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Main Passage:

Ephesians 6:10-18 (NIV)

Theme:

God gives us spiritual armor to stand strong and live boldly for Him.



Session Structure

Each session includes:

Big Idea

Key Verse

Simple Explanation

Discussion Questions

Real-Life Application

Activity/Game Idea

Prayer

Session 1:

Be Strong in the Lord (Intro to the Armor)

Big Idea:

We are in a spiritual battle, but God gives us armor to stand strong.

Key Verse:

Ephesians 6:10 - “Finally, be strong in the Lord and in his mighty power.”

Simple Explanation:

Life has challenges, but God gives us strength and tools to help us win—not with swords, but with truth, faith, and righteousness.

Discussion Questions:

Why do you think we need armor in life?
Have you ever felt like you needed God's help to be strong?

Application:

Think of one challenge you're facing—pray and ask God for strength to face it.

Activity:

Draw a knight in armor and label each piece with the Fruit of the Spirit or virtues.

Prayer:

God, help me be strong in You and learn how to wear the armor You give me. Amen.

Session 2:

The Belt of Truth & Breastplate of Righteousness

Big Idea:

God's truth keeps us grounded, and living right protects our hearts.

Key Verses:

John 8:32 - "Then you will know the truth, and the truth will set you free."

Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."

Simple Explanation:

The Belt of Truth holds everything together—it means always being honest and knowing what God says is true. The Breastplate protects our heart—it means doing what's right, even when it's hard.

Discussion Questions:

Why is it important to tell the truth?

What happens when we do something we know isn't right?

Application:

Tell the truth in a tough situation this week and ask God to help you make right choices.

Activity:

Play a "Truth or Lie" game—make up silly statements and have kids guess if they're true.

Prayer:

Jesus, help me love the truth and choose what's right every day.
Amen.

Session 3:

Shoes of the Gospel of Peace

Big Idea:

We carry God's peace wherever we go.

Key Verse:

Romans 12:18 - "If it is possible, as far as it depends on you, live at peace with everyone."

Simple Explanation:

Shoes help us go places. These shoes help us share Jesus and bring peace instead of drama or fighting.

Discussion Questions:

How can you bring peace at school or home?
What's one way to show kindness instead of arguing?

Application:

Try to be a peacemaker this week—help solve a problem or encourage someone feeling down.

Activity:

Have kids trace their feet and write ways they can "walk in peace" (e.g., help, forgive, listen).

Prayer:

God, help me walk in peace and share Your love wherever I go. Amen.

Session 4:

Shield of Faith & Helmet of Salvation

Big Idea:

Faith protects us from fear, and salvation gives us confidence.

Key Verses:

Hebrews 11:1 - "Faith is confidence in what we hope for..."

1 Thessalonians 5:8 - "...putting on faith and love as a breastplate, and the hope of salvation as a helmet."

Simple Explanation:

The shield blocks lies and fear; faith means trusting God even when you don't see the whole plan. The helmet protects our minds—it reminds us we're saved and loved.

Discussion Questions:

What helps you trust God when things are scary?

How does it feel to know God has saved you?

Application:

Say a short prayer every time you feel afraid: "God, I trust You."

Activity:

Make a "shield" from cardboard and write on it things you trust God for.

Prayer:

Lord, grow my faith and help me remember You have saved me. Keep my mind focused on You. Amen.

Session 5:

Sword of the Spirit & Praying Always

Big Idea:

God's Word is our weapon, and prayer keeps us connected to Him.

Key Verses:

Hebrews 4:12 - "For the word of God is alive and active. Sharper than any double-edged sword..."

Ephesians 6:18 - "And pray in the Spirit on all occasions..."

Simple Explanation:

The Bible is like a sword—it helps us fight lies and know truth. Prayer is like our walkie-talkie with God—it keeps us close to Him.

Discussion Questions:

How can reading the Bible help you in everyday life?
What can you pray about this week?

Application:

Pick one Bible verse to memorize this week and pray every day before school.

Activity:

Sword drill! Call out verses and see who can find them first in their Bible.

Prayer:

God, thank You for Your Word and for listening when I pray.
Help me to use both every day. Amen.



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