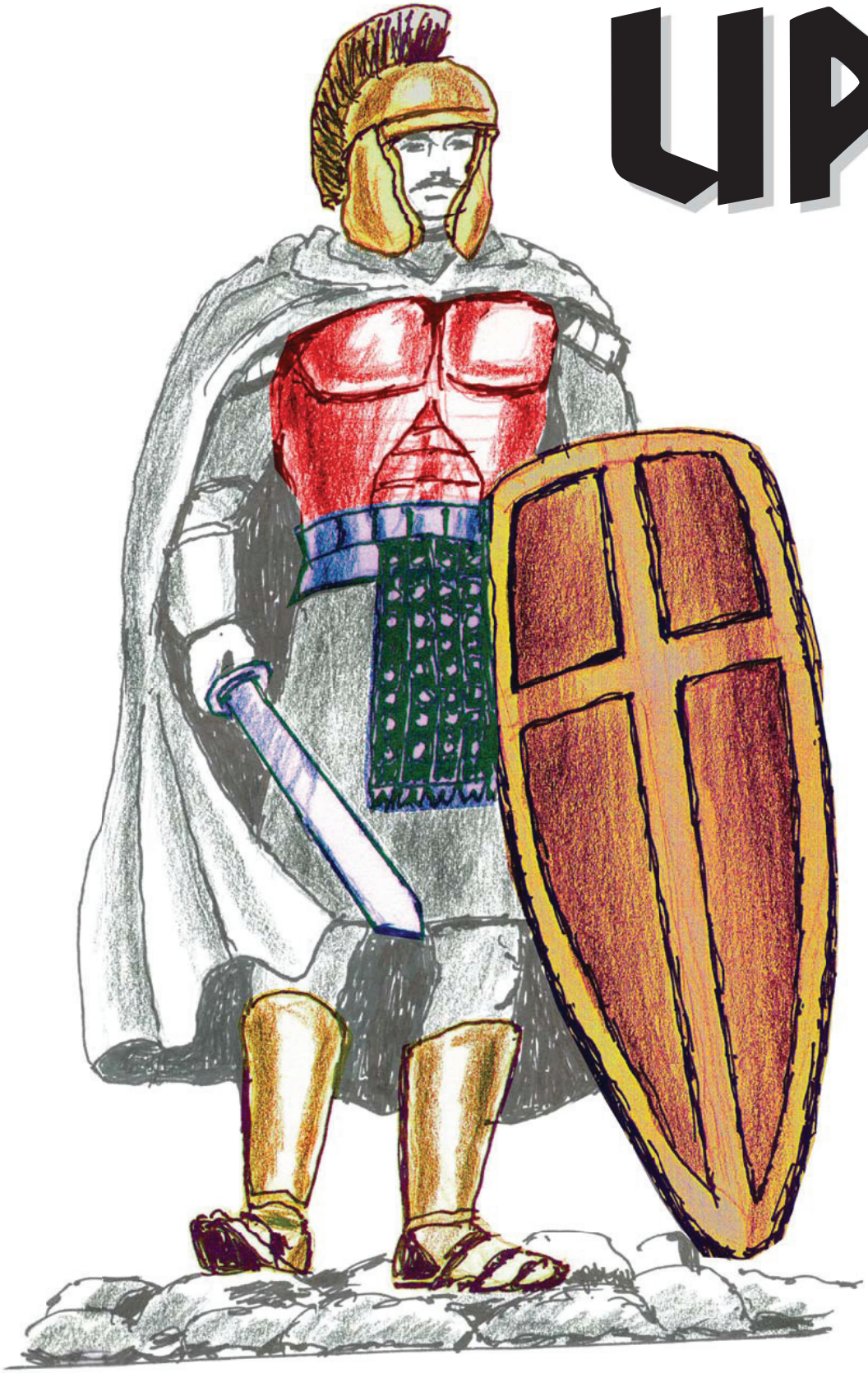
GEAR UP!



AGE 5-6

The Missionary Baptist
Vacation Bible School Literature Committee presents

GEAR UP!

Vacation Bible School Lessons for Ages 5-6
Written by Sister Tangi Wheet

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LESSON ONE

BODY ARMOR

LESSON TEXT
Ephesians 6:11, 12, & 14

WRITTEN BY
SISTER TANGI WHEET

Eph. 6:11-12; 14: 11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.--14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

Have you ever seen a picture of a knight standing in front of a castle? Knights typically look like the one in our picture. Notice the armor that our soldier is wearing. A helmet, a breastplate, a belt, a sword, and a shield.

Later this week we will learn more about the soldier's armor, but today we are going to talk about the soldier's duty to his King and two pieces of the armor—The Breastplate of Righteousness and the Belt of Truth.

Why do knights stand in front of castles? To pretend they are statues? No, that's silly. If you said that it's because they guard and protect, then you answered correctly!

Who is our King?

The Bible says that Jesus is the King of Kings! (Revelation 19:16) The Bible also tells us that we are to be good soldiers for King Jesus. (2 Timothy 2)

Who is our enemy?

Today's scripture says that we are fighting against evil forces that want us to hate Jesus and not do what He tells us. Those who hate Jesus want everyone to believe that He is a liar.

We know Jesus loves us and always tells the truth. The Bible says that God CAN'T lie (Numbers 23:19) and that Satan is the father of lies (John 8:44).

What are we guarding?

As Jesus's soldiers, we must guard and protect His truth from those that want to destroy it. If people don't believe Jesus, they can't go to Heaven to be with Him and that's exactly what Satan wants to happen.

We must tell people the Good News!

The Good News, or the gospel, is that Jesus came to the world, lived a life without sinning, died for our sins on the cross, came back to life three days later, and now sits on the throne next to His Father in Heaven, waiting for us.

We're in the Lord's Army

We aren't fighting this battle alone. We are in a mighty army and King Jesus is leading us into battle with His Word and His Holy Spirit. We fight to protect and spread the gospel **together**. God also wants us to encourage one another to keep going and keep fighting. (1 Thessalonians 5:11)

Not only are we not alone, but God has given us tools to be good soldiers.

Just like knights and soldiers wear armor to protect themselves from being attacked, we wear the armor of God to protect us from the attacks of Satan.

Righteousness means being right with God. We are righteous when we follow God and don't let any sin into our hearts. What piece of armor protects the heart? Did you guess the breastplate? The breastplate on a knight protects his heart. Our armor from God comes with a breastplate too. The breastplate we get from God is called the breastplate of righteousness. This means that when we put on the breastplate of righteousness, we protect our hearts from sin and learn to be righteous.

Belts hold up your pants and keep them from falling down. The belt of truth is kind of like Batman's utility belt. Everything he needs to fight evil is on that belt. Everything we can ever need to know to fight evil is the Truth, and we wear the Truth tight around us just like Batman wears his belt. The belt of truth is not something we can actually go to the store and buy. God's armor is something that we must learn to put on every day by learning new things about God and changing our attitudes- how we think about life and other people. So when we put on the belt of truth, that means we learn about the truth of God and keep it close to us, like we wear a belt close to our bodies.

LESSON TWO

BATTLE BOOTS

LESSON TEXT
Ephesians 6:15

WRITTEN BY
SISTER TANGI WHEET

Eph. 6:15 And your feet shod with the preparation of the gospel of peace;

Are you wearing shoes right now? Of course you wore shoes today so you would be able to run around and not hurt your feet.

Why do you think shoes are included in the Armor of God? We are told to prepare our feet with the preparation that comes with the Gospel of Peace.

What is the Gospel of Peace?

Like we talked about yesterday, the Gospel of Peace is that Jesus came and died on the cross for our sins and then rose from the dead and went up into Heaven. This means when we are saved we can live a life with peace in our heart. We don't have to worry because we know we are going to Heaven if we've been saved.

Why do you think we have to prepare our feet with this?

Our job as soldiers for God is to let as many people as we can know about the Gospel. King Jesus even told His church, "**GO** ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen" (Matt 28:19-20)

How do we share the gospel?

We tell our friends and family about Jesus and what He did for us! We invite them to church, vacation bible school and revival. When we've been saved, we should tell them about how Jesus loved us and gave us peace in our hearts.

We also need to live like God's word says we need to live. If we say that we love Jesus, we need to act like we love Jesus. We need to walk the walk. How are people going to believe that we love Jesus if our actions say that we don't? Jesus told us "If ye love me, keep my commandments." (John 14:15) When we say we love Jesus, but then we don't act like it, we are not walking the walk.

LESSON THREE

SOLDIER SAFETY

LESSON TEXT
Ephesians 6:16-17

WRITTEN BY
SISTER TANGI WHEET

Eph. 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

This week we have been learning about our battle with Satan. God has given us special armor to put on to help us fight. We know that with Jesus, we can win against sin! Today we are going to talk about two pieces of armor: Our Shield of Faith and Helmet of Salvation.

Knights wear a lot of armor, don't they? It doesn't seem like there is any weakness in all that metal, but they still need to carry a shield. No matter how well protected a warrior may seem, there is always a weakness somewhere. All the enemy has to do is find the weakness and they will be able to take the knight down. That's why warriors have shields.

What makes the shield different from the other pieces of armor?

Unlike the other pieces of armor, the shield isn't strapped on to a certain part of your body. The shield can move to cover weaknesses in a warrior's armor and keep arrows from piercing through. Great soldiers know how to use their shield to protect them from danger. We need to do the same thing with the Shield of Faith.

Why do you think God uses a shield to represent faith?

In the Bible we are told of a boy named David.

He had to fight a great giant named Goliath! Before he set out to slay the giant, King Saul had David put on his armor, but David said he had not tested or tried out the armor. He took it off and faced Goliath with a sling, five stones, and his Faith Shield. He didn't have a heavy shield in his hand, but his faith in God was in his heart. He stood boldly before the giant and said "…I come to thee in the name of the LORD of hosts, the God of the armies of Israel, whom thou hast defied." (1 Samuel 17:45)

You know the rest of the story.

David picked a smooth stone out of his pouch, put in the sling, slung it around and around, released the stone and it hit Goliath in the head. The little boy, with God's help, defeated the giant.

The shield of faith is not only our faithfulness to God, but it is also God's faithfulness toward us. When we are faithful, it means we completely trust that God will protect us in our war against Satan. The problem is, when we doubt these things, we are not being

faithful. That's why God is faithful to us. He will never leave us. Even when we sin and doubt God, he is still there to protect us. When we believe that, we are picking up the shield of faith.

Helmet of Salvation

Do you ride a bicycle? Do you wear your helmet when you do? Why? You have to wear a helmet so you don't hurt your head. That's why soldiers wear helmets too. They have to wear helmets to keep themselves from getting hurt in battle.

One of our most important body parts is the head, and one of the most important pieces of spiritual armor is the helmet of salvation.

What is salvation?

Salvation is when Jesus takes away our sins and gives us peace. He saves us from an eternity in Hell. Salvation is the greatest gift we could ever be given because it took Jesus dying on the cross for us to get to go to Heaven. God is so holy that He can't be in the presence of sin. All it takes is one little sin and then we deserve to be in Hell, away from the presence of God. Jesus is the only way to get to Heaven.

Salvation is represented as a helmet because it protects our thinking. We are confident that we will spend forever in heaven because God has saved us through Jesus Christ. Sometimes when we sin, Satan tries to convince us that God will no longer love us. When Satan tries to make us feel like we have lost the battle, we need to remember what Romans 8:37-39 says. "[37] Nay, in all these things we are more than conquerors through him that loved us.[38] For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,[39] Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord." These verses make it very clear that no matter what we do, after we put on the helmet of salvation, we are winners through King Jesus! Because with Jesus, we can win against sin!

LESSON FOUR

WEAPON READY

LESSON TEXT
Ephesians 6:17

WRITTEN BY
SISTER TANGI WHEET

Eph. 6:17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

Have you ever heard anyone call the Bible a sword? That may sound like a strange comparison because a sword is sharp and used for battle. Well, the Bible, the Word of God, is sharp also. And the Bible is used for spiritual battle.

The Word of God contains the truth, and the truth can be sharper than any two edged sword. Hebrews 4:12 tells us that: "*For the word of God is quick, and powerful, and **sharper** than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart*." When people hear the truth, they either follow the truth or fight against it. And fighting against the truth can be quite difficult. In the end, it is a losing battle.

How do we use the Word of God in battle?

A sharp sword can cut through just about anything. When we use the Bible as a sword, we are able to "cut through" the things the world tells us and get to the truth. Sometimes TV shows, music, billboards and people can tell us things that may sound really good, but when we compare it with the Bible, these things aren't really any good at all! For example, sometimes we hear the message that the best thing in life is having lots of things and lots of money. Satan tries to convince us that we need to work hard to get lots of money, but the Bible says, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." (Matt 6:33). This verse shows us that the most important thing in the world isn't money or stuff, but following God.

Did you know that even Jesus used the word of God as a sword against Satan? After Jesus was baptized, he went into the wilderness and was tempted by Satan. Whenever Satan tempted Jesus to sin, Jesus fought back by quoting from the word of God. Just like a good King, Jesus is the perfect example of a good swordsman. A good swordsman spends time practicing with his sword every day. He takes care to be sure his sword is always sharp. How do we keep our sword of the Spirit sharp? By reading the Bible every day, and memorizing Scripture. With the help of Jesus, we can become expert swordsmen like Him.

LESSON FIVE

BATTLE!

LESSON TEXT
Ephesians 6:11-13

WRITTEN BY
SISTER TANGI WHEET

Eph. 6:11-13 [11] Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.[12] For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.[13] Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Now that we are wearing all of our armor, we are ready to stand against sin!

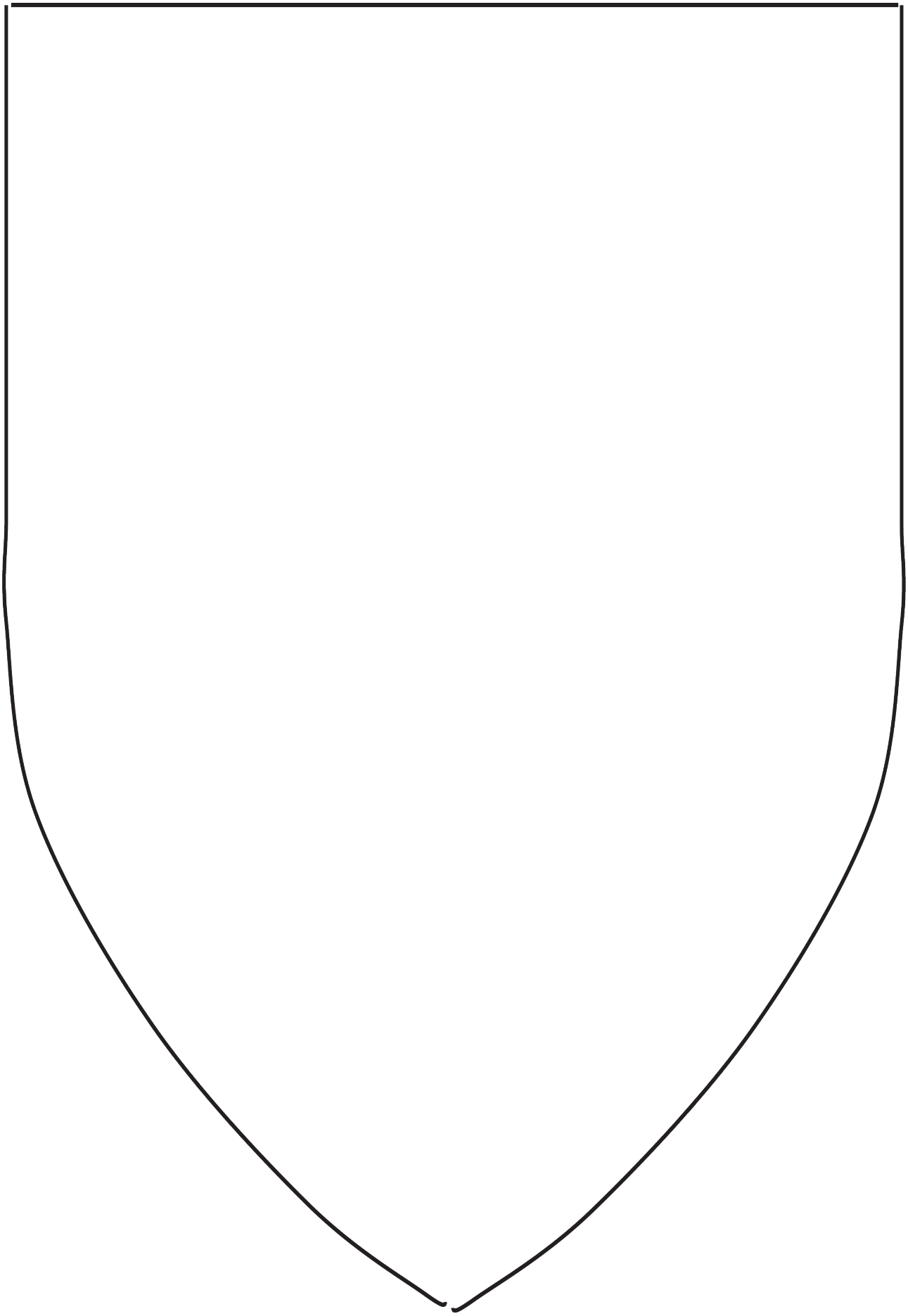
We have learned that we are at war with Satan, and God has given us spiritual armor to help us fight. We also know that we communicate with Jesus, our King, through prayer. Today we will learn how to stand and declare our faith boldly.

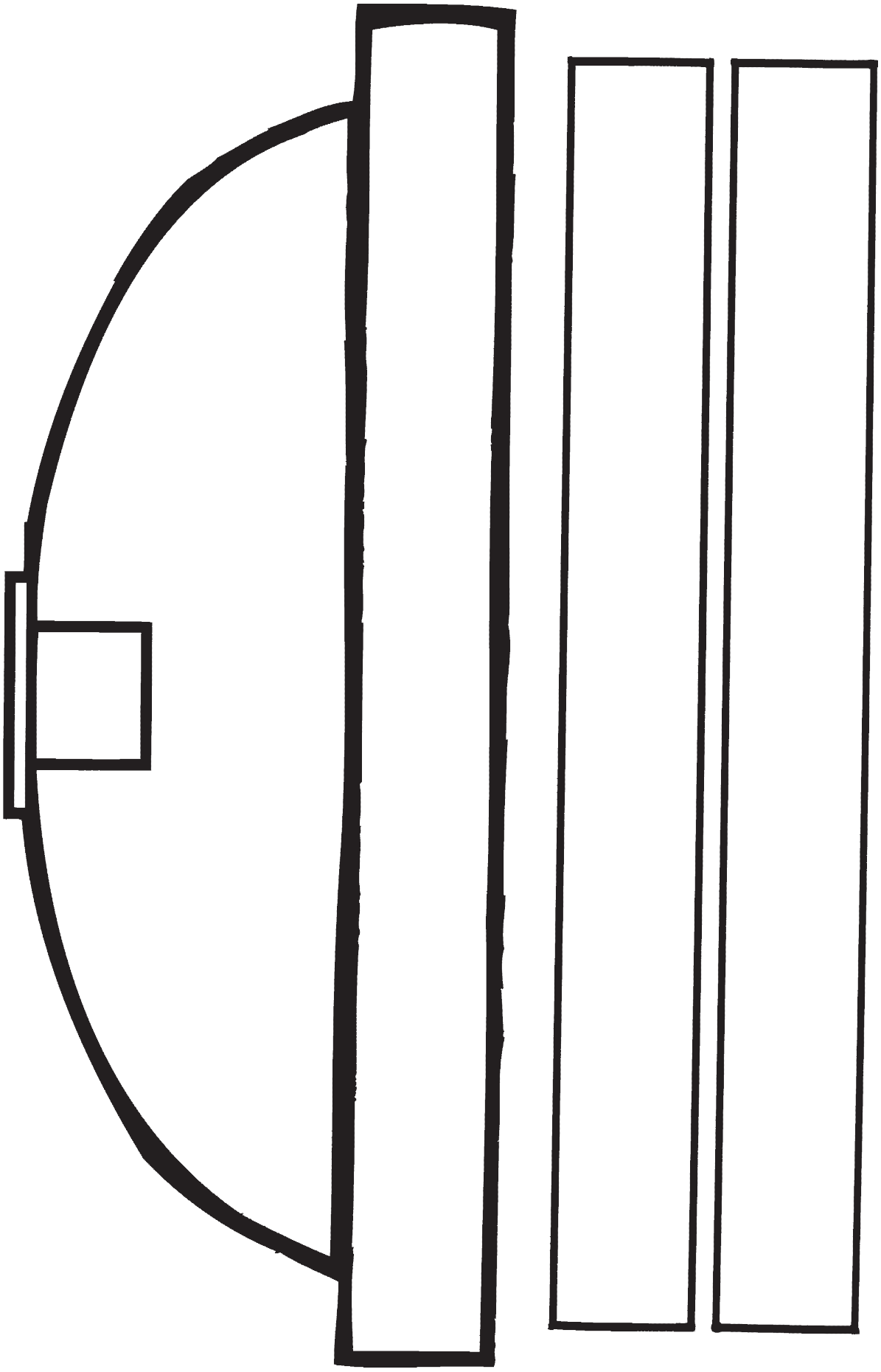
What are some of the reasons that someone might be afraid to share their faith?

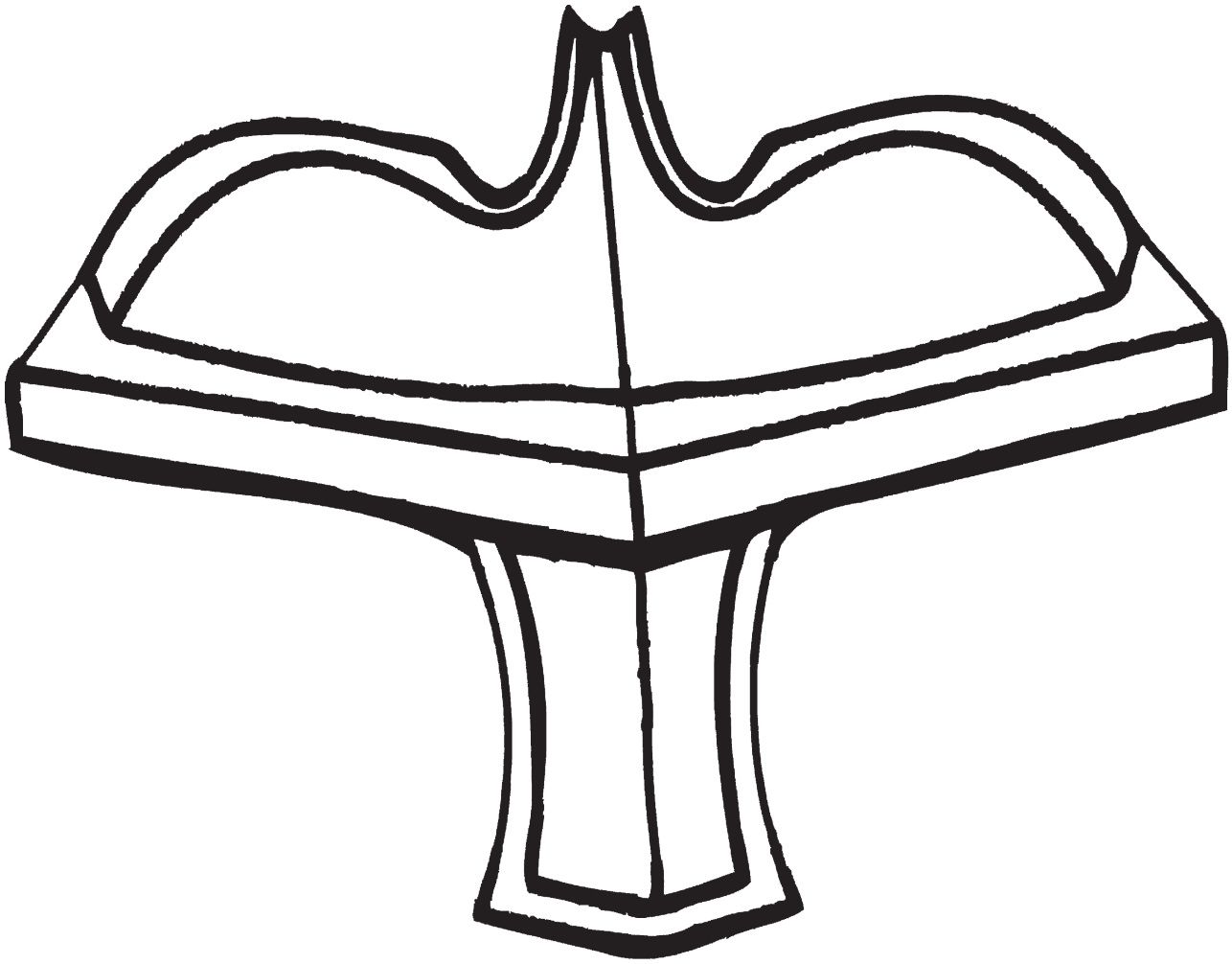
We don't have to be afraid, because Jesus is with us whenever we speak! Jesus says in Luke 12:8, " Also I say unto you, Whosoever shall confess me before men, him shall the Son of man also confess before the angels of God:."

When we are happy to tell others about Jesus, Jesus is happy to tell the angels about us. Jesus goes on in Luke 12:11-12 to say, "[11] And when they bring you unto the synagogues, and unto magistrates, and powers, take ye no thought how or what thing ye shall answer, or what ye shall say:[12] For the Holy Ghost shall teach you in the same hour what ye ought to say." These verses are NOT saying that we should not be prepared to share the gospel. 1 Peter 3:15 tells us to always be ready to explain our Christian hope to others. What Jesus is telling us is that no matter where we are or who we are talking to, He will be there to help us talk about him. We want to tell others the good news of Jesus so they can learn to win against sin just like we have learned to win against sin with Jesus! Ephesians 6:19 and 20 says " [19] And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,[20] For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak."

Our message is the gospel. We are to ask people to turn to our King, the Prince of Peace, Jesus Christ, so they can win against sin!







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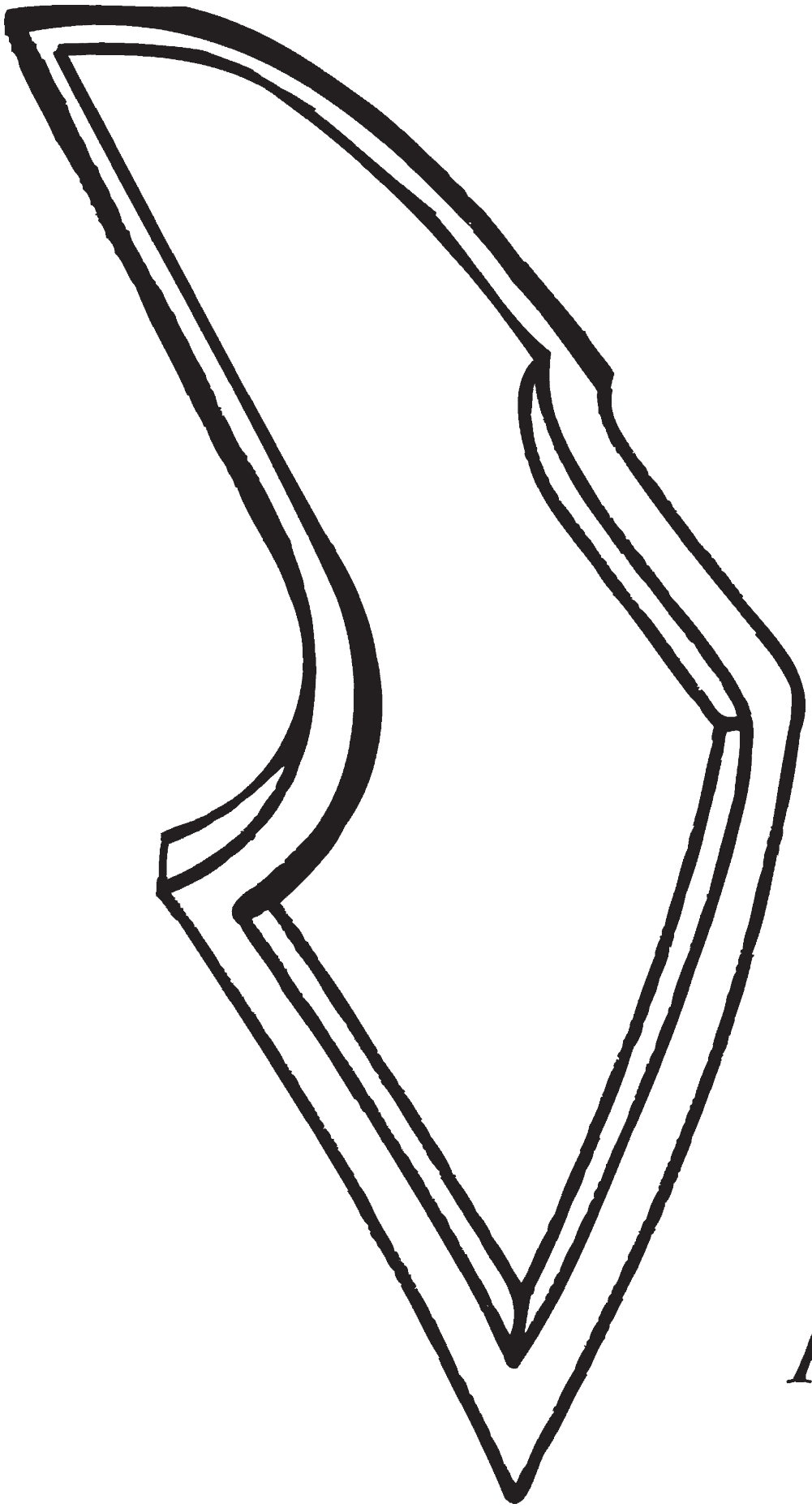

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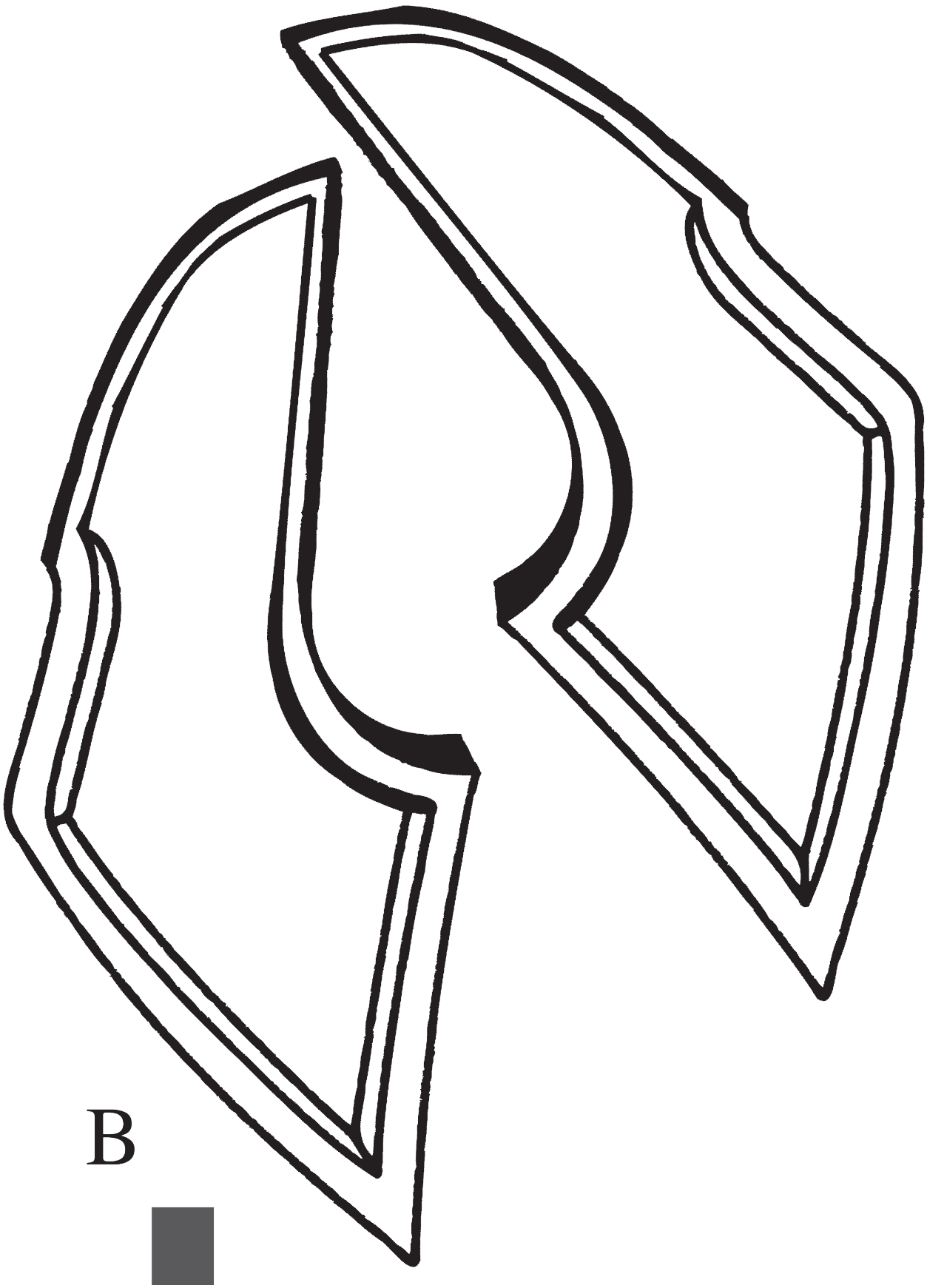

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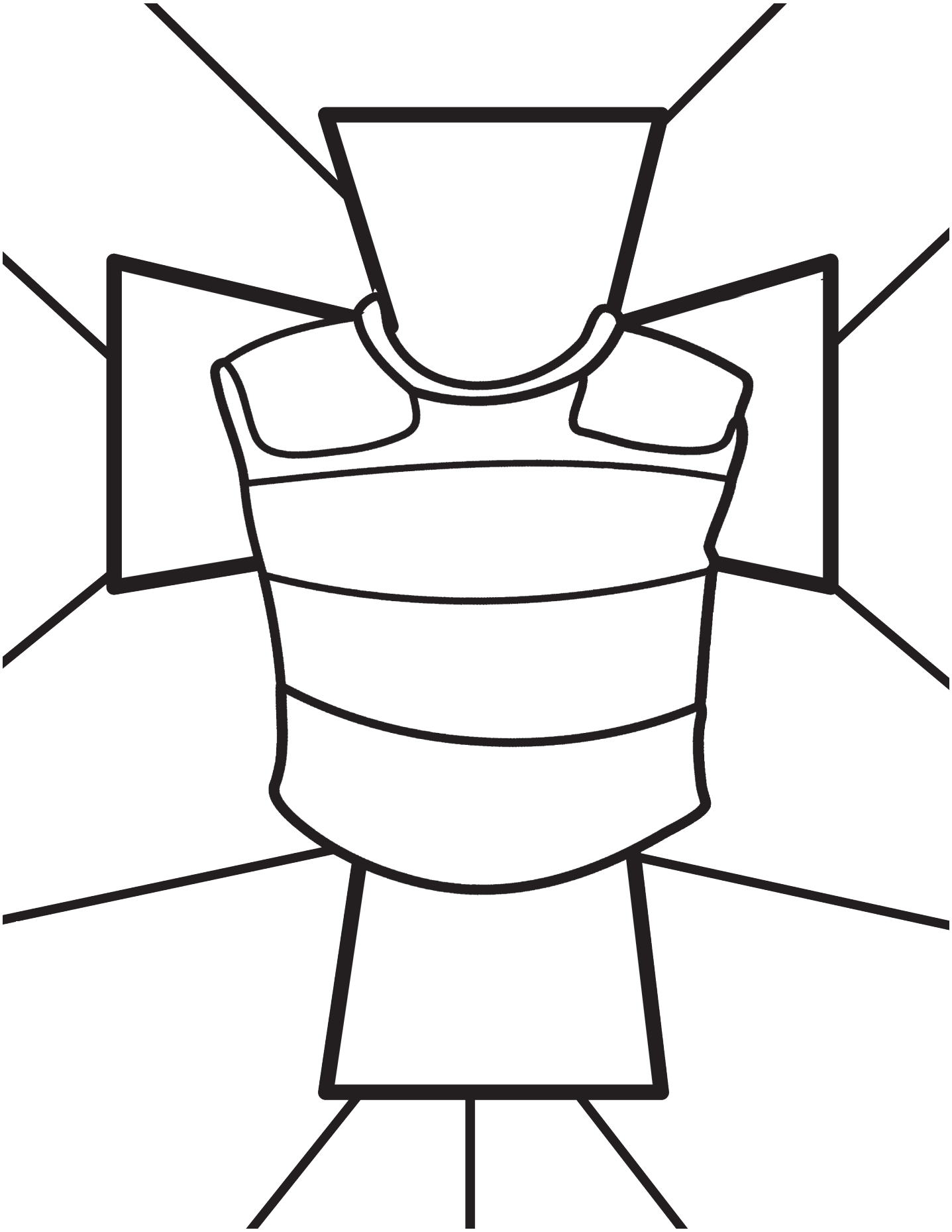

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