



Brave With God's Armor

A playful Ephesians 6 guide for children and their grown-ups

READ • MOVE • SPEAK TRUTH • PRAY

Ages 7-11 • 20-minute family lesson + printable activities

A note for the grown-up

This guide grew from a Sunday stick game with my seven-year-old daughter. Her imaginary sword defeated my imaginary wand; our laughter led us to Aaron before Pharaoh and then to the armor of God in Ephesians 6.

The Bible says our struggle is not against people (Ephesians 6:12). Teach the armor as God's gifts for standing in truth, righteousness, peace, faith, salvation, His word and prayer. Never make another child, family member, or group the enemy.

When fear shows up, a child may imagine a dark cloud or a loud, untrue voice. That can be a useful picture. A frightened feeling is not proof of a demon and is not a failure of faith. Listen first; name the feeling; help the child breathe and tell you what happened. Then practise a truthful response together.

A 20-MINUTE PATH

1. Read Ephesians 6:10-18 slowly. Ask what each piece of armor helps us remember.
2. Dress in invisible armor with actions on page 6.
3. Try the fear-and-truth example on page 4. Let the child invent their own kind response.
4. Pray together. End with a calm, practical next step and a hug if welcome.

If fear is persistent, overwhelming, or affects sleep, school or daily life, keep listening and seek support from a pediatrician or qualified professional. Prayer and care can go together.

What each piece reminds us

Read Ephesians 6:10–18. Let your child draw an invisible piece on themselves with each line. The strength is “in the Lord,” not in a costume or an object.

BELT · TRUTH

I can tell the truth and listen for what is true.

BREASTPLATE · RIGHTEOUSNESS

Jesus helps me choose what is right.

SHOES · THE GOSPEL OF PEACE

I can carry good news and make peace.

SHIELD · FAITH

I can trust God when a scary thought flies at me.

HELMET · SALVATION

I belong to Jesus; He saves me.

SWORD · THE WORD OF GOD

I can answer a lie with God's truth.

And keep praying (Ephesians 6:18). Prayer is how we talk to the Lord who gives the armor.

Use the sword of truth

A fear thought says:

"I am alone. Something bad will happen. I cannot cope."

Pause. Tell a grown-up: "I feel scared. Can you stay with me?"

Breathe together. Then answer with truth:

"God is with me." Isaiah 41:10

"When I feel afraid, I can trust Him." Psalm 56:3

"God gives me power, love and a sound mind." 2 Timothy 1:7

Imagine the lie losing its voice as you say what is true. This is a picture of using the Spirit's sword; it does not mean you must stop feeling afraid instantly. A brave step may be holding a hand, switching on a light, or asking for help.

TRY IT IN YOUR OWN WORDS

The scary thought I want to answer:

A truthful sentence I can say:

Truth beats the lie

FEAR SAYS "I am all alone."

TRUTH SAYS God is with me. Isaiah 41:10

I CAN Ask someone safe to sit with me.

FEAR SAYS "Being afraid means I failed."

TRUTH SAYS I can be afraid and put my trust in God. Psalm 56:3

I CAN Name the feeling without shame.

FEAR SAYS "I must hurt back."

TRUTH SAYS I can choose kindness. Ephesians 4:32

I CAN Step away and ask for help.

FEAR SAYS "I cannot think clearly."

TRUTH SAYS God gives power, love and sound judgment. 2 Timothy 1:7

I CAN Pause, breathe, and take one step.

Dress for the day

Read each line and make a motion together. The movements help us remember God's words; they are not magic. Add your own funny moves.

BELT

Pretend to fasten a belt. "Help me tell the truth."

BREASTPLATE

Place hands on your chest. "Help me choose what is right."

SHOES

March gently in place. "Help me carry peace."

SHIELD

Lift an imaginary shield. "I can trust You."

HELMET

Touch your head. "Thank You that I belong to Jesus."

SWORD

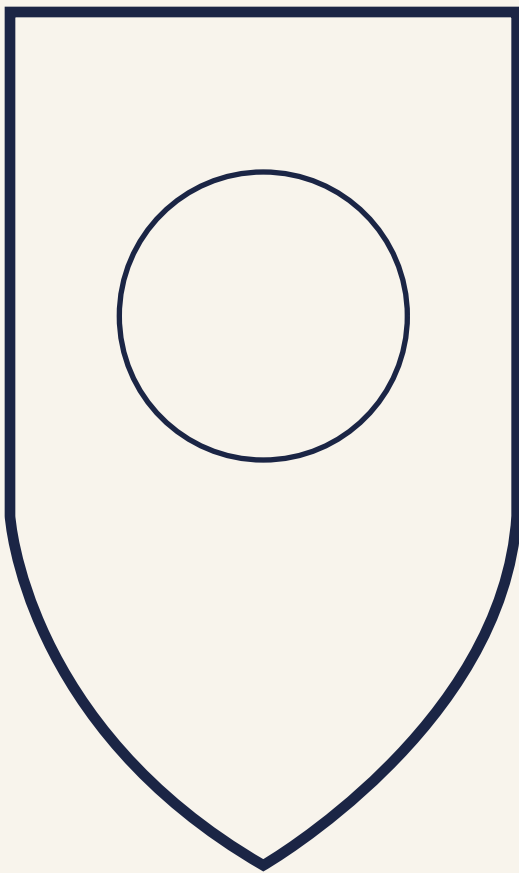
Open your palms like a Bible. "Help me remember Your word."

Finish with prayer (Ephesians 6:18):

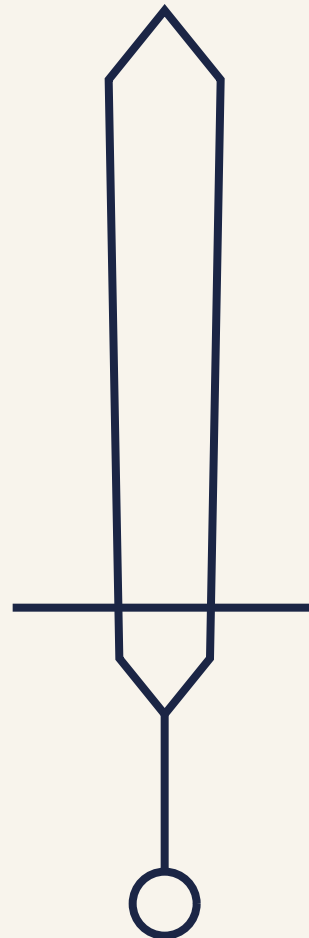
"Lord, thank You for being with us. Help us stand in Your truth."

Design your shield and sword

Color these outlines. In the shield, draw something that reminds you to trust God. Along the sword, write a short true sentence from the Bible. The paper shapes are reminders; our strength comes from the Lord.



SHIELD OF FAITH



SWORD OF THE SPIRIT

My truth sentence:

My courage card

WHEN FEAR SHOWS UP, I CAN...

1. Name my feeling: "I feel _____."
2. Tell a trusted adult: "Can you help me?"
3. Breathe, pray, and answer a lie with truth.

My true sentence: _____

My safe person: _____

For grown-ups: read Ephesians 6:10-18 in context. Use 2 Timothy 1:7, Psalm 56:3 and Isaiah 41:10 as short memory passages. A child's fear deserves compassion and practical support alongside prayer. The lesson is to stand in God's strength, never to shame a child for having feelings.

FAMILY PRAYER

Lord Jesus, help us remember what is true. Teach us to trust You, make peace, ask for help and care for one another. When we are afraid, stay close and show us our next good step. Amen.

Full story and other free resources: skillfulwomenproject.com/resources