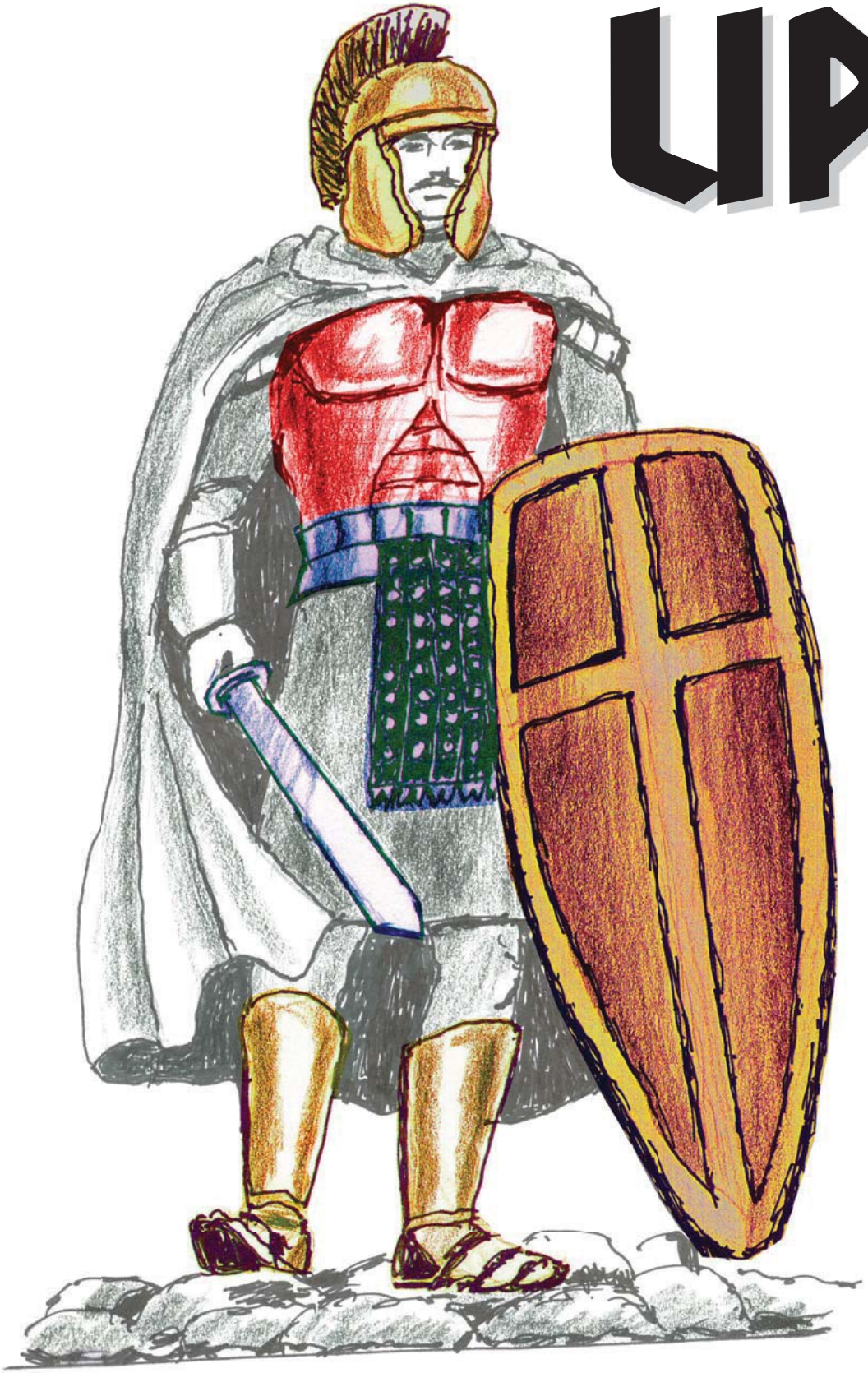
GEAR UP!



AGE 0-4

The Missionary Baptist
Vacation Bible School Literature Committee presents

GEAR UP!

Vacation Bible School Lessons for Ages 0-4
Written by Sister Michelle Corder

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LESSON ONE

BODY ARMOR

LESSON TEXT
Ephesians 6:11, 12, & 14

WRITTEN BY
SISTER MICHELLE CORDER

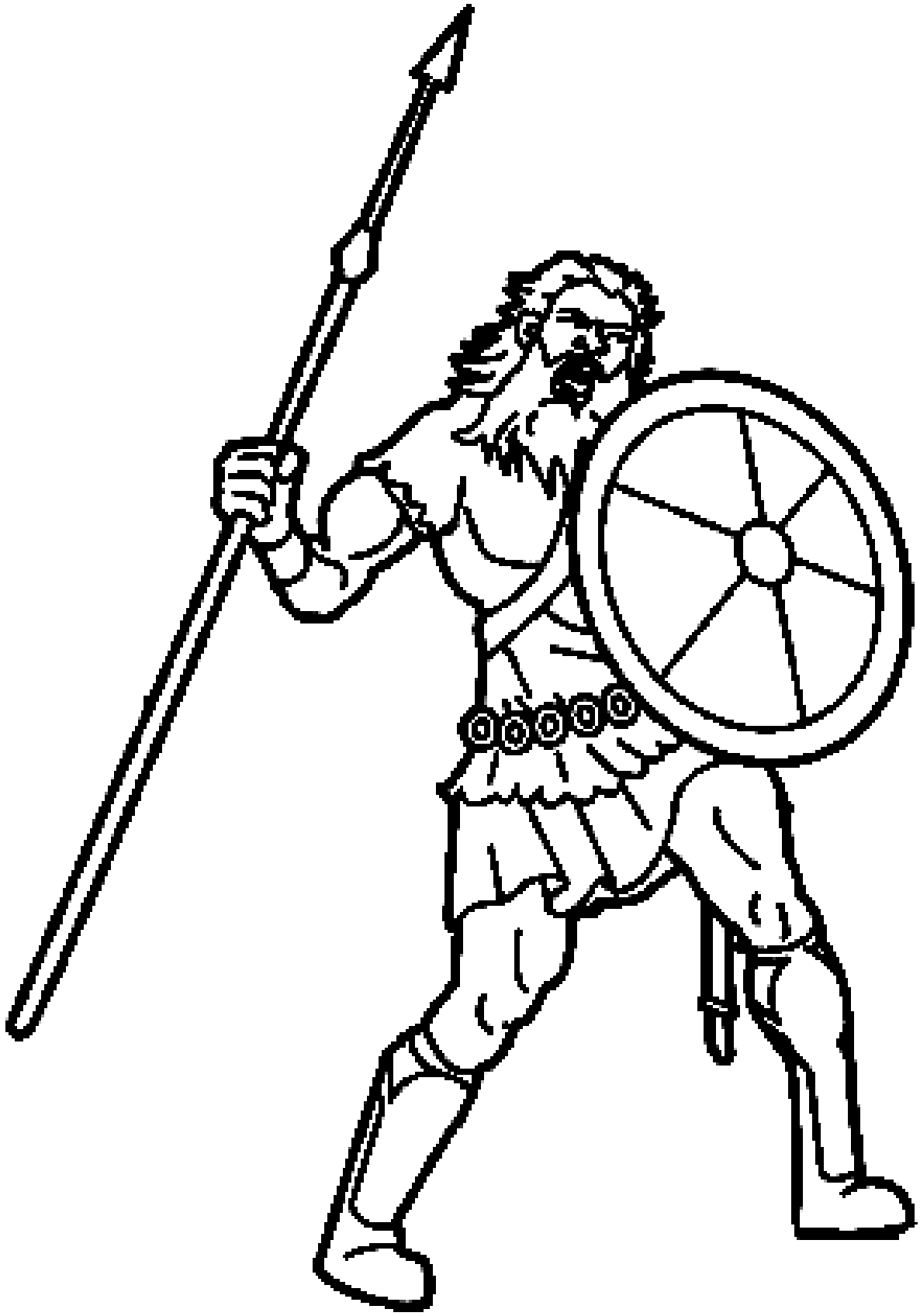
Israel was a nation trying to grow and prosper. They were also trying to defend land that they thought belonged to them. The Israelites were camped on a hill overlooking a valley. The enemy was the Philistines whose camp was set up on the other side of the valley.

The Philistines were known for their large size. One of the men, Goliath, was very tall, maybe over nine feet tall. Goliath was a brave soldier who had bronze armor to cover his head, chest, and legs. The armor weighed about 125 pounds, and his sword and spear weighed 15 pounds. A soldier who walked in front of him also carried a big bronze shield.

Everyday, Goliath would shout across the river and ask for the bravest Israelite to come out and fight him. The Israelites did not answer his challenge because they were afraid that they had no one who could defeat Goliath. If the Israelites lost the battle, they would have become slaves to the Philistines.

A young man named David came to the Israelite camp to bring food and supplies to his brothers. While he was there he heard Goliath make his daily challenge.

In another lesson, we will discuss how David ended up fighting Goliath without the heavy body armor but with the protection of spiritual armor.



LESSON TWO

BATTLE BOOTS

LESSON TEXT
Ephesians 6:15

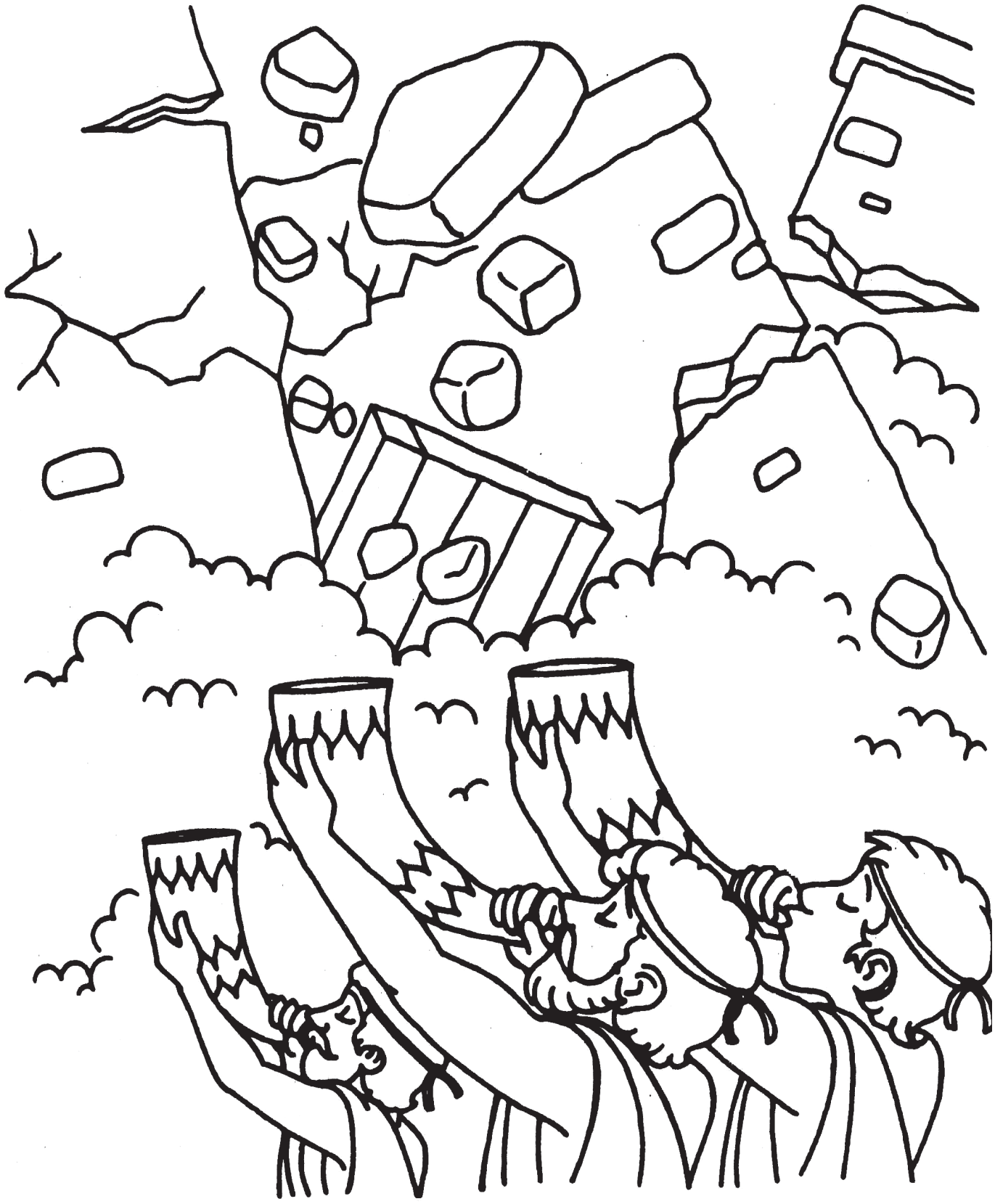
WRITTEN BY
SISTER MICHELLE CORDER

In Bible times, soldiers marched everywhere they went. These soldiers wore sturdy leather sandals to help them walk on ground, where bare feet would be very uncomfortable. Since feet hold up the entire body, it is important to protect them and be able to march on. When the soldier wears the proper shoes, he can march into battle without having to think about his feet. A soldier whose feet are unprotected will not be ready for battle.

Joshua is one example from the Bible of a man who was willing to march forward for God. He was the man who God chose to lead the children of Israel after Moses. When Joshua and the Israelites entered the promised land, there were other people already living there. These people did not welcome the Israelites into the land. The Israelites were going to have to fight for the land that God had given them.

Jericho was a city where the Canaanites lived. It was going to be very hard for the Israelites to overtake Jericho because the city had a huge wall around it. God gave Joshua the instructions on how to take over this city. The Israelites were to march around the wall of the city once a day for six days. On the seventh day, they were to march around the city seven times. The priests were to blow their trumpets on the seventh time around the city. When the rest of the Israelites heard the trumpets, they were to shout loudly. After following these directions from the Lord, the walls of Jericho fell down, and Joshua marched in and conquered the city.

Just like Joshua we should be ready to jump to our feet and do what God wants us to do. We must protect our feet and be ready when God calls.



LESSON THREE

SOLDIER SAFETY

LESSON TEXT
Ephesians 6:16-17

WRITTEN BY
SISTER MICHELLE CORDER

Unlike pieces of armor that were worn as protection on the body, soldiers also carried shields to protect themselves. A shield could be held to protect any part of the body, but it could also be used to sit on the ground and shelter the whole body of a soldier. Just as this piece of armor can help defend a soldier, God will be a spiritual shield for all who have faith in Him.

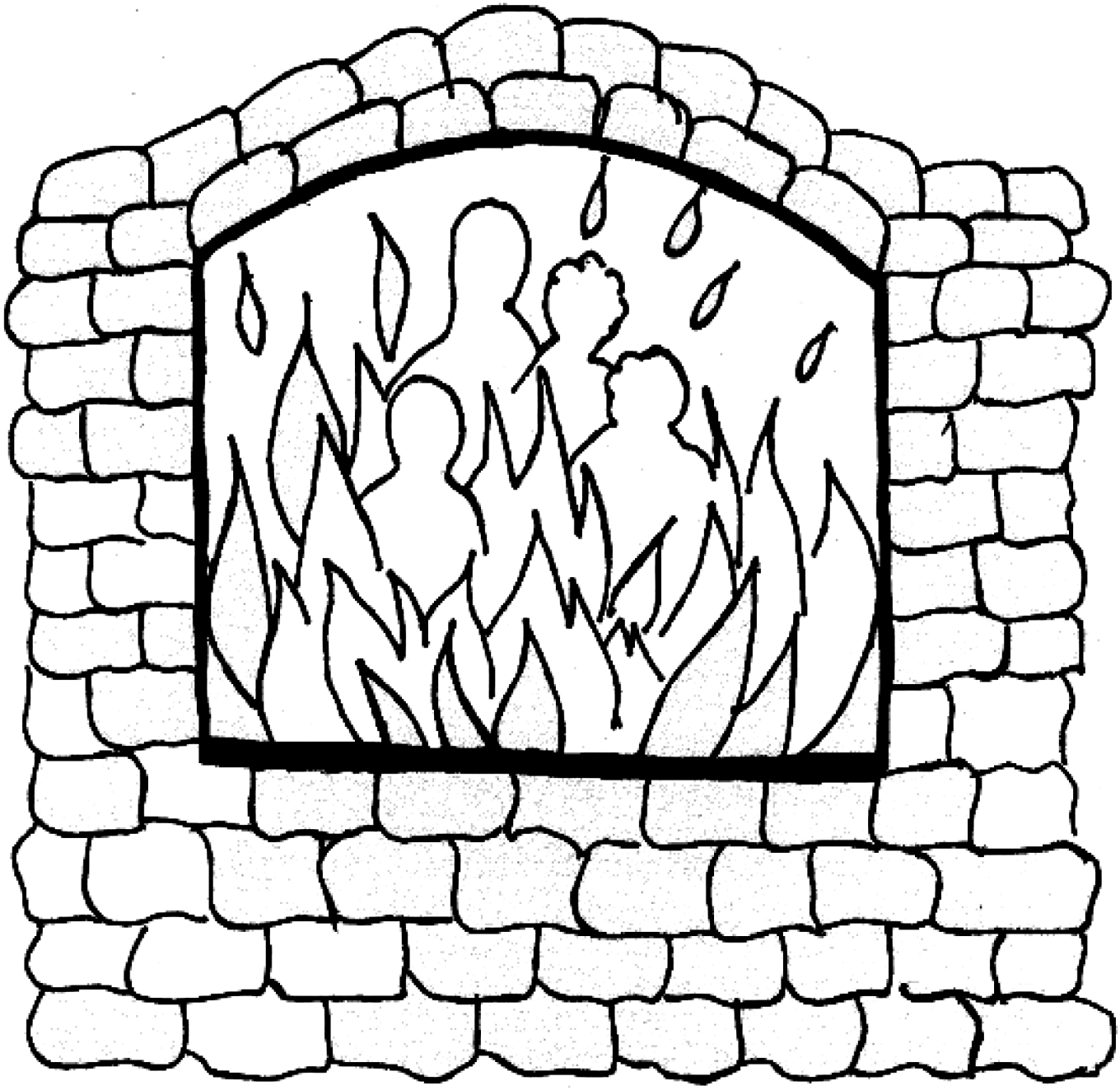
King Nebuchadnezzar wanted his people to worship him. He had a golden statue built and ordered everyone in his kingdom to bow down and worship it every time they heard music and singing.

Shadrach, Meshach, and Abednego refused to obey this order. Even though they were important helpers to the king, they refused to worship anyone or anything except God. This made king Nebuchadnezzar very angry. He ordered some of his strongest soldiers to tie up Shadrach, Meshach, and Abednego and throw them into a fiery furnace. The fire in the furnace was so hot that it killed the soldiers who threw them in.

King Nebuchadnezzar looked into the furnace and could not believe what he saw. He asked his advisor how many men were thrown into the furnace. When the advisor answered that three had been cast in, the King cried out. He could see four men in the fiery furnace and the form of the fourth was in the image of the Son of God. King Nebuchadnezzar called for Shadrach, Meshach and Abednego to come out of the flames. When they came out, they were completely unharmed and did not even smell like smoke.

The king asked them who was the fourth man in the furnace with them. They told the king that it was an angel of the Lord sent to shield them from the flames because they refused to bow down to any god except the one true God. King Nebuchadnezzar was so amazed that he forgave them for not worshipping his idol, and from that point on the king and his people worshipped the Lord.

Always follow God’s direction, and He will shield you from any danger.



LESSON FOUR

WEAPON READY

LESSON TEXT
Ephesians 6:17

WRITTEN BY
SISTER MICHELLE CORDER

While it is very important for a soldier to wear his armor to defend against enemies, it is also important for him to have his weapons ready for battle. The Bible talks mostly about a sword that soldiers used as a weapon. While soldiers today do not use swords, it is a very important symbol as we talk about not just physical weapons, but spiritual weapons as well. Our spiritual sword is God's word.

One good example from the Bible is Gideon. God used Gideon to lead the Israelites out from the oppression of a group of people called the Midianites. At this time, the Israelites had disobeyed God, and He had allowed the Midianites to steal crops and animals and over the land from the Israelites. As the Israelites began to turn back toward God, He chose Gideon to help the Israelites gain victory over their enemies.

Even though Gideon came from the weakest tribe of Israel, God promised to be with him. After a couple of trials to be sure that he was the one that God had chosen for the job, Gideon accepted God's plan. God wanted Gideon to choose only the bravest men to be in his army. At first, Gideon had 32,000 soldiers to fight against the Midianites. When God was finished sorting the men, Gideon was left with only 300 soldiers. Gideon was afraid that this would not be enough men to win the battle. He had to put his faith in God and not in the physical strength of his men. One night, Gideon's small army surrounded the camp of the Midianites. When Gideon gave a signal, his men ran toward the camp with their lanterns. Since it was dark, the Midianites could not see how few people were invading their camp. They were very scared and ran away. The Midianites were no longer a threat to the Israelites.

Gideon was a very good soldier for God. While most soldiers used weapons in battle, Gideon depended upon God. When God asks us to do a job, we should depend upon Him to be our weapon to fight against our enemy even if we feel very weak or small.

By studying scriptures, we can be prepared for our spiritual battle with the world.

LESSON FIVE

BATTLE!

LESSON TEXT
Ephesians 6:11-13

WRITTEN BY
SISTER MICHELLE CORDER

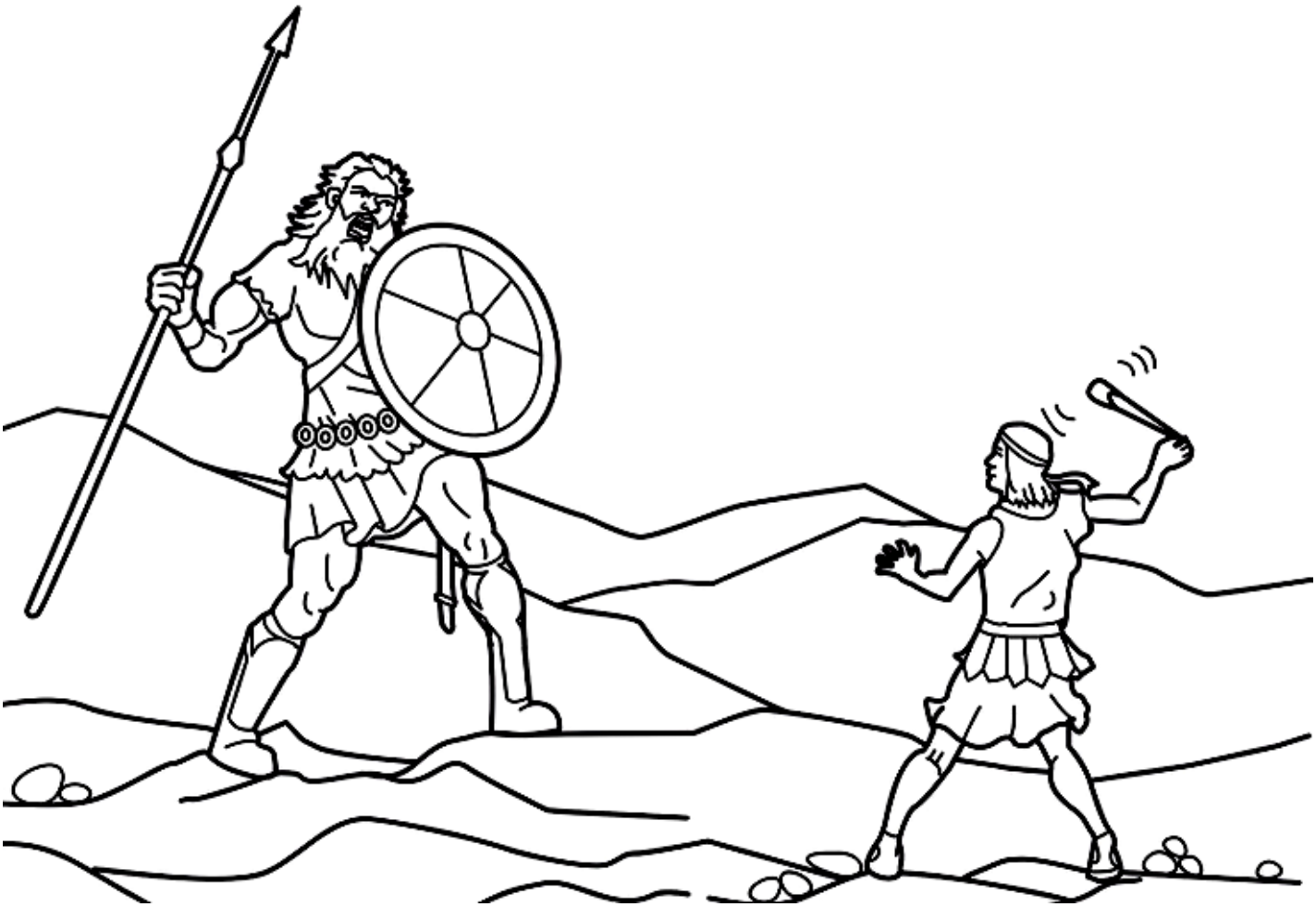
David was the youngest son of Jesse. He took care of the sheep. As a shepherd, he had fought a lion and a bear to keep the sheep safe. One day, his father called him out of the field. His brothers were in the Israelite army, and his father was worried about them. He had heard of the Philistine Goliath and wanted to send David to take food and supplies to check on his brothers.

As David approached the camp, he heard Goliath make his daily challenge. David asked who was going to stand up to him. When no one answered, he said that he would fight the giant. One of the men overheard David and told King Saul, the leader of the army. Saul told David that he could not fight the giant because he was only a boy. David told Saul that God had kept him safe when he had fought the lion and bear when he was protecting his sheep. He knew that God would protect him from the giant, too.

So, Saul dressed David in his own armor, but David had to take it off because it was so heavy that he could barely walk. David had never worn armor before, but he knew God would protect him without it. Instead, David went to a nearby stream and found five smooth stones. He took these stones and his sling to meet Goliath.

Goliath looked at David and laughed. He thought he could easily beat this young boy who wore no armor. David told Goliath that he knew that he had come to fight in all his armor and with his sword, but David came with God on his side. That day, everyone would know that there is only one true God. Goliath did not care what David said and moved in closer for the battle. David ran to meet him. He put a stone in his sling and aimed at Goliath. The stone hit him right between the eyes and Goliath fell with a loud thud. Even though Goliath was wearing all of that heavy armor, God guided David's stone to the exact spot where the armor left him unprotected.

The Bible says that we are to put on the whole armor of God. While that may not be pieces of metal that we actually put on our bodies, we should prepare ourselves spiritually to face life's battles.



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