

The Armor Club Teacher's Guide

Chapter 1: Belt of Truth — “Strong with Truth”

Overview (Quick Guide for Teachers)

Time: 30–45 minutes

Setting: Sunday school, homeschool, small group, or 1-on-1

Age Range: 6–12 (with tips for younger/mixed-age groups)

Supply Level: Basic materials with Creativity Bonus options

Spiritual Focus: Ephesians 6:14a — “Stand firm then, with the belt of truth buckled around your waist...”

LESSON PLAN

Big Idea:

God wants us to stand strong by telling the truth. The Belt of Truth holds our life together, just like Max learned when he told the truth, even though it was hard.

1. Welcome & Introduction (5–7 min)

Say:

“Welcome, warriors! Today, we begin our Armor Club adventure with our very first piece of God’s armor—the Belt of Truth! Who remembers what a belt does?”

Encourage answers like “holds things up,” “keeps pants on,” or “keeps things together.”

Key Transition:

“That’s what truth does for us—it keeps our lives strong, steady, and secure!”

2. Story Recap & Discussion (10–15 min)

Retell or Read Aloud: (Use book if available)

Max had to make a tough choice: tell the truth about Leo or stay quiet. What did he do? (He told the truth with courage!)

Discuss Together:

- Why was Max nervous?
- What could have gone wrong?
- Why did telling the truth turn out to be the right thing?

*****Younger Kids Tip: Use puppets or toys to act out the scene!*****

3. Bible Verse Power-Up (5–7 min)

Write this verse on the board or read aloud:

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

Say:

“This is part of the Armor of God. When we wear truth—like a strong belt—we can stand firm, even when things are hard.”

4. 🍌 Craft Time: Make Your Belt of Truth (10–12 min)

Supplies (Basic):

- Paper or cardboard strips
- Markers or crayons
- Yarn or string (to tie around waist)
- Tape or glue

Instructions:

Cut out a long strip (belt).

Decorate with truth words: “Brave,” “Honest,” “God’s Way.”

Add arrows, hearts, or Bible verses.

Punch holes and tie around the waist!

**** Creativity Bonus:

Use silver foil, stickers, felt scraps, or stencils to upgrade the belt!

5. 🧡 Activity: Truth-Telling Role Play (8–10 min)

Create mini-skits about everyday situations where truth matters:

A broken toy at a friend’s house

Accidentally spilling something

Forgetting homework

Form pairs or groups: One is the “truth teller,” one is the “friend,” and one can be the “adult.”

Discussion afterward:

How did it feel to tell the truth?

Was it scary? Was it worth it?

6. 🧠 Reflection & Wrap-Up (5–7 min)

Questions for Kids:

Have you ever had to tell a hard truth?

How can truth make us feel stronger?

Journal Prompt (use journal pages if printing):

“When was a time it was hard for you to tell the truth? What happened? How did it feel?”

Badge: Award a “Truth Teller” badge or have them draw their own!

🧰 Teacher Tips

Mixed Ages? Have older kids help younger ones write or draw true examples.

Quiet Group? Let kids express answers through drawing or pointing instead of speaking.

Time Crunch? Do the journal and story discussion as a home follow-up with parents.

Chapter 2: Breastplate of Righteousness — “Doing What’s Right Protects Your Heart”

 Overview (Quick Guide for Teachers)

Time: 30–45 minutes


Setting: Sunday school, homeschool, small group, or 1-on-1

Age Range: 6–12 (with tips for mixed and younger age adaptations)

Supply Level: Basic materials with Creativity Bonus options

Spiritual Focus: Ephesians 6:14b — “...with the breastplate of righteousness in place.”

LESSON PLAN

 Big Idea:

Doing what’s right protects our hearts. The Breastplate of Righteousness helps us guard our thoughts, feelings, and actions through God's truth and goodness.

1. Welcome & Warm-Up (5 min)

Say:

“Have you ever had to choose between doing what’s right or doing what’s easy? Today’s lesson is all about how making the right choice—God’s way—protects your heart.”

Ask:

“What’s something you know is right... But sometimes hard to do?”

2. Story Recap & Discussion (10–12 min)

Summary:

In this chapter, Sophia and her team are competing in “Math Mania.” Her teammate Kevin shows her some hidden answers, giving her a chance to cheat and help the team win. Sophia has to decide—win by cheating or do what’s right. She chooses to be honest, even though it costs them the game. But afterward, she feels proud and peaceful inside.

Discussion Questions:

Why do you think Sophia was tempted to cheat?

What helped her choose the right thing?

Have you ever had to make a hard right choice like that?

What do you think that “warm, fuzzy feeling” meant?

✨ Teacher Tip: Connect “righteousness” to being in right-standing with God—when we follow His way, we feel peace instead of guilt.

3. Bible Verse Power-Up (5–7 min)

Write or read this aloud:

“...with the breastplate of righteousness in place.” — Ephesians 6:14

Say:

“Your heart is important to God. When we do what’s right—even when it’s hard—it keeps our heart safe from guilt, shame, and sadness.”

4. 🧩 **Craft Time: Heart Protector Breastplate (10–12 min)**

Basic Supplies:

Paper plates or cardstock

Crayons, glue, scissors

Tape or string

Instructions:

Cut out or use a full paper plate for the breastplate.

Write “Righteousness” or “Heart Protector” on it.

Decorate with the right choices (honesty, kindness, obedience, forgiveness).

Tape yarn to the sides to “wear” it.

**** Creativity Bonus:

Use aluminum foil, felt, stickers, or foam hearts for extra sparkle!

5. 🏃♀️ **Game: Righteousness Relay (7–10 min)**

Prep:

Write short moral scenarios on slips of paper (like Sophia’s). Mark two zones: Right and Wrong.

Play:

Kids take turns drawing a card, reading the situation, and then running to the zone that shows the right response.

Sample Scenarios:

You see a friend drop \$5. Do you keep it or return it?

You forgot your homework. Do you lie or tell the truth?

You’re tempted to copy someone’s test. What do you do?

6. 🧠 **Reflection & Wrap-Up (5–7 min)**

Ask:

What would you have done if you were Sophia?

What’s one way you can protect your heart this week?

Journal Prompt:

“Today I learned that doing what’s right protects me inside. I want to be someone who...”

Badge:

Award or decorate the “Heart Protector” badge.

📦 Teaching Tips

Multi-Age: Let older kids act as team leaders in the relay game or help younger kids decorate.

1-on-1 or Home: Do role-play scenarios with stuffed animals or characters.

Short on Time? Just do the story discussion and a quick journal or drawing.

Chapter 4: Shoes of Peace — “Walking into Conflict with Courage and Kindness”

 Overview (Quick Guide for Teachers)

Time: 30–45 minutes

Setting: Sunday school, homeschool, small group, or one-on-one


Age Range: 6–12 (with mixed-age tips)

Supply Level: Basic materials with Creativity Bonus options

Spiritual Focus:

“...with your feet fitted with the readiness that comes from the gospel of peace.” — Ephesians 6:15

LESSON PLAN

 Big Idea:

The Shoes of Peace help us walk bravely into situations where there is conflict or hurt, and bring healing, kindness, and understanding.

1. Welcome & Warm-Up (5 min)

Say:

“Today’s armor piece is the Shoes of Peace. They help us bring calm and kindness into situations where people are upset.”

Ask:

“What do you think peace means? Is it just when no one’s fighting—or something more?”

***Optional Object Lesson:

Show different types of shoes (boots, sandals, sneakers). Ask: “What are these shoes ready for?” Then explain, “The Shoes of Peace get us ready to help others get along.”

2. Story Recap & Discussion (10–12 min)

Summary:

In this chapter, Jamal sees his friends Lily and Sam arguing after losing a game. Instead of ignoring it or picking a side, Jamal becomes a peacemaker. He listens, helps both of them feel heard, and encourages them to forgive and focus on friendship.

Discussion Questions:

What made Lily and Sam so upset?

How did Jamal respond differently from how most people might?

Was it easy for him to step in? Why did it take courage?

What happened after he helped?

✨ Key Connection: Jamal’s choice shows that peacemaking isn’t passive—it’s brave and active.

3. Bible Verse Power-Up (5–7 min)

“...with your feet fitted with the readiness that comes from the gospel of peace.” — Ephesians 6:15

Say: “When we’re followers of Jesus, we don’t just wait for peace—we carry it with us, like shoes we wear into every situation.”

Call-and-Response Repetition:

Teacher: “Put on your shoes!”

Kids: “Shoes of Peace!”

Repeat with clapping rhythm or a stomp.

4. 🎨 **Craft: Decorate Peace Shoes (10–12 min)**

Basic Supplies:

Paper shoe templates or outlines

Crayons, markers, glue

Cut-out words or write-ins like “Kindness,” “Listen,” “Forgive”

Instructions:

Cut out or trace paper shoes (or decorate shoe outlines).

Add peace words, symbols (doves, hearts, smiles), and favorite peaceful Bible verses.

Tape to feet, hang on a wall, or place in a “peace corner.”

**** Creativity Bonus:

Decorate real shoeboxes, foam soles, or old shoelaces to make wearable art!

5. 🧠 **Activity: The Peace Walk (7–10 min)**

Set Up:

Create stepping stones or pieces of paper marked with situations needing peace. (Ex: sibling fights, school teasing, being left out, family tension)

How to Play:

Kids “walk” across each one in their peace shoes.

At each stop, pause and ask: “What could a peacemaker do here?”

Younger Kids: Help them act it out!

Older Kids: Let them offer a prayer or a peaceful solution aloud.

6. 🧠 **Reflection & Wrap-Up (5–7 min)**

Ask:

“Where do you think God wants you to bring peace this week?”

“Is there anyone you can help make up after a fight?”

Journal Prompt:

“The Shoes of Peace help me when...”

“One place I can bring peace this week is...”

Badge:

Award or decorate the “Peacemaker” badge.

📚 Teaching Tips

Multi-Age: Older kids can write peace phrases; younger ones can draw symbols or trace feet.

1-on-1 or Home: Turn the Peace Walk into a storytime and prayer time.

Time Crunch? Focus on the story and the Peace Walk activity.

Chapter 5: Shield of Faith — “Faith Blocks Fear”

 Overview (Quick Guide for Teachers)

Time: 30–45 minutes

Setting: Sunday school, homeschool, small group, or one-on-one

Age Range: 6–12

Supplies: Basic materials with Creativity Bonus options

Spiritual Focus:

“Take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.” — Ephesians 6:16

LESSON PLAN

 Big Idea:

Faith doesn’t make fear disappear—but it protects our hearts and minds when fear, doubt, or worry try to take over. Faith is like a shield we can raise in tough moments.

1. Welcome & Warm-Up (5 min)

Say:

“Has something ever made you scared? Today we’ll see how God gives us something special to protect us in those moments—the Shield of Faith!”

Ask:

“What kinds of things scare kids sometimes? Thunderstorms? Being alone? Failing a test?”

Write responses on a board or large paper labeled “Flaming Arrows.”

2. Story Recap & Discussion (10–12 min)

Summary:

Ava is reading in bed when a loud thunderstorm begins. Fear starts to fill her mind with “what if” thoughts. But she remembers the Shield of Faith! She begins to pray, recites Psalm 56:3 — “When I am afraid, I will trust in you” — and imagines God’s protection surrounding her. Even though the storm keeps going, she feels peace inside.

Discussion Questions:

What was Ava afraid of?

What did she do with her fear?

Did the storm stop? What changed?

What do you think her faith shield looked like?

✨ Key Teaching Moment: Ava didn’t wait for fear to go away—she used faith to face it.

3. Bible Verse Power-Up (5–7 min)

“Take up the shield of faith, with which you can extinguish all the flaming arrows...” — Ephesians 6:16

Say: “When fear or doubt shows up—BOOM!—God’s truth is our defense. That’s what the shield is for!”

4. 🧠 **Craft: Make a Shield of Faith (10–12 min)**

Basic Supplies:

Cardstock, cereal boxes, or cardboard

Markers, scissors, glue

Foil or paper for decoration

Instructions:

Cut out a simple shield shape.

Write “Faith” or “Shield of Faith” on the front.

Add symbols of faith: crosses, hearts, “Psalm 56:3,” flames crossed out, etc.

Optional: Tape on a handle (paper strip or ribbon) to “hold” the shield.

**** Creativity Bonus:

Use tin foil, metallic paper, buttons, stickers, or textured paint for effect!

5. 🎮 **Game: Block the Fears (8–10 min)**

Prep:

Write different fears or doubts on paper arrows (Ex, “I’m not good enough,” “I’ll mess up,” “I’m all alone”).

How to Play:

One child holds a shield.

The others toss the “arrows” (paper balls or soft items).

As they come, the child blocks them while shouting truth phrases like:

“God is with me!”

“I’m not alone!”

“God loves me no matter what!”

Alternate Format: Small group call-and-response or puppet version.

6. 🧠 **Reflection & Wrap-Up (5–7 min)**

Ask: What fear do you sometimes face, like Ava?

What would you put on your own “faith shield” to remind you of God’s truth?

Journal Prompt:

“One thing that scares me is _____. When I feel afraid, I can remember that God...”

Badge:

Award or design the “Fear Fighter” badge. You can tape it to the shield!

📚 Teaching Tips

Multi-Age: Pair older kids with younger ones to write fear words and verses.

1-on-1 or Home: Let the child make a nighttime “faith kit” with a small shield, flashlight, and Bible verse.

Short on Time? Do the story, memory verse, and Block the Fears game only.

Chapter 6: Helmet of Salvation — “Protecting Your Mind with God’s Truth”

 Overview (Quick Guide for Teachers)

Time: 30–45 minutes

Setting: Sunday school, homeschool, small group, or one-on-one

Age Range: 6–12

Supplies: Basic materials with Creativity Bonus options

Spiritual Focus:

“Take the helmet of salvation...” — Ephesians 6:17a

LESSON PLAN

 Big Idea:

Salvation isn’t something we earn—it’s a gift from God that reminds us we are loved, chosen, and forgiven. The Helmet of Salvation protects our minds from lies and negative thoughts about who we are.


1. Welcome & Warm-Up (5 min)

Say:

“Have you ever thought something like, ‘I’m not good enough’ or ‘I mess everything up’? Those are not from God! Today we’ll learn about a helmet—not a sports helmet—but one that protects our minds and thoughts.”

Ask:

“What do helmets do? Why do we wear them?”

 “God gave us a helmet too—one that helps block lies about our worth and reminds us we belong to Him.”

2. Story Recap & Discussion (10–12 min)

Summary:

Mateo drops a grocery bag, spilling milk and syrup everywhere. He immediately feels ashamed and begins thinking, “I’m clumsy,” “I always mess things up,” “God must be disappointed in me.” But his mom gently reminds him that making mistakes doesn’t take away God’s love. She explains that salvation is God’s gift—it’s not earned by being perfect. This helps Mateo stop the negative thoughts and remember the truth.

Discussion Questions:

What was the accident Mateo had?

What kinds of things did he think afterward?

How did his mom help him see the truth?

What does this story teach us about how God sees us?

✨ Teaching Tip: Draw a simple “thought bubble” on the board. Inside, write two lies Mateo believed—and then erase them and replace them with God’s truth.

3. Bible Verse Power-Up (5–7 min)

“Take the helmet of salvation...” — Ephesians 6:17a

Say: “This helmet isn’t made of plastic—it’s made of truth! When we wear it, we remember we are loved, forgiven, and saved.”

4. 🧩 **Craft: Make a Helmet of Salvation (10–12 min)**

Basic Supplies:

Cardstock or paper headbands

Markers or crayons

Scissors, glue, tape

Pre-cut “truth words” (Loved, Forgiven, Child of God, Chosen)

Instructions:

Create a helmet or headband shape that wraps around the head.

Write “Helmet of Salvation” on the front.

Glue or write encouraging truths inside or on top: “I am forgiven,” “God loves me,” etc.

**** Creativity Bonus:

Add silver or gold foil, stickers, glitter, or foam shapes to make it “shine.”

5. 🎲 **Game: Helmet Message Match-Up (7–10 min)**

Prep:

Create two sets of cards:

Lies: “I’m not good enough,” “God can’t love me,” “I have to be perfect.”

Truths: “God loves me no matter what,” “I am forgiven,” “God made me on purpose.”

How to Play:

Place lies face down.

Kids take turns drawing a lie, then matching it to the correct truth.

Discuss why God’s truth is stronger than the lie.

Younger Kids: Play as a memory match game or with pictures!

6. 💭 **Reflection & Wrap-Up (5–7 min)**

Ask: Have you ever thought something untrue about yourself?

What truth from God do you want to remember when that happens?

Journal Prompt:

“Sometimes I think ____, but God says I am ____.”

Badge:

Award the “Mind Protector” badge, or have kids draw their helmet and decorate it with truth words.

📦 **Teaching Tips**

Multi-Age: Let older kids help write or brainstorm truth statements for the helmets.

1-on-1 or Home: Do the “lie vs. truth” cards with real situations your child faces.

Short on Time? Focus on the story, truth statements, and a simple paper headband.

Chapter 7: The Sword of the Spirit + Final Reflections

“Fighting with God’s Word, Finishing Fully Armored”

 Overview (Quick Guide for Teachers)

Time: 30–45 minutes

Setting: Sunday school, homeschool, small group, or one-on-one

Age Range: 6–12

Supplies: Basic materials with Creativity Bonus options

Spiritual Focus:

“...the sword of the Spirit, which is the word of God.” — Ephesians 6:17b

LESSON PLAN

 Big Idea:

The Sword of the Spirit is our most powerful tool—God’s Word! It helps us choose right, stand strong, and overcome evil with good. God’s Word isn’t for hurting—it’s for healing, guiding, and loving with courage.

1. Welcome & Warm-Up (5 min)

Say: “Today, we finish our journey with the Armor of God! We’re learning about our final piece—the Sword of the Spirit. But it’s not a sword to hurt people—it’s God’s Word, which helps us stand strong in truth!”

Ask: “Do you have a favorite Bible verse? Has it ever helped you?”

2. Story Recap & Discussion (10–12 min)

Summary: Jamal is being bullied by Jordan and feels like lashing out. But instead, he remembers Romans 12:21 — “Do not be overcome by evil, but overcome evil with good.” Instead of fighting, he shows kindness and helps Jordan when he falls. This surprising act, guided by God’s Word, changes the moment—and possibly the bully too.


Discussion Questions:

What was Jamal tempted to do when he was bullied?

What helped him make a different choice?

Was that easy or hard?

How do you think God’s Word helped him “win” the situation?

 Emphasize: Scripture helps us fight back with love, not hate.

3. Bible Verse Power-Up (5–7 min)

“...the sword of the Spirit, which is the word of God.” — Ephesians 6:17b

Say: “When we read and remember Scripture, it’s like having a sword made of light—cutting through lies, fear, and darkness with truth and courage.”

4. ✂️ **Craft: Sword of the Spirit (10–12 min)**

Basic Supplies:

Cardstock or poster board

Markers, glue, scissors

Bible verse printouts or hand-written pieces

Instructions:

Cut out or assemble sword shapes.

Write “Sword of the Spirit” on the blade.

Decorate with Scripture verses or “power words” (Truth, Love, Faith, Courage).

****Creativity Bonus:

Wrap handles in foil, add glitter or gem stickers, or create a matching sheath from paper or fabric.

5. 🎯 **Activity: Truth Warrior Challenge (7–10 min)**

Option 1 – Scripture Match-Up:

Write situations on one side (fear, peer pressure, sadness). Kids match them with Scripture cards (Psalm 56:3, Romans 12:21, John 3:16, etc.).

Option 2 – “Sword Drills” Game:

Call out verses and let older kids race to find them in the Bible. For younger ones, hold up verse cards and act them out.

6. 💭 **Reflection & Wrap-Up (5–7 min)**

Ask: What does the Sword of the Spirit help us do?

Which piece of armor helped you the most?

What will you remember from The Armor Club?

Journal Prompt:

“One verse that helps me is...”

“I am a warrior for God when I...”

Badge:

Award the “Truth Warrior” badge.

Final Badge:

Give the “Fully Armored” completion badge and invite them to join The Armor Club for life!

📚 **Teaching Tips**

Multi-Age: Let older kids read verses and younger ones act out scenes.

1-on-1 or Home: Have child decorate their space or mirror with armor crafts.

Short on Time? Do the verse, sword craft, and Final Badge moment.