

10

Worship

We worship God as Lord of our lives.

POWER TEXT

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand" (Ephesians 6:13).

KEY REFERENCES

- Ephesians 6:10-18
- *The Acts of the Apostles*, chap. 49, pp. 498-508
- *The Bible Story* (1994), vol. 10, pp. 135-138
- Student lesson on page 112 of this guide

OUR BELIEFS

- No. 1, The Holy Scriptures
- No. 10, The Experience of Salvation
- No. 11, Growing in Christ

OBJECTIVES

The students will:

- **Know** we worship God by accepting the spiritual protection He provides as revealed in His Word.
- **Feel** grateful for God's armor and have a willingness to "wear" it.
- **Respond** by thanking God for His armor and asking Him to help them wear it every day.

Wearing God's Armor

POWERPOINT

We worship God when we "wear" His "armor."

The Bible Lesson at a Glance

Paul is taking leave of his people. His concern is the struggle that lies before them. Having been in prison and surrounded by soldiers, he sees the best metaphors for illustrating the need for protection against the devil. Paul takes the armor of the Roman soldier and translates it into Christian terms.

This is a lesson about worship.

As Christians we are not in conflict with "flesh and blood" but against "the rulers," "authorities," "powers of this dark world" and "spiritual forces of evil in the heavenly realms" (Ephesians 6:12, NIV). But God has provided spiritual protection. When we accept and wear God's armor, we are worshipping Him.

Teacher Enrichment

"Could human beings know the number of the evil angels, could they know their devices and their activity, there would be far less pride and frivolity" (*The Seventh-day Adventist Bible Commentary*, Ellen G. White Comments, vol. 6, p. 1119).

"The cares of the world engross the mind to that degree that self-examination and secret prayer are neglected. The armor is laid off and Satan has free access to them, benumbing their sensibilities and causing them to be unsuspicious of his wiles" (*Testimonies for the Church*, vol. 2, p. 126).

"If there is ever one time above another when men need to preserve their connection with God, it is when they are called to bear special responsibility. It is not safe for us, when going into battle, to cast away our weapons. It is then that we need to be equipped with the whole armor of God. Every piece is essential" (*Testimonies for the Church*, vol. 7, p. 190).

What armor might I wear as I face my special responsibility of leading junior Sabbath School?

Welcome

Welcome students at the door and direct them to their seats. Ask them how their week has been. Encourage learners to study their Sabbath School lesson regularly, and use several minutes to debrief students on the previous week's lesson. Ask: **What was the most interesting part of the Bible story? What activity did you find the most helpful? Which activity was the most fun?** Invite students to share their experiences and/or the handiworks they created for Sabbath School during the week. (The leader should be familiar with the previous lesson to be able to direct the discussion.) This is also a good time to have students recite the power text.

Have students begin the Readiness Activity of your choice.

Program notes

LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	Ongoing	Greet students at the door. Ask about their week.	
1 Readiness	10-15	A. Animal Protection	paper, colored pens
		B. Spiritual Protection	Bibles, white/chalkboard, markers/chalk
* Prayer & Praise	15-20	See page 107. Prayer & Praise may be used at any time during the program.	songbooks, world map, pushpins, helmet (motorcycle, children's bicycle, military)/offering plate/basket
2 Bible Lesson	15-20	Introducing the Bible Story	protective gear
		Experiencing the Story	Bibles, paper, pencils, crayons or colored pens, items of clothing
		Exploring the Bible	Bibles, white/chalkboard, markers/chalk
3 Applying the Lesson	10-15	*Tempted*	
4 Sharing the Lesson	10-15	*Protected*	balloons, straight pins, duct tape
* Closing		A. Prayer and closing comments	
		B. Reminder to parents	
		C. Coming up next week	

1

READINESS ACTIVITIES

Select the activity or activities that are most appropriate for your situation.

A

YOU NEED:
- ☐ paper
- ☐ colored pens

Animal Protection

Ask the students to draw a picture of an example from nature that has a built-in type of protection (skunk, turtle, chameleon, cactus, porcupine, etc.).

Debriefing

Say: **Please share with the group the drawing you made and explain how that item from nature protects itself.**

Ask: **Why do you think God chose to provide His plants and animals ways to protect themselves? How is this like He protects us from Satan's attacks? Let's say the power text together, Ephesians 6:13:**

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand" (Ephesians 6:13).

Say: **We are learning about the "armor" God has provided.**

We worship God when we "wear" His "armor."

B

YOU NEED:
- ☐ Bibles
- ☐ white/chalkboard
- ☐ markers/chalk

Spiritual Protection

Say: **In Roman times soldiers wore an oblong shield made of two sections of wood glued together. This would protect them from the most dangerous weapons in ancient warfare—the fiery dart. It was a dart dipped in pitch and set alight. When the dart hit the shield and sank into the wood, the flame was put out. We're going to think of ways that God provided to shield us from the devil's fiery darts.** Students take turns naming ways they can resist temptations as you record their answers on the board. After the list is complete have students name parts of God's armor that offer protection to resist the evil attacks of the enemy.

Debriefing

Say: **What ways has God provided to protect us spiritually? What efforts are you making to wear God's armor? Let's say the power text together, Ephesians 6:13:**

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand" (Ephesians 6:13).

Our power point is:

We worship God when we "wear" His "armor."

Prayer & Praise

Notes

Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). If they have given you permission, share one or two special items from students' Bible study during the week. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

"Great and Mighty Army" (*He Is Our Song*, no. 110)
"The Battle Belongs to the Lord" (*He Is Our Song*, no. 85)
"Mighty Warrior" (*He Is Our Song*, no. 76)

Mission

YOU NEED:
- ☐ world map
- ☐ pushpins

Use Adventist *Mission* for youth and adult (go to www.juniorpowerpoints.org and click on MISSION) or another mission report available to you. Using a world map, have the students identify and mark with pushpins the location where the mission story is taking place.

Offering

YOU NEED:
- ☐ helmet (motorcycle, children's bicycle, military)

Point out that there are various ways to show our gratitude for God's protection, and ask the class to suggest several possibilities. Remind students that one way to show our gratitude for God's protection is through the offerings that we give to His work.

Say: **Since we are talking about God's armor of protection today, we're going to use this helmet to collect our offering.**

Prayer

Form the class into a circle and, after opening with prayer, give each person in the circle an opportunity to give a one-sentence expression of his or her gratitude for God's protection. Encourage them to be specific: "Thank You for our home that protects us from the weather," "I appreciate the warm clothing we wear in winter," "I thank You for my hat that protects me from the sun," etc. Close by praying for the students' joys and sorrows, for the birthday and other special event celebrants, as well as for the visitors.

2

BIBLE LESSON

YOU NEED:

- ☐ protective gear

Introducing the Bible Story

Have a volunteer model for the class the protective equipment worn by an athlete (a catcher's mask and glove), a surgeon (gown, gloves, mask, cap), construction worker/welder (hard hat, steel-toed shoes, goggles) or other occupation. Ask: **What are these special clothes and this equipment for? That's right, they protect us physically. What has God given us to protect us spiritually? Yes, the armor of God talked about in the Bible. As our power point reminds us:**

We worship God when we "wear" His "armor."

YOU NEED:

- ☐ Bibles
- ☐ paper
- ☐ pencils
- ☐ crayons OR colored pens
- ☐ items of clothing

Experiencing the Story

Say: **Let's read aloud Ephesians 6:10-18, taking turns with each verse. Using this as a guide, sketch a diagram, picture, or cartoon illustration of the whole armor of God. Be sure to label each piece so that it's easily identified.** Allow time for students to complete their drawings and share them with the others.

Say: **Let's look at the armor again.** Read Ephesians 6:14-17 again. As you read each item of the armor, give a comparable piece of clothing to a volunteer to model for the class. Explain the significance of each part of the armor of God as the student puts the clothing item on. For instance, a cap or hat would be "God's salvation"; a jacket would be the "protection of right living"; a belt would be the "belt of truth"; and boots would be the "good news of peace." Hand the student a Bible as the "sword of the Spirit," and point out that when the Bible is held in front as a shield, it's like the "shield of faith."

Ask: **Where are the chinks or holes where the enemy can break through? Give me an example of how God's armor can help us in our Christian experience.**

3

APPLYING THE LESSON

Exploring the Bible

YOU NEED:
- ☐ Bibles
- ☐ white/chalkboard
- ☐ markers/chalk

Write the following texts on the board: Psalm 9:9; Psalm 62:1, 2. Say: **The Bible uses other symbols to show how God cares for us with His protection. Let's find these texts and discover what a few are.** Ask: **What symbols does God use to portray His protection? How powerful are they?**

We worship God when we "wear" His "armor."

(Alternative)

YOU NEED:
- ☐ Bibles
- ☐ white/chalkboard
- ☐ markers/chalk

Divide the students into three groups. Write the following references on the board and ask each group to take one and decide which part or parts of God's armor Jesus was using while being tempted:

1. Luke 4:1-4
2. Luke 4:5-8
3. Luke 4:9-12

Say: **What parts of the armor of God did you decide Jesus was using during each temptation Satan gave to Him? What was Jesus' best defense against Satan? Let's repeat together the components of the armor of God listed in our power text, Ephesians 6:13:**

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand" (Ephesians 6:13).

Remember,

We worship God when we "wear" His "armor."

Tempted

Present the following scenarios to the students and have them discuss the questions after each of the situations:

Joe, who is a Christian, finds out that in biology class the teacher will be presenting a video on evolution and the big bang theory. How would you advise Joe to take a stand in this situation?

Joe's friends bring to school scandalous magazines and invite him to look at the disgraceful pictures. What advice would you give Joe to resist the temptation and be a positive influence on his classmates?

A friend of Joe's tells him of the gossip that Zach is spreading behind his back. How should Joe treat Zach in spite of his mean actions that could destroy Joe's reputation?

What are some Bible promises you could share with Joe to encourage him to trust God when facing temptation?

Debriefing

Ask: **In what situations do you need God's armor? Ephesians 6:11 says to "put on the full armor of God." How do you do that?**

Ask: **How often do you put on clean clothes? How often should you put on God's armor? How can you make sure you put on God's armor every day? What part does prayer (Ephesians 6:18) play in this? How can we respond to God for providing us with this great armor?**

We worship God when we "wear" His "armor."

4

SHARING THE LESSON

YOU NEED:
- ☐ balloons
- ☐ straight pins
- ☐ duct tape

Protected

Invite students to share situations when they were able to overcome temptations. Ask: **What do you normally do when you struggle against a strong temptation? What helps you resist a strong desire to do something that you know is not right? What are some specific situations when you experienced God's help in overcoming temptations?**

Give each student a balloon and a straight pin. Have them blow up their balloons as large as they can. Then have students cover one half of their balloons in duct tape. Say: **When we're protected with God's armor, sin can't destroy us.**

Have students stab their straight pins through the duct tape into the balloons. Although the balloons will begin to slowly leak, they will not pop. Move quickly to the next step.

Say: **When we aren't protected with God's armor, sin can damage and sometimes destroy us.**

Have students stab their straight pins through the untaped side of the balloons. The balloons will pop.

Debriefing

Ask: **What did you think would happen when the pin entered the taped side of the balloon? How did you feel when the pin didn't pop the balloon? How did you feel when the pin destroyed the balloon?**

Say: **Share the power text with someone today. Let's remember to allow God to equip us with His armor each day that we may be constantly protected against the attacks of the enemy.**

We worship God when we "wear" His "armor."

Closing

Prayer and closing comments:

Form groups of no more than three. Have students think of three ways Satan tries to discourage them and make them forget God's love and grace. Then have each person pray for wisdom to use their shields of faith and other armor to protect themselves from Satan's attacks. Close by thanking God for the victories He has already prepared for each of your Sabbath School members.

Reminder to parents:

Say: **Check out the student Bible study guide to find Parents' Pages for your use in family worship, or however you wish to use them to spiritually guide your children. You may listen to the podcast of the lesson online at www.juniorpowerpoints.org/podcast.php?channel=1.**

Coming up next week:

Say: **We are fearfully and wonderfully made. God created us for Himself.**

Notes

Student lesson

Wearing God's Armor

Have you ever felt as though Satan is finding just the right temptation to separate you from God? How can you stand up against this constant attack? Let's listen in on Mr. Andrews's Bible class and hear what he has to say on the subject.

"What's that?" Trevor asked.

"What does it look like?" Trevor decided to play it safe. No smart answers. "I don't know," he said.

Mr. Andrews finished his sketch on the blackboard. He put down the chalk and dusted his hands together. "Does anybody know what this animal is?" he asked.

"A tadpole?" Marianne suggested.

"A lizard?" Matthew asked.

"I might as well put you out of your misery," Mr. Andrews responded. "You already know that I'm not the world's greatest artist. It's an animal you've never seen before." He grinned at the class. "It's a turtle without its shell."

"I wonder why I didn't think of that," Trevor mused out loud.

The class laughed.

"OK," Mr. Andrews said, getting down to business, "so you've never seen a turtle without a shell. Why not?"

"A turtle can't live without a shell!" Marianne exclaimed.

"Of course it can't," Mr. Andrews agreed. "A turtle is a pretty feeble little animal. It's slow. It's defenseless. It completely depends on its shell to protect it and preserve it."

Mr. Andrews paused and looked around the room. "And that brings me to the Bible lesson for today," he said. "Christians are a lot like turtles."

Trevor and Matthew looked at one another.

Mr. Andrews opened his Bible. He began to read. " 'Put on the full armor of God, so that you can take your stand against the devil's schemes' " (Ephesians 6:11).

Mr. Andrews looked up. "Does anyone remember what the Bible says about the devil? He is going around like a . . ."

"I know! I know!" Matthew waved his hand in the air. "Like a roaring lion, seeking whom he may devour!"

"That's what the Bible tells us," Mr. Andrews said. "It tells us that we are no match at all for the devil. We are like little turtles without shells."

"But God gives us armor!" Marianne put in. "He gives us protection."

"That's right!" Mr. Andrews agreed. "And God's armor covers all of us. He gives us salvation for a helmet to cover our heads. He gives us His righteousness as a body armor. He gives us truth as a sturdy belt. He even protects our feet with the peace of His good news. He doesn't leave any part of us out there exposed to danger.

"Look in Ephesians 6 and find out what He gives us for a shield."

"I've got it!" Trevor said.

" 'In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one,' " he read (verse 16).

"That tells us that Satan is shooting fiery arrows at us," Mr. Andrews pointed out. "It doesn't say that he might; it says that he is. But God gives us a shield to protect us. A kind of double protection between us and our enemy. A shield and armor. Think how hopeless life would be if we didn't have God's armor!"

"This is what I want you to remember," Mr. Andrews continued. "We are in a war. On our own, with our own strength and power, we would be absolute losers in a battle with the devil. There's no question about it. But when we are protected by the armor that God provides, we will be absolute winners. Every time. No question about it. Because He has already won the war."

"Notice the next part," Matthew added in. "It says, 'And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people' " (verse 18).

Mr. Andrews beamed at Matthew in delight. "That's it! You've got it!" He looked at the whole class. He spread his arms dramatically.

"That's the key, my little turtles," he said.

"Pray, pray, pray! And constantly wear God's armor, the true source of protection in the spiritual battle against the enemy."

KEY REFERENCES

- Ephesians 6:10-18
- *The Acts of the Apostles*, chap. 49, pp. 498-508
- *The Bible Story* (1994), vol. 10, pp. 135-138
- Our Beliefs nos. 1, 10, 11

POWER TEXT

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand" (Ephesians 6:13).

POWER POINT

We worship God when we "wear" His "armor."







Sabbath

DO Do the activity on page 75.

Sunday

READ Read Ephesians 6:10-12 and this week's story, "Wearing God's Armor."

REVIEW Review the power text.

THINK How does wearing God's armor enable you to participate in a dynamic worship experience?

PRAY Thank God for His armor's spiritual protection.

Monday

READ Read Ephesians 6:13-18.

THINK What piece of the armor do you need most?

TALK With an adult discuss which pieces of armor are defensive? Which are offensive?

REVIEW Review the power text.

PRAY Ask God for spiritual protection in all situations.

Tuesday

READ Read Psalm 119:11.

LIST List three everyday kinds of protection that could serve as symbols for God's care for you.

REFLECT What parts of God's armor are you claiming? What do you need to do to get ready for battle?

REVIEW Review the power text.

PRAY Pray that God will make you willing to stay strong with His armor.

Wednesday

READ Read 2 Corinthians 10:3, 4. What kind of weapons is this verse talking about?

SING Find "A Mighty Fortress Is Our God" in a hymnal and sing it or listen to it performed and think about how this hymn makes you feel about God's care for you.

REVIEW Review the power text.

WRITE In your Bible study journal, write what you think your "battle" is right now from which you most need God's spiritual protection.

PRAY Ask God to give you victory in your "battle."

Thursday

READ Read Matthew 6:9-13; Matthew 26:36-44; and Mark 1:35.

THINK What was Jesus' best protection against the devil? What did God promise that will strengthen our defenses? How will you follow Jesus' example?

ASK Ask an adult about a time they felt God was especially protecting them spiritually.

REVIEW Review the power text.

PRAY Ask God to help you accept His protection.

Friday

READ Read Ephesians 6:10-18.

ACT For family worship, act out Ephesians 6:10-18 by having someone read the verses while you pantomime putting the armor on. Afterward, talk about each item and how it protects us.

MAKE Using whatever medium you wish (clay, plaster, wire hangers, papier-mâché, etc.), sculpt an object that for you best symbolizes God's protection in your life.

REPEAT Say the power text from memory.

PRAY Ask God to cover you with His armor today.