

Confidence means learning to see yourself the way God sees you.

WEEK
3
1ST

Read Ephesians 6:10

DAY
1

Strength Training

We lift weights and exercise to strengthen our bodies, and we use the truths in the Bible to strengthen our faith in God. Let's do both at the same time! Look at the phrases below and choose an exercise to do while reciting the words below. For example, I will do four sit-ups as I say, "I believe in Jesus!" because that phrase is four words.

Exercise Choices: jumping jacks, push-ups, sit-ups, vertical jumps, bear crawl.

Phrases: 1. God is good! 2. I can trust Him no matter what. 3. I can find strength in Him.

DAY
3

Fighting Words

Grab some paper, tape/glue, scissors, markers. Create a sword out of paper or stuff you can find around your house. Use your supplies to make a handle and the shaft of the sword. After you have created your sword, write our weekly verse on it: Ephesians 6:10.

Hang this somewhere you will see it often and use it to memorize the verse. Use your sword to remind you that God's Word is part of the armor of life.

DAY
2

Stand Strong

What does it mean to stand strong? Look at the list below and circle the examples of standing strong!

1. Believing Jesus died for us.
2. Yelling that something isn't fair
3. Wanting to be more like Jesus
4. Not trusting Jesus
5. Telling others about Jesus

DAY
4

Pray For Strength

We get to pray to God when we need strength in tricky situations like doing or saying the right thing. Let's talk to God and ask Him for wisdom when things get tough.

"Dear God, Thank You so much for always being there for me. Give me wisdom to do what is right, especially when it is tough. Help me to do the right thing and stand strong in my faith in You! In Your Name, amen"

Use what God has given you to stand strong.



Confidence means learning to see yourself the way God sees you.

WEEK
3
2ND-3RD

DAY 1

Read Ephesians 6:13-14

Paul wrote these words while under house arrest in Rome. At the time, he was likely guarded by a Roman soldier in full armor so it makes sense that he would write about putting on “God’s armor” to stand strong! As followers of Jesus, we don’t face an actual enemy army. Our battle is against Satan, the one who wants to turn us away from God. Paul is reminding us of the “armor” we have available so we can face the enemy.

When it comes to confidence, we can stand strong with the belt of truth and breastplate of righteousness! The belt of truth is what we know to be true about God! He loves us and will help us make wise choices.

The breastplate of righteousness is like covering yourself with godliness. We protect ourselves the most when we choose words and actions that honor God. **Loving God and loving others is our best defense against the enemy!**

Create your own set of “armor” this week. Grab a belt and tie it around the back of a chair. Find your favorite hoodie or jacket and zip it up around the back of your chair as the breastplate. Pray today and thank God for giving you what you need to face the enemy.

DAY 2

Read Ephesians 6:15

Paul is reminding us today to cover our feet so we’re ready to share the good news about Jesus. He wants us to be ready to talk about Jesus and what He’s done for us, everywhere we go, with everyone we meet. The enemy doesn’t stand a chance when we choose to stand strong and tell others about Jesus!

Grab a pair of shoes you don’t wear every day and set them on the floor underneath your chair with the hoodie and belt from yesterday. **Thank God for the good news about Jesus and ask Him to give you the courage to share that good news everywhere you go!**

DAY 3

Read Ephesians 6:16

What do you need in a battle when a bunch of flaming arrows start coming your way? A strong shield.

Think about those flaming arrows like untrue thoughts. Have you ever had untrue thought sneak in? Thoughts like: God won't love me if I mess up. I'll never be able to do the right thing. I'm not good enough.

Strong faith is like a shield that protects us when these wrong thoughts creep in. When you remember **God's promises—that He loves you no matter what and that He is with you, always—you can stand strong against the enemy.**

Grab something to use as a shield. It could be a piece of cardboard or a cookie sheet from the kitchen. Prop it up on the seat of the chair in front of your hoodie or jacket.

Review the pieces of armor from the version on the chair. Spend some time thanking God for each piece of armor available to you.

*Use what God has given
you to stand strong.*

DAY 4

Read Ephesians 6:17

Today, we read about the last two pieces of armor as described by Paul.

We start with the helmet of salvation. They protect our head and our brain. Paul wants us to remember that we can trust in and follow Jesus every single day. When the enemy tries to sneak in lies or negative thoughts, we can block them when we remember what Jesus has done for us!

And finally, we need to grab the sword of the Spirit. Soldiers needed a sword to strike down the enemy, to fight back! Our sword is God's word. **As we read and memorize God's word, we'll be able to defeat the enemy.**

Grab your bike helmet or favorite hat and hang it from the back of the chair. Grab your sword (your Bible) and read the entire passage, Ephesians 6:13-17. Touch each piece of "armor" as you read about them. Then, thank God for the reminder that He with you and that He will help you use what you have to stand strong against the enemy this week.

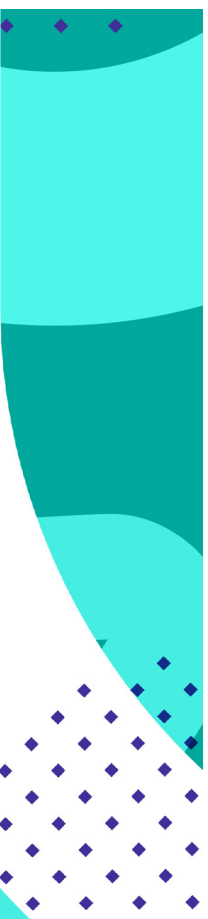
Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



4th-5th

Week 3



Day 1

Go to bit.ly/SundayAtHomePreteen and watch this week's episode of the So&So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3
After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____



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Day 2

Read Ephesians 6:13-17

Using Ephesians 6:10-17, match the piece of armor with the faith “tool.”

SHIELD	SALVATION
HELMET	GOD’S WORD
SHOES	GODLINESS/ RIGHTEOUSNESS
BELT	GOSPEL OF PEACE
SWORD	FAITH
BREASTPLATE	TRUTH

There’s no getting around it—we’re going to have trouble in this world. But God has given us everything we need to stand strong!

Day 3

Look back at the list of faith “tools” from Ephesians 6:14-17.

And think ahead to your day. Which piece of armor do you think you most need to suit up with today? (Pro tip: you can use them all!) Take a few minutes to talk to God and ask Him to help you put on His armor today and every day. As you pray, read the pieces of armor out loud and do the motion as described below.

Dear God, thank You for giving me all I need to stand strong. Today, please help me put the belt of truth around my waist (pretend to put on a belt). I want to put the armor of godliness on my chest (mime putting on a soldier’s breastplate). Help me wear on my feet what will prepare me to tell the good news of peace (pretend to pull on shoes). As I pick up the shield of faith (pretend to pick up a heavy shield), help me put out all the flaming arrows of the evil one (move the “shield” around, pretending to block firepower). Thank You for the helmet of salvation (mime putting on a helmet), and the sword of the Holy Spirit (pretend to wield a sword in the other hand) which is God’s word. In Jesus’ Name, amen.



Day 4

We listen to a lot of voices during the day.

Some of the voices speak truth and good things. But sometimes we may hear our enemies’ voices. Even our own voices can be our worst enemies, telling us things that aren’t true about ourselves or about God.

This is why it’s great new that God has given us what we need to stand strong against all those competing voices. With God’s armor, you can be protected from things like a bad attitude or negative thoughts. And one of those pieces of armor—God’s Word—is like a sword. When voices inside or outside try to tell you you’re not good enough or that you don’t matter, your sword—God’s Words that you have read and memorized—can help you fight back with the truth.

Get a Bible or Bible app and look up: Ephesians 3:18-19, Psalm 5:11-12, 1 John 3:1

Read these words from God out loud and talk to yourself today, reminding yourself that God loves you and you matter! **Use what God has given you to stand strong.**

Day 5

When it is hard to stand strong?

When is it hard for you to stand strong and be confident? Today, you’re going to make a battle plan for fighting the doubt! The Enemy (Write a description of something you’re facing now that you need confidence to battle):

Armor Checklist (Check off the armor that would be especially helpful in this case):

- Belt of truth
- Breastplate of godliness
- Shoes of the gospel of peace
- Shield of faith
- Helmet of salvation
- Sword of the Spirit (God’s Word)

Action Plan (Brainstorm some ways you can actually use the armor to battle against the enemy you’re facing):

Claiming Confidence (Imagine what “winning” against the enemy will look like.):

Hang your battle plan somewhere you will see it, and if you need an extra boost of confidence, wield your sword (aka, go back and read God’s Words from Day 3)!