids that any unnecessary roughness will get them pulled from the game; however, they generally are so busy tossing as fast as they can that no one throws too hard or gets too rough. You can play several rounds if time permits.

After the game, ask, What if these balls were invisible? Well, the spiritual battle we are in is invisible. We can’t see the battle going on in the spiritual realm. But it is real.

Read Ephesians 6:12. The good news is, there is no question about who is going to win. God will! Read Ephesians 6:16. When we put our faith in God, it helps protect us from the attacks of our enemy. Spiritual arrows will be flying at us, but we will be able to block them with the shield of faith!

Christians are engaged in a battle of good vs. evil every day! To walk victoriously in spiritual warfare, we put on the armor of God. This week we’ll learn about the boots of peace and the shield of faith.

In Bible times, leather footgear gripped the ground, enabling soldiers to maneuver and stand firm. Peace is good news for every soldier. Peace means the battle is over, and they can go home! But to a Christian, peace doesn’t only mean there is no battle going on; it means a quiet confidence in God, even when there is still conflict around.

Read Philippians 4:7. God’s peace can guard us even in the middle of a battle. This kind of peace doesn’t make sense to people who haven’t experienced it. It is why Paul says “it passes all understanding.”

Quick Game—Shoe Madness!
Have all the kids take off their shoes. Have the boys put their shoes in one pile, and the girls put their shoes in another. If you don’t have a roughly equal number of boys and girls, then divide by sides of the room. Mix up the shoes! Have fun holding up some of the shoes and commenting on them—how old they are, how cool they are, how smelly they are, etc.—being careful to do it in fun and not embarrass anyone.

Then say you are going to have a race. Starting with the first child in the front, they are to run up, find their shoes, put them on, run back, and tag the next person, who runs up and does the same. Whether they are required to tie their shoes is up to you.

Optional: have two kids at a time going from each team.

Throughout the game, comment on what “beautiful feet” the kids have! After the game, mention that the Bible talks about how beautiful are the feet of Christians—feet that bring “the gospel of peace.” Read Romans 10:15. Do you have beautiful feet? Have you ever told anyone about Jesus? Invited anyone to church? Told anyone you are a Christian? If so, then God says you have beautiful feet!

What is the secret to peace? Read Isaiah 26:3. Keep your mind steadfast (focus on God). And trust in God.


Activity—Worry Cast!
Supplies: giant trash can, slips of paper, crayons, pencils, or pens

Pass out some paper and something to write with. Encourage the children to write privately something they are worried, anxious, or concerned about. They can be honest because no one is going to know what they wrote. They should not write their names. Have them fold up the
papers. Then do a countdown from ten and have them all throw (cast) them into the trash can.

**Note:** Use an empty trash can so that you can collect them all and read some aloud as samples of the things kids are anxious about. Emphasize that no one knows who wrote what. Let them know that you will be praying through the slips this week and praying for them that they will keep casting these burdens on Jesus.

**Optional:** If you know the classic Sunday school song “Cast Your Burdens,” it would be perfect to sing or have playing during this activity.

In closing, have the kids see if they can say all of the armor you have learned about so far:

- Helmet of salvation
- Belt of truth
- Breastplate of righteousness
- Boots of peace
- Shield of faith

Ask children to close their eyes. Go over each piece of armor one at a time and tell them to imagine themselves putting on invisible armor as you describe each piece. Tell them they can imagine the armor any way they wish; it is their personal armor from God to help them to live victoriously for God.

Next, while their heads are down and eyes closed, challenge them when they wake up tomorrow morning to do this again without your help. To put on the helmet of salvation, they can remember that they are saved and are children of God and that God can protect their thoughts from temptations. They should put on the belt of truth and choose to believe only what is true and ignore all lies. Next, they can put on the breastplate of righteousness and decide that they are going to do their best to guard their hearts and to do the right thing all day and not let any arrows from the enemy attack their hearts. Next, they can put on the boots of peace and decide not to worry or be anxious, but instead trust that God is in charge no matter what. Finally, they should pick up their shield of faith and be ready to block anything that might come against them that day—anything that might get them to disobey God. Once they have their invisible armor of God on, then they should get out of bed and get dressed. Tell them not to worry. Their spiritual armor will stay on through the shower, getting dressed, and throughout the day. No one can see it except God and angels!

Then ask them if they think they can do that every day all week long!

Finally, tell them that next week we will be learning about the weapons God gives them in addition to their armor. Then they will be fully equipped soldiers of God!

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**Dee’s Disciple Tip:** If we want to be victorious in the spiritual race, it would be best to learn to “Run the RACE” as Paul suggested:

C—Choose to obey.

Reuse the R and A from the previous two weeks and add the letter C by printing C on one paper and “Choose to obey” on another. Choose three children to come up. Pin the letters on their fronts, pinning carefully to their collars, and what the letter stands for on their back. As before, review the first two letters and teach the third, having the kids turn forward and backward as you review until the audience knows it well. You can have all the kids and volunteers from the audience stand to show they know how to be victorious in the RACE of life for the first three letters.
KeyVerse

**Topic:** God’s Armor  
**Reference:** Ephesians 6:10–11

**Supplies:** two boards that are three feet square, two large strong plastic bowls.

Place the bowls on the floor upside down with one board on top of each one. (It will slide sideways until the activity.) Invite some kids to come up and try to stand on the board balanced on the bowl!

Have the entire audience say the memory verse as it is displayed on the screen. Ask the kids balancing if they can say the entire verse while balancing. If they can, give them a small prize or treat and compliment them on being able to “take their stand.” After giving several kids a chance to try, talk about how it is hard to take a stand in this world because our world is “wobbly”; we need to work on finding our footing in this world by memorizing God’s Word and putting on God’s armor. Focus on the phrase “taking your stand against the devil’s schemes.”
Dramatize the Point

Sumo Kid!

A young sumo wrestler learns how to be victorious in sumo wrestling. This humorous drama illustrates the topic of today's lesson.

Costumes: Sumo wrestlers—inflatable sumo suits if possible; otherwise, T-shirt and pants stuffed with pillows to an exaggerated degree. Announcer—suit and tie, microphone

[Tape a sumo circle on the floor in masking or painter's tape. Sumo Joe enters from the left with announcer. This time he is eating an apple and a protein bar.]

Announcer: So how did your training go since we chatted last week, Sumo Joe?

Sumo Joe: Well, I took your advice and bailed on the donuts and started eating healthy. Then, I actually went to sumo class to learn what on earth I am supposed to do.

Announcer: You weren't going to sumo class?

Sumo Joe: Nah! This crazy coach guy kept calling my house and telling me to go there and do that, but I didn’t listen.

Announcer: Well, you seem much less nervous this week!

Sumo Joe: I know, that’s the weird part. Since I started class, I learned what to do, how to eat, and how to get strong. Turns out I don’t have to be afraid of my opponent; I have to trust what my master teaches me!

Announcer: Sounds great, Joe! Looks like it’s time for your match. Are you ready?

Sumo Joe: You bet!

Announcer: Ladies and gentlemen, welcome to the third match of the season. Super Sumo Spectacular is underway with our next competitors!

Announcer: In the red corner we have the very talented rookie of the year, Sumo Joe!

[Sumo Joe raises his arms to crowd confidently. He does the sumo stomp and readies himself to fight.]

Announcer: In the blue corner, all the way from Yokohama, It’s Sumo Lo!

[Sumo Lo raises his arms to crowd confidently.]

Announcer: We are ready for round one! Sumos, ready!

[Sumo Lo does the sumo stomp and readies himself to fight. Announcer steps away from the center of stage.]

Announcer: Fight!

[This time the two sumos lock up and begin to push one another. After one or two minutes of slight back and forth movements, Sumo Lo makes a move for the win.]

Announcer: Winner of match—Lo! [Raises Lo’s hand. Lo exits.]

Sumo Joe: [Gets up, very disappointed.] What happened? I did everything the master told me! I am a failure!

Announcer: Now, Joe, don’t be so hard on yourself. You’ll get there. Just don’t quit. When things
get tough you have to remember what your master teaches you, and in time you will win!

**Sumo Joe:** You really think so?

**Announcer:** Well, Master Su is the best of the best! Just don’t quit, yeah?

**Sumo Joe:** Okay! Back to training, I guess!

**Announcer:** That’s my boy!

[Announcer and Sumo Joe leave.]

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### Object Talks—Get a Grip!

**Supplies:** video projection

The short video clip for this lesson features Karl, the Kidologist, doing a short object lesson featuring two shoes—a slipper boot and a five fingers—who discuss the need to have a good grip to stand firm in the tough times of life! Use this short teaching video to show the kids or to train a leader to do the talk “live.”

**Featured Verses:** Psalm 73:2; Ephesians 6:15; Psalm 18:33; Psalm 17:5; James 4:10; Psalm 91:11-13

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### Let’s Talk!—Small Group Discussion

**Supplies:** notecards, markers or pens, bowl labeled “Peace and Faith,” bowl labeled “Worry”

**Prepare Ahead:** Using the notecards and markers, write out five to ten “worry” or “what-if” statements. Examples:

- What if I get sick?
- What if they don’t like me?
- What if I get bullied?

Write out five or ten “faith and peace” or “God is” statements. Examples:

- God will help me.
- God will never leave me.
- God is good; He cares for me.

Scramble the prepared index cards and turn them facedown in front of your small group. Choose a child to pick a card and read it aloud. As a group, decide which bowl that statement should go into. Repeat as time allows.

Use these questions to discuss the day’s topic within your small groups:

1) Many of the “worry” statements start with a few similar words. What are they? (What if?)
2) When we say “What if,” where is our focus?
3) What do the faith statements have in common? (God is.)
4) When we say “God is,” where is our focus?
5) What have we learned about faith statements and where we put our focus? (When we have hard times, we need to choose to focus on God and choose to respond the way God would want us to.)
6) What happens when we choose to focus on God and obey Him? Look up Isaiah 26:3.
DiscipleTown Super Citizen

Give a Super Citizen award to a child who acted as a peacemaker during class.

Let’s Pray!

Dear Jesus, thank You for being the Prince of Peace in our lives. We know that in our lives there will be challenges, but it is so good to know that You are with us and that Your peace can help protect our hearts and minds. We choose to put our faith in You and trust You in the good times and the bad times. Forgive us for the times when we worry about our future. Help us to remember that You care about us and that You will never leave us. Thank You for helping us to live victoriously. In Your holy name, amen.

Cy’s Challenge: Start each day by “praying on” the armor of God.

Let’s Review!

Use these questions to review the lesson with the children:

1) What does it mean to have the peace of God?
2) What is one way we can use our shield of faith?
3) Why do worry and fear drag us down?
4) What words can we use to shift our focus to the right place?
DiscipleTown Table Talker: Give each child a copy of this week’s DiscipleTown Table Talker. As you show them how to put it together, encourage the kids to ask their parents to lead family devotions three times this week.

Parent E-mail: Copy and send the e-mail below to help your parents connect with their kids during the week. Send them early in the week, but not on Sunday. As a courtesy, be sure parents have opted to receive these e-mails. Review and edit as necessary to reflect the lesson elements you have used. You can also find this e-mail as a Microsoft Word document in your download bundle.

Dear Mom and Dad,

This week we pass the halfway mark of our investigation into living victoriously as Christians. We learned last week that truth and righteousness help us to live victoriously. This week, we learned that by faith we can access the peace that passes all understanding.

Worry and fear so often creep into our lives as Christians, robbing us of our hope and our peace. Jesus, however, died and rose again so that we could have life abundantly. His peace in the middle of our circumstance is a part of that abundant life. We access that peace by putting our faith in Jesus, in His Word, and in His promises and holding on to them even when the circumstances seem to say otherwise.

This week, if possible, take time to share stories from your own faith journey about times when you had to trust God in difficult circumstances. Share how the peace of God has helped you be free of worry and fear. If you do not have stories like this to share, that is okay. Instead, take time to pray with your children that your faith as a family will grow, and commit to turning worries into prayers in circumstances that present themselves this week. As always, you can use the DiscipleTown Table Talker to initiate conversations with your kids at bedtimes and mealtimes.

If there is anything in your life we can pray about this week, let us know. We are here to support you as you lead your children in faith.

Building young disciples,

[Your Name]
Chip’s Snack Time!—Chilly Freezie

**Supplies:** jumbo freezie tubes (one or two per child), scissors, clean cloths (one per child)

Ahead of time, pack your freezies in a cooler with ice so they stay frozen. At snack time, pass out a freezie to each child to eat. (Cut open one end.) Allow the kids to hold the freezies with their bare hands. After one or two minutes, ask the children if their hands are cold. Tell them that if they would like help with their cold hands, they should simply ask for your help. When they ask, take a cloth and wrap the freezie so they can hold it with less chill.

**The Point:** God makes His peace available to us to help us be calm during difficult situations. We can trust that God will help us if we ask Him. The same way the cloth made a chilly freezie easier to hold, God’s peace helps us in our challenging situations of life. We can trust God to help us.

**Additional Ideas**

**Object Lesson: Rocking Chair**—Worry is like sitting in a rocking chair and trying to get to a fun place. You can do lots of work and get nowhere. The Bible says we should pray about everything and worry about nothing. Prayer puts the wheels on our chair!

**Backwards Day**—Have everyone wear their shirts backwards. God’s kingdom is backwards: The world says worry, but God says pray. The world says be afraid, but God says have faith!
DIRECTOR’S NOTES
The words in italics are notes for you and your puppeteers; they are not to be read aloud.

[Puppet* comes out with a bottle of lotion, which he is spreading on his arms. (Pretend; don’t put real lotion on a puppet.)]

Leader: Well, good day, [puppet name]! Might I ask what you are doing?
Puppet: I am putting on this magic lotion, of course, that I ordered online.
Leader: And why are you putting on lotion? I never knew you to be a lotion kind of guy. You wanting to have soft skin?
Puppet: Oh, no! This is a special lotion that promises to give you thick skin!

Leader: Why would you need thick skin? That seems a bit weird!
Puppet: Are you kidding me? The big bully keeps bugging me. He won’t stop! Now he is calling me all sorts of awful names! I’m embarrassed to admit it, but it’s really hurting my feelings.

Leader: I’m so sorry, [puppet name]. I had no idea!
Puppet: Whoever wrote “Sticks and stones may break my bones, but words can never hurt me” was wrong! Words hurt a lot. I am hoping that some thick skin will mean those words won’t hurt so much. Maybe it will make me feel tougher, right? [To himself:] At least I hope it does.

Leader: Well, I don’t think thick skin will stop words from going in your ears. But God did provide some armor to help with that, you know!
Puppet: Seriously? I didn’t know God provided earmuffs with his armor now.

Leader: No, actually it’s a shield. When the darts of nasty names come flying at you, you can put up the shield of faith, and those darts can’t hurt you.
Puppet: How do I put up my shield of faith?

Leader: Faith is trusting in what God says is true. So if that bully calls you ugly, by faith you can remember what God says about you!

Puppet: The suspense is killing me! He does call me ugly!

Leader: Well, Psalm 139 says that you are fearfully and wonderfully made. God also said that He loves you, that you belong in His family, and that you can never be separated from His love.
Puppet: Well, that is all fine and dandy, but it’s just not fair that the bully gets to act this way. It’s about time I set him straight. No more Mr. Nice Guy! The next time he says something mean, I am taking him out! I’m gonna let him have it! I’m gonna show him just how powerful I am now that I have the armor of God on! ‘I’ve been blockin’ and duckin’ and dodgin’—but now it’s time for me to go on the attack! That bully had better watch out because here I come all armored up!

[Puppet storms out in a huff.]

Leader: Oh dear. We need to pray for [puppet name]. He is really hurting. I hope he does the right thing. That bully is really getting to him. I hope his training and armor help him do the right thing.

*PUPPET: Develop a puppet character to use regularly. The children will get to know the personality and enjoy these regular visits. Dee, Cy, and Paul puppets are available at DiscipleLand.com.
Each DiscipleTown Unit will teach your kids an essential "how to" skill to become victorious disciples of Jesus!