Gear Up

Teacher's Guide for Ages 7-9

Dear Teacher,

Please use this guide as a place to get ideas, but feel free to do what you feel is best for the students in your class. The lessons are written in a way to hopefully allow the students in the 7-9 range to help read aloud. Each lesson also has a written activity to correlate with the reading and a coloring sheet. These activities do not necessarily have to be done using class time if you have other activities that you would rather use.

Included in this teacher's guide are discussion questions to go along with each lesson that are not included in the student books. My hope is for these questions to simply be a starting point for class discussion if you need it. It is up to you to use them the way that will be of the most benefit to your class. I have suggested having the students write their answers to the discussion questions on loose paper and placed in a folder. In addition, the last discussion question in each lesson is an "On Your Own" question for students to write for their classmates.

While all lessons discuss pieces of physical and spiritual armor, there is also a character example in each lesson. Since all lesson texts come from Ephesians 6, it may be beneficial for you to read some of the scriptures with your class that go along with the characters as well.

As for the crafts and activities in this guide, they are also just suggestions. The internet is a great resource for a variety of activities on the armor of God or on each character in the lessons. Please feel free to browse the internet and chose different activities that you think might work better to complement the lessons for your students if necessary.

I hope that this guide is a help to you. May God richly bless you in your efforts for VBS this year!

Possible Class Routine:

Introduction/Review
Read lesson text and lesson aloud
Read and discuss any additional scripture
Complete written activity/coloring page
Work on craft/activity
Review the lesson/previous lessons

List of suggested supplies:

Pencils, crayons/colored pencils/markers, scissors, glue or glue sticks and tape (All lessons)
Loose leaf notebook paper (suggested for answering questions for all lessons)
A solid colored pocket folder or file folder for each student (Lesson 1)
White Cardstock (Lesson 1 and Lesson 5)
Empty paper towel roll for each student (Lesson 2)
Construction paper (Lesson 2 and Lesson 3)
A package of cheap cups (100+) **Optional** - (see instructions for Lesson 2 Activity 3)
Traditional type paper plates with circle in the center (Lesson 3)
Red, yellow and orange tissue paper (Lesson 3 and Lesson 4)
Hole punch (Lesson 5)
Narrow ribbon - approximately 8 inches per student (Lesson 5)

Decorative scissors **Optional** (Lesson 5)

Lesson 1: Body Armor

Lesson 1 primarily focuses on Goliath and his physical armor. David is not discussed much in this lesson since the focus for him is on spiritual armor in Lesson 5.

The scripture for the lesson, says to "put on the whole armor of God." In addition, the first two pieces of physical armor, the belt and the breastplate are given along with the spiritual characteristics of truth and righteousness. In this lesson, the students should get an introduction to the theme of "Gear Up" by realizing that the pieces of physical armor that a soldier wears can correspond to the spiritual armor that all Christians should wear in service to the Lord and in defense against the things of the world.

Discussion Questions:

Decide whether or not you would like for your students to write down the answers to the discussion questions for each lesson or whether you just want to do oral discussion. If you want students to write responses to the questions on loose paper, they can be kept in the folders that will be started in the activity for Lesson 1. If not, the questions can be used as oral discussion questions.

1. What is a soldier and what is his/her purpose?
2. What are some ways that a soldier today is different from a soldier described in the Bible?
3. Describe Goliath.
4. What are the 2 physical pieces of armor described in this lesson? What is the job of each one?
5. What is the spiritual armor that corresponds to each piece of physical armor?
6. What is truth?
7. What is righteousness?
8. On your own: Think of a question related to this lesson to ask your classmates.

Activity 1: This is the beginning of an activity that will be continued in each lesson. Have students cut out the shield with Ephesians 6:14 from page 27 of their books. Each student should have a solid colored folder. In each lesson, students will glue a shield with the Bible verse for that lesson on his/her folder. Knowing that there will be 5 shields on the folder, have students decorate their folders by writing their names, VBS and the year, etc. on the folders being sure to leave enough space for all 5 shields. If you decide that you want your students to write the answers to the discussion questions on loose leaf paper, this folder is where they can keep their papers. If not, there are also a couple of activities in future lessons that can be stored and taken home in the folder at the end of VBS.

Activity 2: In lesson 1, students will begin working on their paper doll soldier. Have each student remove page 21 from his/her book. Have students trim close (about ½ inch) to the body of the soldier but not cut out around the details such as fingers at this time. Glue the soldier to a piece of cardstock and then cut the soldier out precisely. By backing the soldier with cardstock, it will be a bit stronger when the pieces of armor are applied.

Now, students can remove page 23 from their books. Have students color only the breastplate and the belt since these were the two pieces of armor that were discussed in Lesson 1. After coloring, students can cut out the breastplate and the belt being careful to cut around each tab. Place the sheet of remaining armor pieces in each student's folder. When the pieces are cut out, fold each tab backward and secure the piece of armor on the soldier. The tabs should hold the armor in place. By not gluing the armor on, students should be able to

reuse the armor on the soldier multiple times. Discuss/review the importance of each piece as the students put them on their soldiers.

Lesson 2: Battle Boots

Discussion Questions:

1. What can happen if you do not wear proper shoes?
2. What are some things you could not do if your feet were hurting?
3. What piece of spiritual armor is represented by the shoes in our lesson?
4. Describe the instructions that were given to the Israelites who overtook Jericho.
5. What would have happened if they had not followed those exact instructions?
6. On your own: Think of a question related to this lesson to ask your classmates.

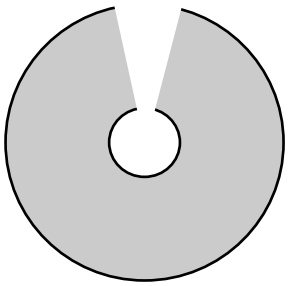
Activity 1: Have students cut out the shield with Ephesians 6:15 from page 27 of their books and glue on front of their folder.

Activity 2: In lesson 1, students started working on the paper doll soldier. Have each student color and remove the sandals from page 23. Carefully bend the tabs and place the sandals on the soldier. Discuss and review the importance of the sandals, belt and breastplate as students place them on the soldier. A possible discussion point might be, "Is the soldier ready for battle with just these three pieces of armor?"

Activity 3: Trumpet Craft/Activity

Let each student choose 2 pieces of construction paper. Use one piece of construction paper to cover an empty paper towel roll. Cut a circle out of the second piece as shown below. Join the sides of the circle to form a cone and tape to secure the shape. Now tape the cone inside one end of the paper towel roll to make a paper trumpet. If wanted, you can let the students decorate the papers before taping them onto the roll.

Optional - Using a couple of packages of cheap cups, construct a "wall" to march around to reenact the Israelites marching around Jericho.



Lesson 3: Soldier Safety

Discussion Questions:

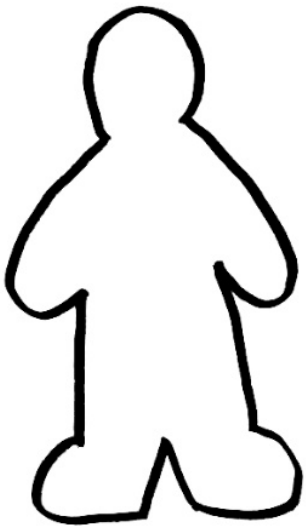
1. What are the 2 physical pieces of armor described in this lesson? What is the job of each one?
2. What is the spiritual armor that corresponds to each piece of physical armor?
3. What does faith mean?
4. What is salvation?
5. What happened to Shadrach, Meshach and Abednego and why?
6. On your own: Think of a question related to this lesson to ask your classmates.

Activity 1: Have students cut out the shield with Ephesians 6:16-17a from page 27 of their books and glue on front of their folder.

Activity 2: In lesson 1, students started working on the paper doll soldier. Have each student color and remove the shield and helmet from page 23. Carefully bend the tabs and place the shield and helmet on the soldier. Discuss and review the importance of each piece of armor as students place them on the soldier. A possible discussion point might be, "Is your soldier ready yet? What is he still missing?"

Activity 3: Fiery Furnace Craft Activity

Have students tear red, yellow and orange tissue paper in small to medium pieces. Glue the pieces of tissue paper on the inside of a paper plate. Cut the center circle out of a second paper plate. Put glue all around the lip of the first plate. Now, flip the second plate to have the cut out opening facing upward and place on top of the plate with the glue around the edges to create a furnace. Make a template for each student of the man below. Have students trace and cut out four men from cardstock or construction paper. Glue one man in the paper plate with the tissue paper to represent the fourth figure that the king saw in the furnace. Now the other three men can be placed in the opening of the furnace. You can glue them if you want or keep them loose to be able to remove and place again.



Lesson 4: Weapon Ready

Discussion Questions:

1. What is a sword?
2. What spiritual weapon is represented by the sword?
3. How is a soldier ready for battle?
4. How can we be ready for our spiritual battles?
5. Describe what happened to Gideon's army. How were they able to overtake the Midianites?
6. On your own: Think of a question related to this lesson to ask your classmates.

Activity 1: Have students cut out the shield with Ephesians 6:17b from page 27 of their books and glue on front of their folder.

Activity 2: In lesson 1, students started working on the paper doll soldier. Have each student color and remove the sword from page 23. Carefully bend the tabs and place the sword on the soldier. Discuss and review the importance of each piece of armor as students place them on the soldier

Activity 3: Torch Craft

Using brown construction paper, make a long cone shape. Tape or glue the paper in several places to hold the shape. Cut red, yellow and orange tissue paper into medium to large teardrop type shapes. Gather several pieces of each color in your hand. Hold and twist the pointed ends together. Wrap a piece of tape around this twist to hold the pieces of tissue together to look like flames. Now put some glue around the inside of the opening of the cone. Insert the twisted end of the flames into the cone to make the torch.

Using the trumpets from the previous lesson and the torches, discuss how Gideon's army was able to overcome the enemy.

Lesson 5: Battle

Discussion Questions:

1. Describe Goliath from Lesson 1.
2. How is David different from Goliath?
3. Despite all of Goliath's armor, how did David's stone hit Goliath in just the right spot?
4. What are all the physical pieces of armor?
5. What is the whole armor of God?
6. On your own: Think of a question related to this lesson to ask your classmates.

Activity 1: Have students cut out the shield with Ephesians 6:11 from page 27 of their books and glue on front of their folder.

Activity 2: Review the pieces of armor with the paper doll.

Activity 3: Have students color the bookmark on page 25 of their books. Have them carefully cut out the book mark and glue it to a piece of cardstock for stability, leaving at least ¼ to ½ inch of cardstock showing around the edge of the paper. If desired, trim around the card stock with decorative scissors (optional). Also, when placing the bookmark on the cardstock, be sure to allow enough room at the top of the cardstock for a hole to place a ribbon without cutting into the words. When inserting the ribbon, double the ribbon and push the center loop through the hole you punched in the cardstock. Now stick both ends through the loop and pull to tighten.