



The Armor of God Explained for Kids



A 7-day Bible study helping children understand and embrace God's Armor for daily strength and protection in faith.

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Introduction

Welcome to this special 7-day Bible study all about the Armor of God designed especially for kids! Sometimes, life can feel like a big adventure full of challenges, temptations, and things that make us feel unsure or scared. But the Bible tells us that God gives us a special set of armor — not made of metal or heavy stuff — but a powerful spiritual armor that helps us stay strong and brave.

Over the next week, we will explore together what each piece of God's Armor means and how it can help you in your daily life. We will learn about the "belt of truth," the "breastplate of righteousness," the "shoes of peace," the "shield of faith," the "helmet of salvation," and the "sword of the Spirit." Each piece is a gift from God, helping us protect our hearts, minds, and souls against anything that tries to pull us away from Him.

Through stories, Scripture, and simple explanations, you'll understand how to put on this armor every day and stand strong in God's love and power. We want you to feel encouraged, safe, and ready for any challenges, knowing God is with you. So, grab your Bible and a notebook for journaling—let's put on the armor and go on this wonderful journey of discovering God's strength!

Remember, God loves you very much and is your superhero always ready to help. Let's get started!





Day 1: ✕ The Belt of Truth



Day 1: ☒ The Belt of Truth

Your Verse

Ephesians 6:14 - "Stand firm then, with the belt of truth buckled around your waist..."

Supporting Scriptures

- *John 8:32 - "Then you will know the truth, and the truth will set you free."*
- *Psalms 25:5 - "Guide me in your truth and teach me."*



Day 1: ☒ The Belt of Truth

Devotional: Why Truth Is Our First Strength

Imagine wearing a belt that holds everything together so you don't fall apart! In the Armor of God, the belt is the belt of truth. Truth means being honest, knowing what is right and good, and remembering that God's word is always true.

When we believe lies or wrong things, it's like our belt is loose — and we can get wobbly or confused. But when we hold tightly to God's truth, everything stays in place. The Bible helps us know what's true, like how much God loves us and wants us to be kind and brave.

Today, think about what truths from God's Word you can wear every day. Maybe it's that God is always with you, or that Jesus forgives you when you mess up. Wearing the belt of truth helps us stand tall and not be tricked by lies.



Day 1: ☒ The Belt of Truth

Reflect and Apply

1. What are some lies you might hear that can make you feel scared or sad?

2. How does knowing God's truth help you in tough situations?

3. What is one truth from the Bible you want to remember today?



Day 1: ☒ The Belt of Truth

Journaling Prompts

1. Write about a time when telling the truth helped you or someone else.

2. List some things you know are true because of God's Word.

3. Draw a picture of yourself wearing God's belt of truth.



Day 1: ☒ The Belt of Truth

Prayer for Today

Dear God, thank You for always being true and for giving me Your truth to hold on to. Help me to remember Your words and to tell the truth, even when it's hard. Please keep me close to You so I can stand strong every day with Your belt of truth wrapped tight around me. Teach me how to know what is right and to trust Your promises. *Amen.* ☒ ☒ ✨ 🙏





Day 2: The Breastplate of Righteousness



Day 2:  The Breastplate of Righteousness

Your Verse

Ephesians 6:14 - "...with the breastplate of righteousness in place..."

Supporting Scriptures

- *Psalm 4:5 - "Offer the sacrifices of righteousness..."*
- *2 Corinthians 5:21 - "God made him who had no sin to be sin for us... so that in him we might become the righteousness of God."*



Devotional: Protecting Your Heart with God's Right Choices

The breastplate is a special armor piece that protects your heart and chest. In the Armor of God, it's called the breastplate of righteousness. Righteousness means doing what is right and living in a way that pleases God.

When you wear this breastplate, it reminds you to make good choices — like being kind, telling the truth, and loving others — because these choices protect your heart from sadness, guilt, or feeling far from God.

Jesus makes us right with God, even when we mess up. Wearing the breastplate means trusting Jesus and choosing to follow Him's ways each day, so your heart stays strong and safe. Think about ways you can live in God's goodness and how He helps you to do what is right.



Day 2:  The Breastplate of Righteousness

Reflect and Apply

1. Why is it important to protect your heart from bad choices?

2. How does Jesus help you become righteous?

3. What are some good choices you can make today to follow God?



Day 2:  The Breastplate of Righteousness

Journaling Prompts

1. Write about a time you felt proud because you made a good choice.

2. List ways Jesus helps you live right and be kind.

3. Draw a picture of a shining breastplate protecting your heart.



Day 2: 🛡️ The Breastplate of Righteousness

Prayer for Today

Lord Jesus, thank You for making me right with God and for helping me make good choices. Please protect my heart every day and help me to follow Your ways, even when it's hard. Teach me to love others and live with kindness and truth. Help me wear the breastplate of righteousness with joy and courage, knowing You are always with me. Amen.





Day 3: The Shoes of Peace



Day 3:  The Shoes of Peace

Your Verse

Ephesians 6:15 - "...and with your feet fitted with the readiness that comes from the gospel of peace."

Supporting Scriptures

- *Isaiah 52:7 - "How beautiful on the mountains are the feet of those who bring good news..."*
- *Romans 5:1 - "Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ."*



Day 3:  The Shoes of Peace

Devotional: Walking in Peace Wherever You Go

Shoes help us walk smoothly without getting hurt on rocks or rough ground. The Armor of God says we should wear the shoes of peace, which means being ready to share and live in God's peace wherever we go!

Peace is feeling calm and happy inside, even when things around you might be noisy or scary. When you put on your shoes of peace, you choose to trust Jesus and show kindness, patience, and love to others. You become ready to share the good news about God's love everywhere!

Think about how you can bring peace to your family, friends, and school today. Wearing these shoes helps you take steps in faith and confidence because God is with you.



Day 3:  The Shoes of Peace

Reflect and Apply

1. What does peace feel like inside your heart?

2. How can your actions help others feel peaceful?

3. Where do you need God's peace the most today?



Journaling Prompts

1. Write about a time you felt peaceful even during a hard day.

2. List ways you can share peace with your friends or family.

3. Draw yourself wearing shoes that help you walk with peace.



Day 3:  The Shoes of Peace

Prayer for Today

Dear Jesus, thank You for giving me peace in my heart. Help me to put on the shoes of peace so I can walk kindly and bravely wherever I go. Teach me to bring Your calm and love to others and to trust You when things feel hard. Please help me be a good friend and bring peace to everyone I meet. Amen.





Day 4: The Shield of Faith



Day 4:  The Shield of Faith

Your Verse

Ephesians 6:16 - "In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."

Supporting Scriptures

- *Hebrews 11:1 - "Faith is confidence in what we hope for and assurance about what we do not see."*
- *Psalms 28:7 - "The Lord is my strength and my shield; my heart trusts in him, and he helps me."*



Day 4:  The Shield of Faith

Devotional: Trusting God Protects Your Spirit

Imagine holding a big shield that blocks anything trying to hurt you. The Armor of God's shield is your faith — trusting God even when you don't understand everything or when things feel scary.

Sometimes, bad thoughts or fears are like fiery arrows trying to stop you from believing God's love and promises. But your faith shield can protect you! When you choose to trust God, your spirit stays safe and strong.

Faith means believing God is real and cares for you, even when you can't see Him or when things don't make sense. Today, practice holding that shield in your heart and say no to any worries or fears that try to hurt your spirit.



Reflect and Apply

1. What scares you sometimes, and how can faith help?

2. How does trusting God change how you feel inside?

3. What promises from God help you build your faith shield?



Day 4:  The Shield of Faith

Journaling Prompts

1. Write about a time when trusting God helped you feel brave.

2. List Bible verses that remind you to have faith.

3. Draw a big shield protecting you from scary things.



Day 4: 🛡️ The Shield of Faith

Prayer for Today

Father God, thank You for being strong and protecting me. Help me to have faith like a big shield when I feel scared or worried. Teach me to trust You with all my heart and to stop any bad thoughts that try to make me doubt Your love. Please surround me with Your peace and keep my spirit safe each day. Amen.





Day 5: ✕ The Helmet of Salvation



Day 5: ☒ The Helmet of Salvation

Your Verse

Ephesians 6:17 - "Take the helmet of salvation..."

Supporting Scriptures

- *1 Thessalonians 5:8 - "...put on faith and love as a helmet..."*
- *Romans 8:38-39 - "Nothing can separate us from the love of God...through Christ Jesus our Lord."*



Day 5: ☒ The Helmet of Salvation

Devotional: Protecting Your Mind with God's Promise

A helmet protects your head, the most important part! The helmet of salvation guards your mind with the amazing promise that you are saved and loved forever by God.

Salvation means Jesus saved us from doing wrong and gives us a new life. When you wear this helmet, it reminds you that no matter what, God loves you and you belong to Him. This keeps your thoughts safe from doubt, fear, or sadness.

Thinking about God's promise helps you feel happy and hopeful even when things are hard. Today, remember you are God's child and He is always with you, protecting your mind and heart.



Reflect and Apply

1. What does it mean to you that Jesus saves you?

2. How does knowing God loves you protect your thoughts?

3. What worries can you give to God today to keep your mind peaceful?



Day 5: ☒ The Helmet of Salvation

Journaling Prompts

1. Write about how it feels to know God loves you forever.

2. List ways God helps you remember you are saved.

3. Draw a bright helmet shining with God's love.



Day 5: ☒ The Helmet of Salvation

Prayer for Today

Jesus, thank You for saving me and loving me no matter what. Help me wear the helmet of salvation every day, keeping my mind safe from worry and fear. Remind me that I always belong to You and that Your love protects me. Please help me think about happy, true things and trust You with everything in my heart. Amen.

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Day 6: 🗡️ The Sword of the Spirit



Day 6: 🗡️ The Sword of the Spirit

Your Verse

Ephesians 6:17 - "...and the sword of the Spirit, which is the word of God."

Supporting Scriptures

- *Hebrews 4:12 - "For the word of God is alive and active...sharper than any double-edged sword."*
- *Psalms 119:105 - "Your word is a lamp to my feet and a light to my path."*



Day 6: ✝️ The Sword of the Spirit

Devotional: Using God's Word to Stand Strong

The sword is the only offensive weapon in God's armor, and it is God's Word. The Bible is God's special message to us that helps us know what is right and answers when we're confused or facing hard times.

When you use the sword of the Spirit, it means you remember Bible verses and God's truth to fight against lies or temptations. It's like having a powerful light to cut through darkness.

Today, read or think of a favorite Bible verse and imagine it as your sword helping you stand strong. You can use God's Word anytime you feel unsure or tempted.



Reflect and Apply

1. What is your favorite Bible verse that helps you?

2. How can God's Word help you when you feel scared or confused?

3. Why is the Bible an important tool for your faith?



Day 6:  The Sword of the Spirit

Journaling Prompts

1. Write your favorite Bible verse and what it means to you.

2. Describe a time when reading the Bible helped you feel better.

3. Draw a sword with words from the Bible on it.



Day 6: 🗡️ The Sword of the Spirit

Prayer for Today

Dear Holy Spirit, thank You for giving me the sword of Your Word. Help me to learn and remember Bible verses so I can use them to stand strong against anything that tries to pull me away from You. Thank You for shining light in my heart and guiding my steps. Please help me grow in Your truth each day. Amen.





Day 7: 💪 Stand Strong in God's Armor



Day 7: 🙌 Stand Strong in God's Armor

Your Verse

Ephesians 6:13 - "...put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground..."

Supporting Scriptures

- *Psalm 18:2 - "The Lord is my rock, my fortress and my deliverer; my God is my rock..."*
- *Isaiah 41:10 - "So do not fear, for I am with you... I will strengthen you and help you."*



Day 7: 📖 Stand Strong in God's Armor

Devotional: Putting It All Together to Stand Strong

Now that you know each piece of God's Armor, it's time to put it all together. God gives you everything you need to be brave and strong every day. When you wear the belt of truth, breastplate of righteousness, shoes of peace, shield of faith, helmet of salvation, and hold the sword of the Spirit, you are ready!

Life will have hard days, but God promises to help you stand firm and never be alone. The Armor of God helps protect your heart, mind, and soul so you can keep loving God and others no matter what.

Today, thank God for His amazing armor and ask Him to help you put it on each morning. Stand strong with courage and joy because God is your protector and friend forever.



Day 7: 🙏 Stand Strong in God's Armor

Reflect and Apply

1. Which piece of God's Armor do you feel closest to and why?

2. How can you remember to put on God's Armor every day?

3. What challenges do you want God's armor to help you face?



Day 7: 🙏 Stand Strong in God's Armor

Journaling Prompts

1. Write a prayer asking God to help you wear His armor every day.

2. Draw yourself fully dressed in God's Armor, ready to stand strong.

3. List ways you can remind yourself to trust God and be brave.



Day 7: 🦶 Stand Strong in God's Armor

Prayer for Today

Dear God, thank You for giving me the full Armor to protect me every day. Help me to put it on from the moment I wake up and to stand strong no matter what comes my way. Thank You for being my strength, my shield, and my helper. Please guide me to live with courage, love, and peace, always remembering You are with me. Amen.





Where God's Word Meets Your Daily Life

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