



# Teaching Guide - PRESCHOOL & VSN

## Monthly Theme: I'm a Victory Kid

"You were taught to become a new person. That new person is made to be like God—made to be truly good and holy." - Ephesians 4:24

### LESSON - HELMET OF SALVATION & SWORD OF THE SPIRIT

Hey Victory Kids! Are you ready for an exciting lesson? Today, we will talk about something super cool, God's Armor! Did you know God gives us special armor to help us be strong, brave, and ready to do what's right? Hold up 4 fingers. And let's count

**SAY IT:** 1..2..3..4. Great job!

We learned about four pieces of armor. Give yourselves a quiet drumroll on your knees because we will learn about our final two armor pieces. **(Items needed: helmet, paper or plastic sword, Bible)**

Our first piece is putting on something special to protect our **heads—the Helmet of Salvation!** Have you ever seen someone wear a helmet? Maybe when they ride a bike or play football? **(Hold up helmet)** Why do we wear helmets? That's right—to protect our heads!

**DO IT:** Pretend to put on a helmet.

We wear the helmet of salvation to remind us of what God said. It helps protect our **thoughts and reminds us we belong to Jesus! You remember Jesus loves you and enables you to think good thoughts!**

Our next piece of armor is the Sword of the Spirit. **(Pull out a paper or plastic sword and the Bible)**

**SAY IT:** Sword of the Spirit. Now say that to me. Sword of the Spirit

We all know what this is **(hold up paper or plastic sword)**. Yes, a sword! But God's sword is different; it's His Word, the Bible! The bible helps us understand who we are in God. Can you sing the B-I-B-L-E song with me? **(Sing a bible song with children.)**

Remember when you feel scared or sad, the Bible says we can be brave and strong, just like Jesus! Now we have learned God's Special Armor: Let's name them together.

**SAY IT:** Belt of Truth **DO IT:** Let's pretend to buckle your belt

**DO IT:** Now, pat your chest **SAY IT:** Breastplate of Righteousness

**DO IT:** March your feet in place like a brave soldier **SAY IT:** Shoes of peace

**DO IT:** **(lift your arm like you are holding a shield)** Now let's hold it up. **SAY IT:** Shield of faith

**SAY IT:** Helmet of Salvation **DO IT:** **(make a motion like you are putting a helmet on your head)**

**SAY IT:** Sword of the Spirit **DO IT:** **(raise your arm to the sky like you are holding a sword)**

Great job, everyone!

**PRAYER:** Dear God, Thank you for loving us so much and giving us Your special armor. Make us brave, kind, and full of Your love. Keep us safe and help us remember that You are always with us. In Jesus Name, Amen.

### LESSON QUESTIONS - 10 MINS

#### 2 & 3YR OLDS

**Question 1:** Does God give us armor to help us be strong and brave? **(Yes)**

**Question 2:** Is the helmet something we wear on our feet? **(No)**

**Question 3:** Do we wear helmets to protect our heads? **(Yes)**

**Question 4:** How many pieces of armor have we learned about? **6**

#### 4YRS - 1ST GRADE

**Question 1:** What is the new piece of armor we learned about today? **The Helmet of Salvation!**

**Question 2:** What do we wear a helmet to protect? **Our head**

**Question 3:** What does salvation mean? **Jesus saves us!**

**Question 4:** How many pieces of armor did God give us? **6**

**Question 5:** Name the pieces of armor that we have learned about? **The Belt of Truth, The Shoes of Peace, The Shield of Faith, The Helmet of Salvation or sing the 6 pieces of Armor song**



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### ACTIVITY 1: HELMET MATCH GAME

**Items Needed:** Pictures of helmets

**Directions:** Students will work to match pictures of helmets.

### ACTIVITY 2: TRUTH PARADE PART 5 - HELMET & SWORD

(Marching rhythm – clapping or tapping as you go!)

**Connection:** We must always remember to run with God's truth, and the helmet of salvation and sword of the spirit reminds us of this.

**Step 1:** Play the music and do a fun "march" around the room chanting:

"My helmet's on, I know God's love,  
My sword is truth from up above!"

"I think God's way and speak what's true,  
With Jesus' help, there's nothing I can't do!"

### ACTIVITY 3: BUBBLE PARTY

**Items Needed:** Bubbles and music!

We've got some extra time today, so let's spend it worshipping and dancing with bubbles!

### CRAFT OR COLORING SHEET (USE 1 OR 2 OPTIONS DEPENDING ON CLASS AGE & TIME)

#### HELMET OF SALVATION

**Items Needed:** blank helmets, stretchable strings, crayons, and markers

**Connection:** The Helmet of Salvation

**Step 1:** Distribute helmets, markers, and crayons,

**Step 2:** Students color their helmets of salvation

**Step 3:** Add stretchable string

#### COLORING SHEET: SWORD OF THE SPIRIT COLORING SHEET

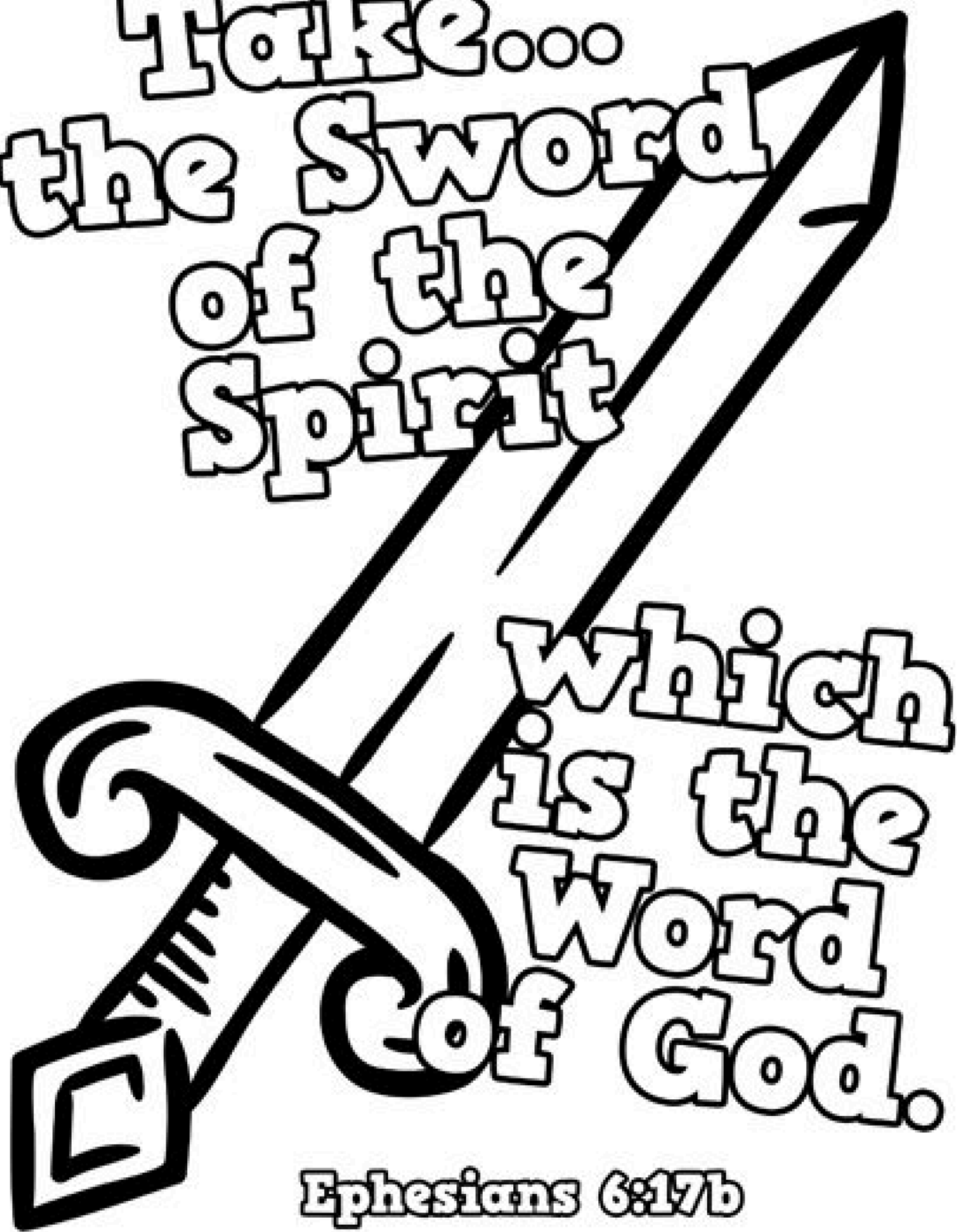
**Items Needed:** Coloring sheet and crayons.

**Connection:** Armor of God

**Step 1:** Distribute the coloring sheets and allow time to color.

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**Take...  
the Sword  
of the  
Spirit**



**Ephesians 6:17b**

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