

The Armor of God – Belt of Truth – March 29, 2020



MUSIC VIDEO

Kids sing songs of praise to God.

Supplies

- “I Will Not Be Afraid” (watch or download [here](#))
- “Stand Strong” (watch or download [here](#))
- “There's Power in the Blood” (watch or download [here](#))



DEEPER BIBLE

[15 min]

Is It Really a Good Thing to Be Bullied for Telling the Truth About Jesus?

Supplies

- Bibles
- paper
- pens

Set It Up

Say: **In today's Bible story, Jesus' friends had a really unusual reaction to being flogged. Let's read that part again.**

Read Acts 5:40-41. Then have small groups discuss this question.

Ask: • **What do you think about the apostles *rejoicing* because they got to suffer for Jesus?**

Say: **Being flogged, or whipped, seems like a weird thing to celebrate. I don't think most people rejoice when they get bullied, whether it's physically or with words. So is it really a *good* thing to be bullied for telling the truth about Jesus? Let's dig in to that.**

The Armor of God – Belt of Truth – March 29, 2020

Dig Deeper

Say: **Let's see what the Bible has to say about persecution—which is a bigger word that means being teased for being a Christian.**

Read 1 Peter 4:14-16.

Say: **Interesting—these verses show the same attitude Jesus' friends had! It even says being called by Jesus' name is a privilege. You're called by Jesus' name any time someone calls you a Christian...even if they say it in a mean or teasing way! Let me show you what I mean.**

Have kids share mean things people have said to them because they believe in Jesus. For example, "Christians are stupid," "Christians are weird," or "Christians don't have any fun."

Ask: • **Do those words feel more like a compliment or an insult? Explain.**

Say: **When people make fun of us for being Christians, they may say insulting words like the ones we just shared. But here's what they're *really* saying, according to the verses we read:**

- You bear the name of Christ!
- The glorious Spirit of God rests on you!

Ask: • **When you hear it that way, does it sound like an insult or a compliment?**

Say: **When people make fun of you for being a Christian, you can turn that insult upside down. Why? Because it's really a compliment—they just don't know it! So instead of hearing what they say the way they mean it, hear the truth—you're acting just like Jesus! What a compliment! And that's not all; listen to why this verse says we can be glad about being persecuted.**

Read Matthew 5:11-12. Then have small groups discuss this question.

Ask: • **How do these verses make you feel about being persecuted?**

Say: **When we're bullied or teased for believing the truth about Jesus, a great reward awaits us in heaven. That's exciting! Now, if you're being *physically* hurt, you should tell a trusted adult about that. But if you get made fun of a lot for being a Christian, you can learn to take it as a compliment and look forward to your great reward!**

Turn It Around

The Armor of God – Belt of Truth – March 29, 2020

Have small-group leaders give each child a piece of paper and a pen.

Say: **When we're insulted for being Christians, that can make us feel sad. Draw a frown on your paper.** Demonstrate a simple frown without eyes.

Say: **When the early Christians were being persecuted, they had a secret symbol they used to remind each other they weren't alone. It was a fish. We can use the same symbol for encouragement when we're persecuted.**

Since being insulted for following Jesus is actually a compliment, draw a smile under your frown. It should connect at one end and then overlap at the other end to make a fish shape. Demonstrate this for kids before they do it.



Say: **Let's try drawing more fish symbols. We'll draw them in a special way.**

In their small groups, have kids take turns repeating insults they've heard other people say about Christians. For each one, kids will draw a frown, then someone else will add the smile to make a fish.

Say: **It's okay to feel sad for being made fun of. But next time you feel sad because someone teases you for loving Jesus, draw this symbol as a reminder to turn your frown into a smile because you just got the best compliment ever! In fact, you can use this symbol when you see other people from our class!**

Have small groups discuss these questions.

Ask: • **Where do you see people from our class outside of church?**

• **How could you draw the symbol there?** Encourage kids to think of ideas besides paper and pens that would be relevant to each place. For example, kids could draw in the sand at recess or in the air as they pass someone in the hallway at school.

Say: **When you're having a hard time being insulted, talk to another Christian, because you're not in this alone. In fact, Jesus went through rejection, too. And this is what he said about *our* rejection for being his followers.**

Read Luke 10:16. Then have small groups discuss this question.

Ask: • **How do you feel about what Jesus said?**

Say: **We're in a battle against evil. There are people out there who want to fight against the truth! But we fight evil with truth when we wear our belts of truth and keep on spreading the truth—no matter how much other people think they're insulting us.**

The Armor of God – Belt of Truth – March 29, 2020



OBJECT LESSON

[10 min]

No Way!

Supplies

- 16-inch piece of yarn
- 16-ounce cups (1 per small group, plus 1 for you)
- 10 sticky-note pads

Tips

- You can use things such as decks of cards or toy blocks instead of sticky-note pads. Anything that's flat and stackable that the cup can sit on will work.
- If you use different supplies, make sure when you stack the cup on top of the supplies and measure the height of the stack that it stays under 11¼ inches.

Watch a Surprising Truth Revealed

Say: **We've been exploring truth today and how we fight evil with truth. The truth can be surprising and really grab our attention. I'll show you what I mean.**

- Give each small group a cup, and invite kids to decide if they think the measurement around the mouth of the cup is greater than the height of the cup. Allow a few minutes for kids to examine the cups and make their guesses.
- Invite kids to vote by a show of hands on which measurement is greater.
- Where everyone can see, place your cup on top of one sticky-note pad. Have the kids vote again now that the cup is a little taller.
- Continue adding sticky-note pads under the cup and allowing kids to vote on which measurement is greater.
- As the stack grows, it becomes harder and harder to believe that the measurement around the mouth of the cup is greater than the height measurement. Most of the kids will vote that the height is now greater.
- After the last sticky-note pad is added, use the piece of yarn to measure around the mouth of the cup, and hold that length on the yarn. Then hold one end of the measured yarn at the base of the stack and pull the other end up to show that the yarn still passes the top of the cup—the measurement of the mouth of the cup is still greater than the height measurement!

The Armor of God – Belt of Truth – March 29, 2020



Talk About It

Ask: • **What surprised you about the cup's measurements?**

Say: **Seeing a surprising truth revealed grabs our attention and helps that truth stick in our memories. We remember experiences that make us say “Wow!” or “No way!”**

Ask: • **What are some truths about God that surprise you?** Share an example of your own, such as how no matter what you do or how badly you feel you've messed up, God loves you. Then have kids share in their small groups.

Say: **The truth about God can be surprising and exciting, and as we wear our belts of truth we can share that surprise and excitement. When we help others see the truth about God, we fight evil with truth.**



TALK-ABOUT VIDEO

Truth and Lion

[10 min]

Supplies

- “Truth and Lion” teaching video (watch or download [here](#))

The Armor of God – Belt of Truth – March 29, 2020

Discuss and Watch “Truth and Lion” Say: We’re learning that we fight evil with the truth. But what happens when people don’t believe us? Let’s see what happened when one boy’s friends didn’t believe him.

Watch “Truth and Lion.”

Ask: • **Be honest:** Did *you* believe Cade really had a lion? Why or why not?

• **Tell about a time you shared the truth about Jesus but people didn’t believe you.**

• **What is it about Jesus’ story that might seem hard to believe?**

Say: There will always be people who don’t believe the truth about Jesus.

But we can keep on wearing our belts of truth and telling people the truth. We fight evil with truth.



CRAFT

Kids make their own belts filled with truth.

Supplies

- yarn (about 4 feet per child)
- “Truth Cards” handout, printed on card stock (1 per child) (download [here](#))
- crayons
- hole punch

Easy Prep

- Cut each “Truth Cards” handout in half along the cutting line, and punch holes in the corner circles.

The Armor of God – Belt of Truth – March 29, 2020

Supplies

- yarn (about 4 feet per child)
- “Truth Cards” handout, printed on card stock (1 per child) (download [here](#))
- crayons
- hole punch

Easy Prep

- Cut each “Truth Cards” handout in half along the cutting line, and punch holes in the corner circles.



Tip

- Putting a small piece of tape on one end of each piece of yarn will make it easier for little fingers to thread the yarn through the holes.

Talk About Being Sad

Say: **Today we’re learning that we fight evil with truth. When something is hurting our hearts, the truth about God and his love can help us. Let’s make something that helps us remember the truth when our hearts are hurting. For example, sometimes we feel sad.** Share about a time *you* felt sad.

Ask: • **Tell me about a time *you* felt sad.** Kids may say they were sad when it rained as they were supposed to go to the park, when a favorite toy broke, or when a friend moved away.

Give each child the handout pieces. Show kids the sad face and the picture representing “Jesus loves me.”

Say: **When we feel sad, we can remember the truth that Jesus loves us, and that can help us feel better.** Encourage kids to each color the sad face and decorate the person to look like themselves.

Talk About Being Scared

Point out the scared face, and say: **Sometimes we feel scared.** Share about a time *you* felt scared.

The Armor of God – Belt of Truth – March 29, 2020

Ask: • **Tell me about at time *you* felt scared.** Kids may say they've felt scared during a loud thunderstorm, at night in the dark, or when going to a new place for the first time.

Point to the picture representing "Jesus is with me," and say: **When we feel scared, we can remember the truth that Jesus is always with us, and that can help us feel better.** Encourage kids to each color the scared face and decorate the person to look like themselves.

Talk About Being Mad

Point to the angry face, and say: **Sometimes we get mad.** Share about a time *you* were angry.

Ask: • **Tell me about a time *you* got mad.** Kids may say they were angry when someone broke one of their toys, when they didn't get to watch the show they wanted to, or when their parents made them clean up their toys.

Point to the picture representing "Jesus helps me," and say: **When we feel angry, we can remember the truth that Jesus is there to help us make good choices, even when we're mad.** Encourage kids to each color the angry face and decorate the person to look like themselves.

After kids finish coloring, have them thread the yarn through the holes on both pieces so the scared face and "Jesus is with me!" end up side by side. Help kids tie the "belts" loosely around their waists.

Say: **When we feel sad or scared or mad, God wants us to remember how much he loves us. Our belts can help us remember God's truth. That can help us feel better! Wear them this week as a reminder!**

The Armor of God – Belt of Truth – March 29, 2020



CRAFT

Truth Catcher

[20 min]

Supplies

- “Truth Catcher” handout (1 per child) (download [here](#))
- scissors
- markers
- pens

Easy Prep

- Make a sample craft to show kids.



Make Truth Catchers

Show kids the sample craft you made. Give each child a “Truth Catcher” handout. Set out the remaining supplies to share, and have kids follow these directions to make Truth Catchers. (Note: Some of the kids in your class may already know how to make a “cootie catcher.” If so, let them coach others on how to fold this craft.)

- Cut out the larger square.
- Fold the corners along the dotted lines toward the center of the blank side of the square.
- With the printed side up, fold the corners in toward the center dot.
- Then fold the squares in half one way, undo that fold, and fold them in half the other way.
- When kids undo that fold, they should be able to hold their Truth Catchers by inserting their thumbs and fingers into the outer flaps as shown in the following photo.

The Armor of God – Belt of Truth – March 29, 2020



Decorate

- Have kids draw a belt on each of the four outer flaps of their Truth Catchers, using a different color for each belt.
- On the eight inner triangles, kids can write the names of places where they need to remember the truths that are hidden under the triangles. For example, if they feel lonely at school, they might write “school” on the triangle that covers “I will never fail you. I will never abandon you.” Other places could include home, sports practice, church, the car, at a friend’s house, and so on. It’s okay for kids to repeat the same place if more than one verse is relevant there.
- Under each place, kids will write any number from 1 to 8.

Play

- To use their Truth Catchers, kids will hold them so they can see the four outer flaps.
- They’ll choose a belt shown on one of the flaps, then open the Truth Catcher one way and then the other for each letter in the name of the belt’s color. For example, they would open the Truth Catcher three times for the color red.
- Then they’ll choose a number from one of the inner triangles that’s showing and open the Truth Catcher that many times, repeating for a total of three turns and then choosing a place that’s showing. Then they can open the panel with the place they chose and read the truth underneath.
- Let kids play as much as time allows.

Talk About It

Ask: • **How did you decide on the places you need to hear each truth?**

• **Lift up one flap at random. What evil or lie can that truth help you fight?**

Say: **Our evil enemy surrounds us with lies: lies about God, lies about our faith, and lies about ourselves. But we fight evil with truth. When you need to fight a lie, put on your belt, take out your Truth Catcher, and fight!**

The Armor of God – Belt of Truth – March 29, 2020



LIFE APPLICATION WRAP-UP

[5 min]

Truth and Lies

Fight Evil With Truth

- Tell kids you'll read aloud some lies they may hear outside of church, and for each one you read, they'll respond, "We'll fight that lie with truth."
- Read the following statements, pausing for kids to respond to each one.
 - **Some people may say, "God isn't real."**
 - **Some people may say, "God couldn't possibly love *you*."**
 - **Some people may say, "Jesus is just *one* way to heaven."**
 - **Some people may say, "Heaven and hell aren't even real—this life is all there is."**
 - **Some people may say, "God can't be good, or he wouldn't let bad things happen."**
 - **Some people may say, "Anyone who believes in Jesus is dumb."**
- Pray: **Jesus, help us wear our belts of truth so we can fight evil with truth. In your name, amen.**