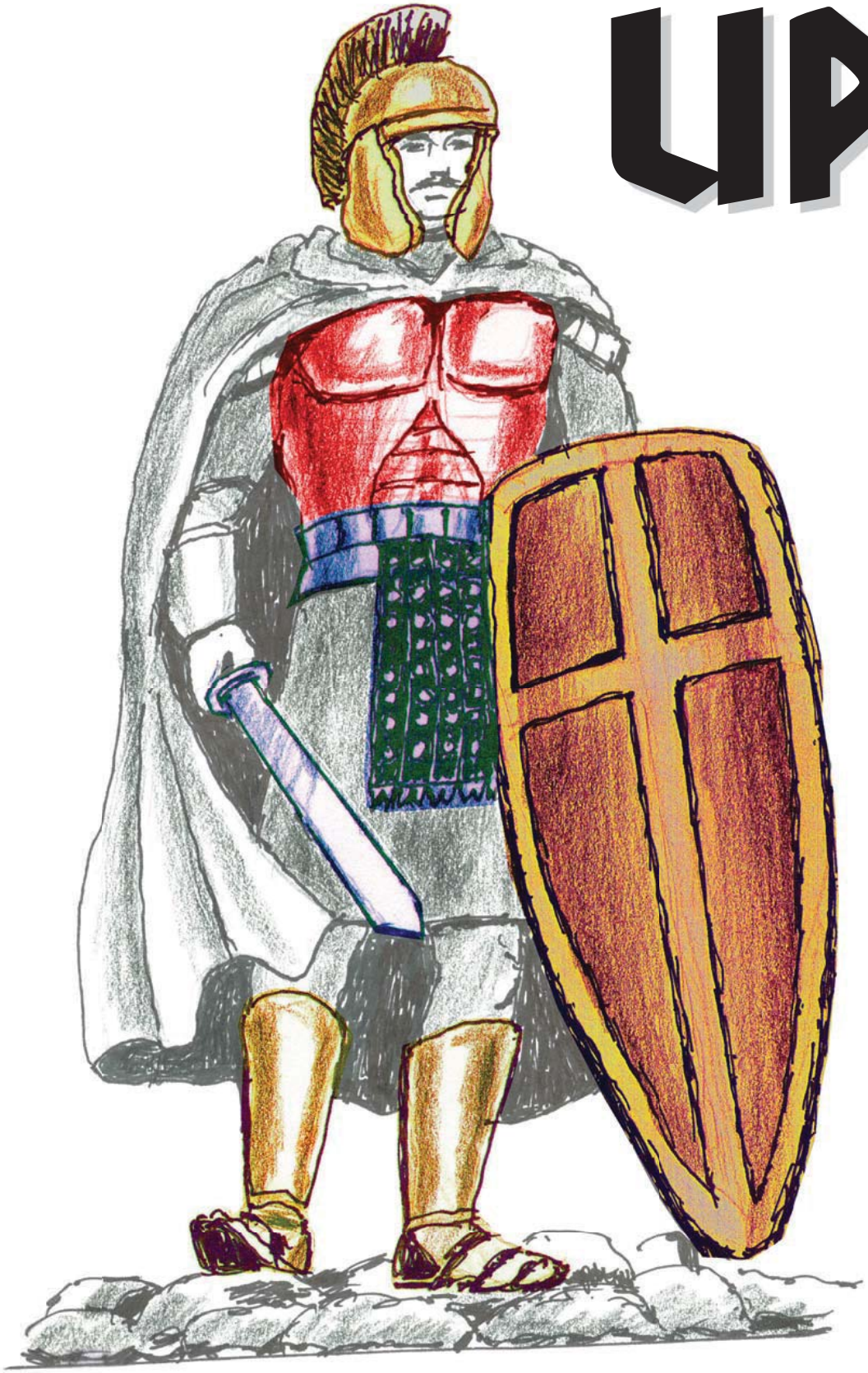
GEAR UP!



AGE 7-9

The Missionary Baptist
Vacation Bible School Literature Committee presents

GEAR UP!

Vacation Bible School Lessons for Ages 7-9
Written by Sister Jennifer Glass

Table of Contents

BODY ARMOR 4
BATTLE BOOTS 8
SOLDIER SAFETY 11
WEAPON READY 14
BATTLE! 17

Chairman:
Brother Rick Williams

Chairman Elect:
Brother Rick Williams

Contributing Editors:
Elder Mitch Glasscock
Elder Jerry Miller
Elder David Swindle
Elder Todd Fugate

Proofreaders:
Sister Marlee Boenig
Sister Mary Beth Cline
Brother Jason Lambert
Sister Laura Waugh
Brother Jeremy McWhorter
Sister Deborah Williams

Booklet Design and Layout:
Brother Cory Glass

Written and published by the
authority of Mount Lebanon
Missionary Baptist Church

In Cooperation with Fairview
Memorial Missionary Baptist Church,
Faith Missionary Baptist Church, and
Old Union Missionary Baptist Church

Price Per Booklet: $2.50

Treasurer
Brother Randall Henson
10022 Woodburn-Allen Springs Rd.
Alvaton, KY 42122
270-842-4526

ALL SCRIPTURE REFERENCES ARE TAKEN FROM KING JAMES VERSION

©2016 Missionary Baptist Bible School Literature/ Mount Lebanon Missionary Baptist Church

LESSON ONE

BODY ARMOR

LESSON TEXT
Ephesians 6:11, 12, & 14

WRITTEN BY
SISTER JENNIFER GLASS

> ***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;***

Soldiers wear armor to protect themselves during battle. Each piece of armor serves a very important job and must be worn together to complete the protection of the soldier. In our lesson text from Ephesians, we read about putting on the armor of God. While these pieces are not actual armor that we put on our bodies, they are spiritual devices that all work together to help us be soldiers for the Lord who are prepared to face the world and fight for God.

The armor worn in Biblical times is much different from the way soldiers dress today. Two important parts of body armor of that time were the girdle or belt and breastplate.

The belt was the first part of the armor that the soldier put on. It surrounded and supported the middle part of the soldier's body and helped protect his stomach, back and upper legs. It also provided a place for weapons to be carried. Verse 14 of our lesson says, "Having your loins girt about with truth." This is another way of saying to put on the belt of truth. Since all other parts of the body armor build upon the belt, we can see that our spiritual armor needs to be built upon the truth of God. It protects us and provides the basis for our spiritual weapons.

The breastplate, usually made of metal, covered and protected the soldier's chest area. Verse 14 also says, 'Having on the breastplate of righteousness," which means being saved. Just as the breastplate physically protected the soldier's vital organs, the righteousness of God provides protection for our spiritual heart and inner person when we are saved.

When we read about the nation of Israel in I Samuel 17, we see an account of

soldiers and examples of physical and spiritual armor. 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. An enemy of the Israelites, the Philistines, had set up camp on the other side of the valley.

Some of the Philistines were known for their large size. The Bible says that one Philistine, Goliath, was 6 cubits and a span. That means he was over 9 feet tall. He was a champion fighter and wore very heavy armor to protect himself. The Bible records that his armor weighed 5000 shekels which is about 125 pounds. The end of his spear alone was 600 shekels which is about 15 pounds. In the worldly sense, by putting on this armor, Goliath was ready for any battle. A soldier must put on his entire armor, not just one piece, in order to be ready to stand before his enemies.

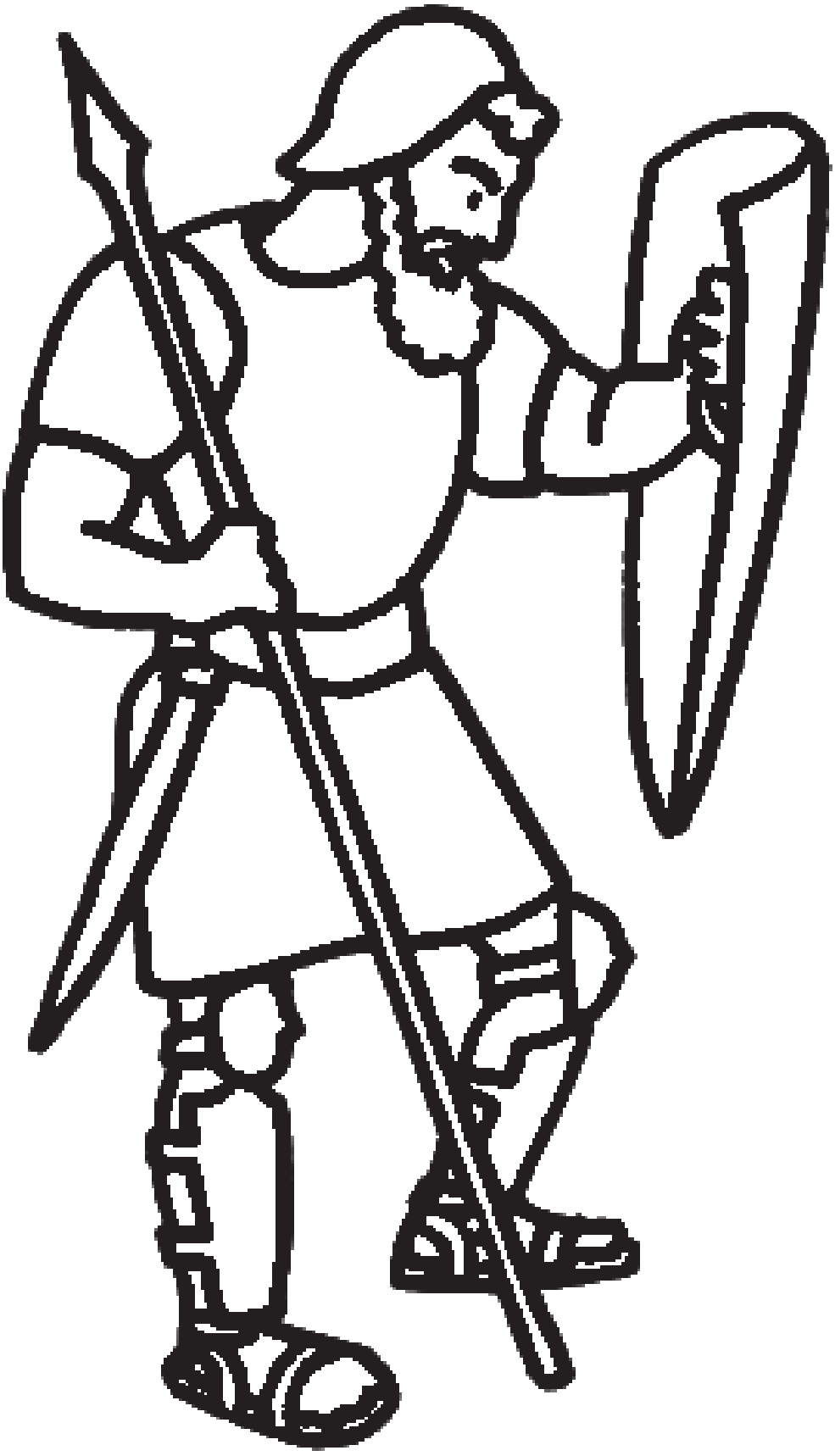
Everyday, armor-clad Goliath would shout across the river and ask for the bravest Israelite to come out and fight him. The Israelites did not answer his challenge because they were afraid that they had no one who could defeat Goliath. Had the Israelites lost the battle, they would have become slaves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

While Goliath thought his body armor would protect him, the Bible teaches us that it did not. In another lesson, we will discuss how a young man named David ended up fighting Goliath without body armor but with spiritual armor.

It is important for each person to use the spiritual armor as described in our lesson text. Just like a soldier is unprotected by putting on just one piece of armor, we are also not fully protected spiritually when we do not put on the whole armor of God.

ARMOR	**GIRDLE**	**WEAPONS**	**FAITH**
SOLDIER	**BELT**	**ENENY**	**TRUTH**
BREASTPLATE	**GOLIATH**	**PROTECT**	**RIGHTEOUSNESS**

F A I T H Z Q V Q H T U R T Z
Z Q R I G H T E O U S N E S S
R Y X W Z V X L M P T W S W X
C W E A P O N S B V R X O Z R
F Q Z H B Q Z K N Q O Z L B D
K H D G J E Y P L J M H D Z G
M N C I P Y L R S T R P I C Q
X Q B R E A S T P L A T E W B
N C Z D Q Z F T C E T O R P Z
Y G O L I A T H X Q Z Q G X W
Z W Q E P F V N M C P L R T H
G B X C Z S D F H G J N K P R



LESSON TWO

BATTLE BOOTS

LESSON TEXT
Ephesians 6:15

WRITTEN BY
SISTER JENNIFER GLASS

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

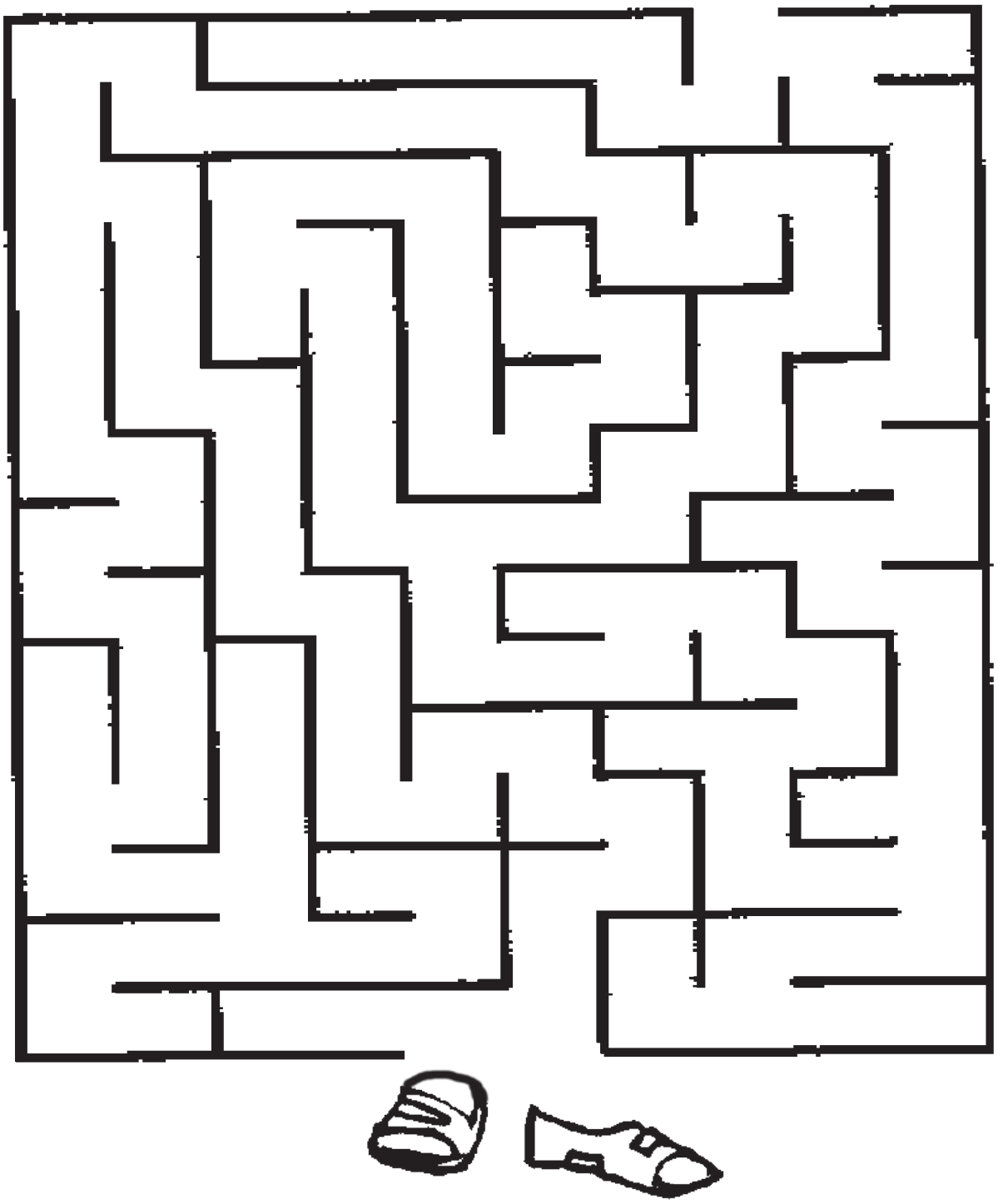
Biblical soldiers marched everywhere they went. These soldiers wore sturdy leather sandals to help them walk since bare feet would be very uncomfortable and unprotected. The feet hold up the entire body, so it is important to protect them as they march. When the soldier wears the proper shoes, he can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

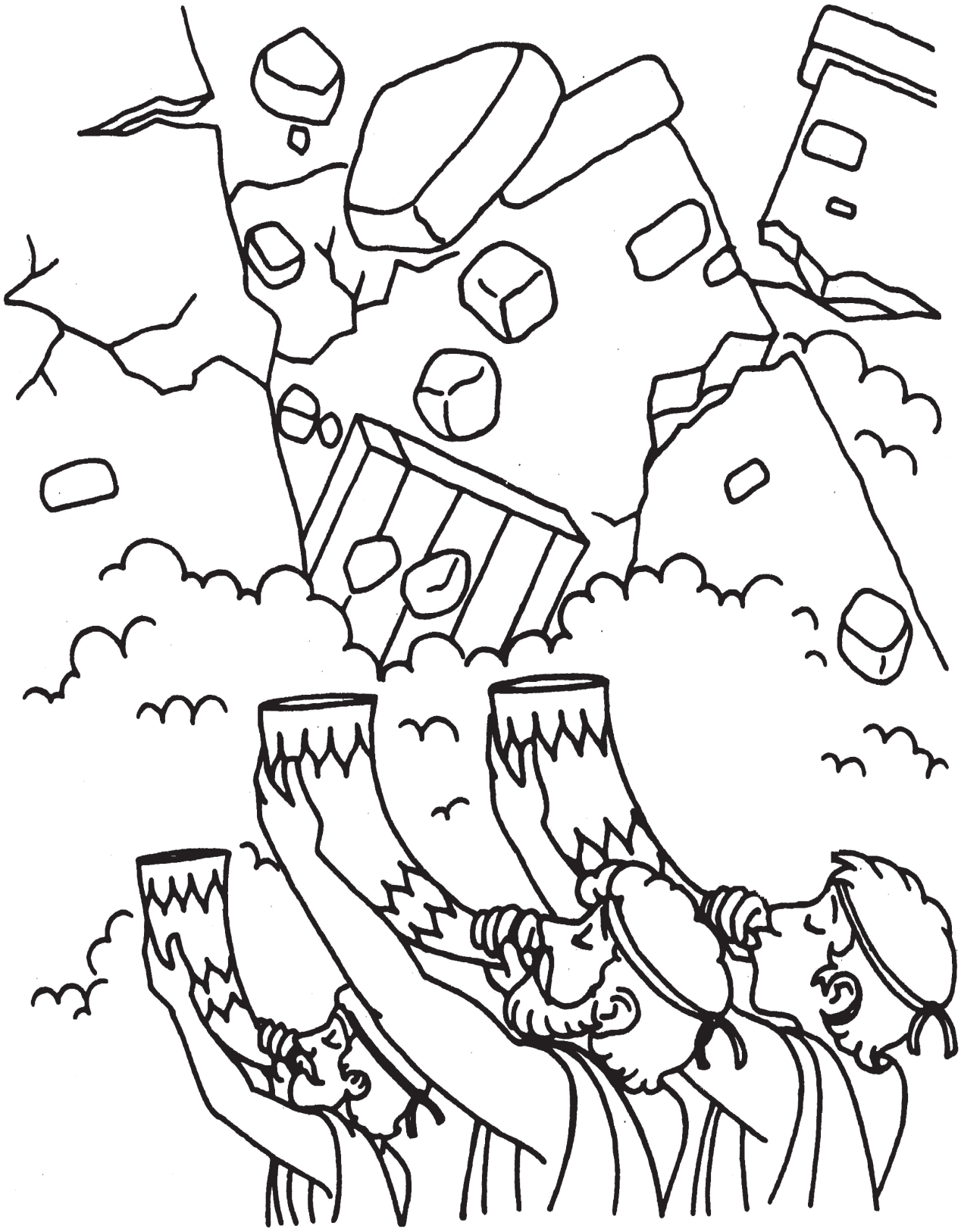
Joshua is one example from the Bible of a man who was willing to march forward for God. He was the man chosen by God to lead the children of Israel after Moses died. When Joshua and the Israelites entered the promised land, there were other people already living there. These people did not welcome the Israelites into their 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. 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.

In our lesson text from Ephesians, we are instructed to have our feet shod with the preparation of the gospel of peace, which is the good news of Jesus Christ. It tells of His virgin birth, sinless life, sacrificial death, resurrection and ascension back to heaven where intercedes for us. The gospel is the truth we can stand on. Just like Joshua listened to God, we must read the Bible and listen to the instructions that God placed there for us. We must have our feet spiritually ready for the battles we face in our lives.

Help the soldier find his shoes.





LESSON THREE

SOLDIER SAFETY

LESSON TEXT
Ephesians 6:16-17

WRITTEN BY
SISTER JENNIFER GLASS

> Ephesians 6:16-17 16Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. 17And take the helmet of salvation…

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.

Another piece of armor worn by a soldier is a helmet. A helmet is worn to protect the soldier's head from injury. It is very important for the head to be kept safe since it controls our thoughts and the functions of the rest of the body. Moat soldiers wore metal helmets that were rather heavy and could be felt the whole time they were worn. In our spiritual armor, the helmet represents salvation.

One great example of God shielding people who were faithful to Him is found in the Bible in the book of Daniel. At the time, 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. 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 advisors if there were three men thrown into the fire. When they answered yes, the king said that he saw four men in the furnace. The form of the fourth man he saw was like 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. Upon seeing these men unharmed and realizing their God had protected them, the king spoke of the greatness of the God of Shadrach, Meshach, and Abednego Who had protected them from the fire. The king then put out an order that anyone in his kingdom that spoke anything against the God of Shadrach, Meshach, and Abednego would be punished.

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 had 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. From that point on, the king and his people worshipped the Lord. Shadrach, Meshach, and Abednego never lost their faith in God.

Just as a soldier uses his shield in battle, we should use our faith in God to defend us from the battles that we encounter in our lives.

Use the following code decipher to reveal the reaction of King Nebuchadnezzar when he looked in the furnace.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

8 5 1 14 19 23 5 18 5 4 1 14 4 19 1 9 4, 12 15, 9 19 5 5

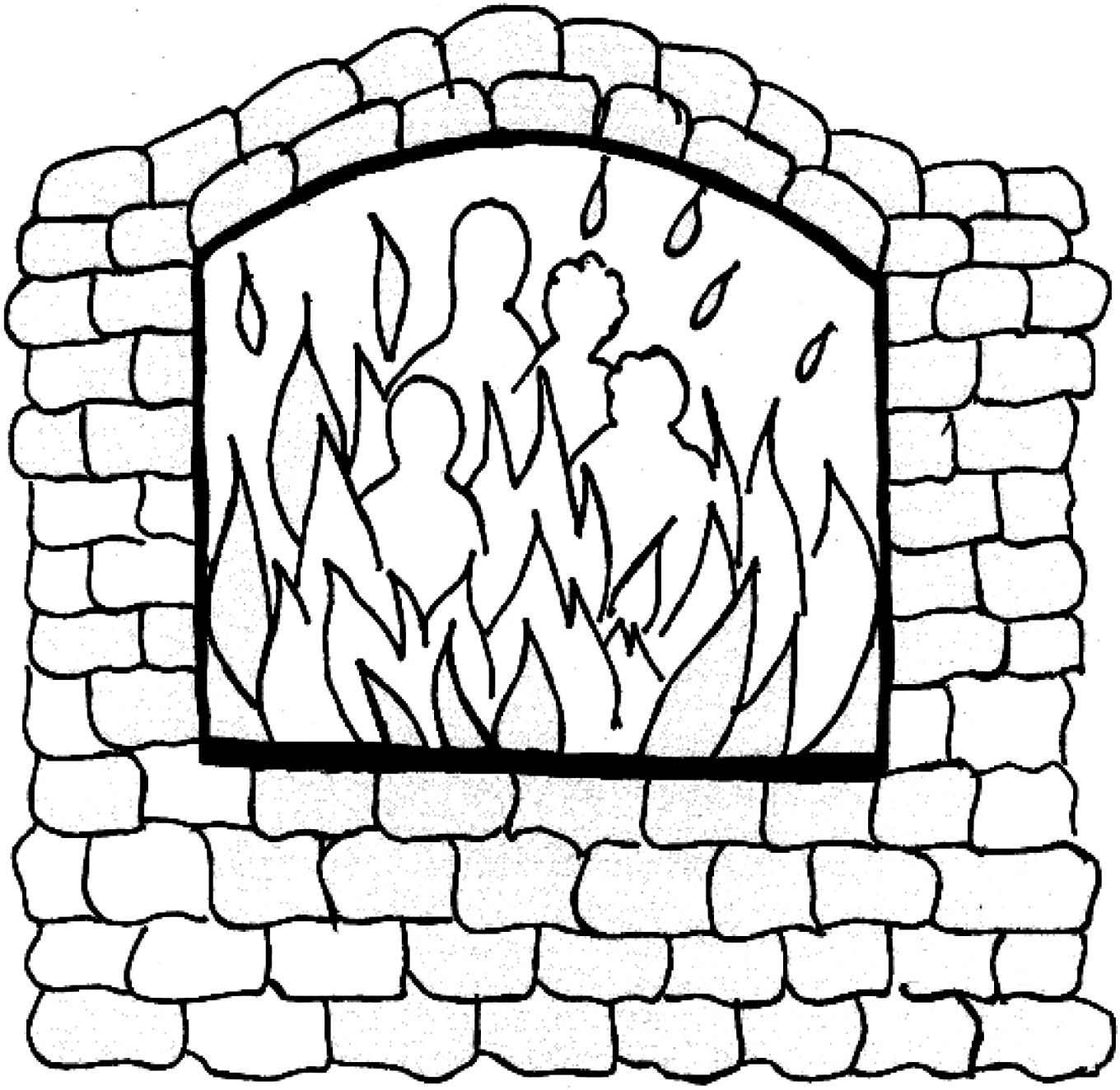
6 15 21 18 13 5 14 12 15 15 19 5, 23 1 12 11 9 14 7 9 14 20 8 5

13 9 4 19 20 15 6 20 8 5 6 9 18 5, 1 14 4 20 8 5 25

8 1 22 5 14 15 8 21 18 20; 1 14 4 20 8 5 6 15 18 13 15 6

20 8 5 6 15 21 18 20 8 9 19 12 9 11 5 20 8 5 19 15 14 15 6

7 15 4. - 4 1 14 9 5 12 3: 25.



LESSON FOUR

WEAPON READY

LESSON TEXT
Ephesians 6:17

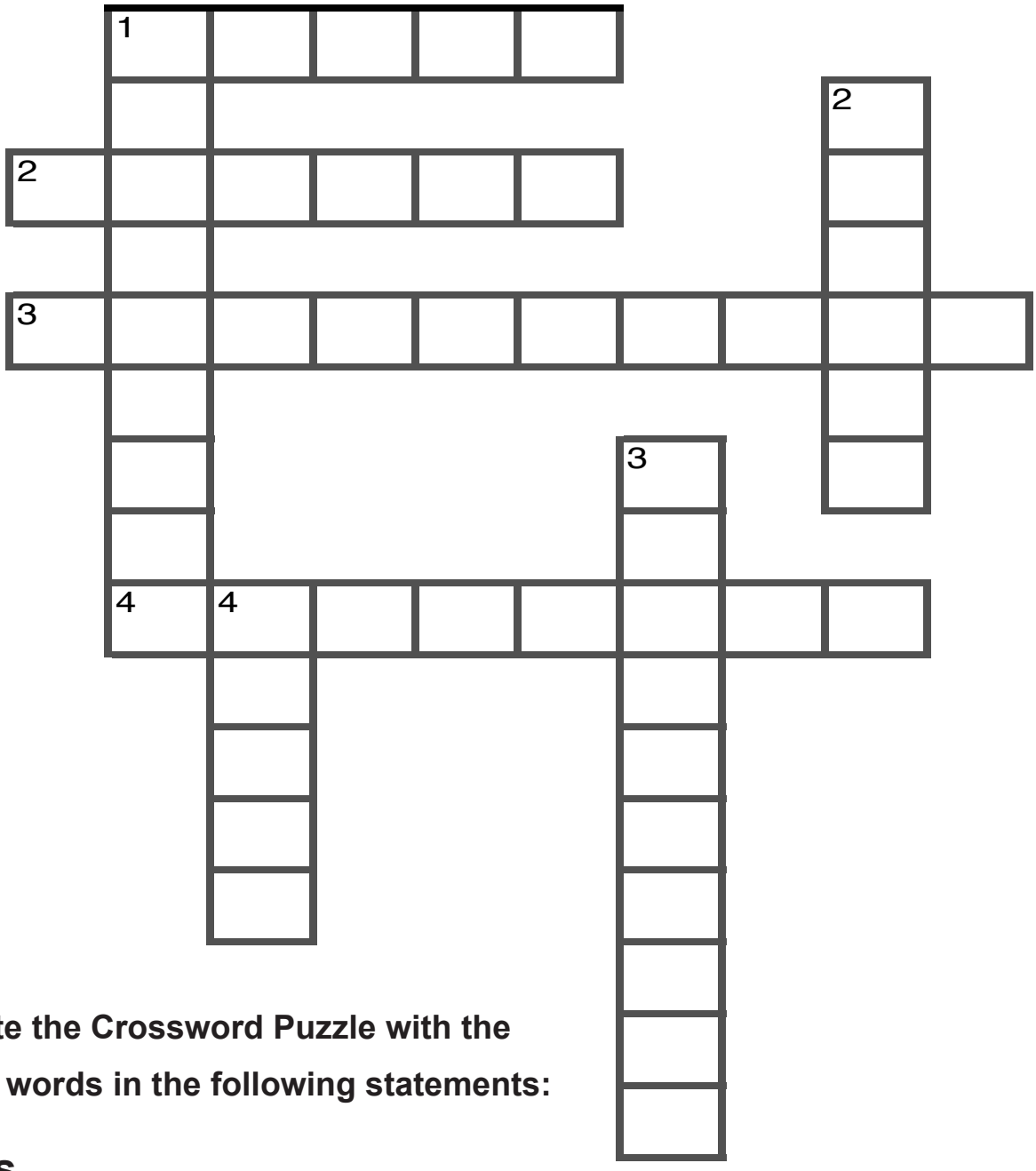
WRITTEN BY
SISTER JENNIFER GLASS

Ephesians 6:17 … and the sword of the Spirit, which is the word of God:

While it is important for a soldier to wear his armor to defend himself against his enemies, it is also important for him to have his weapons ready for battle. The soldier's weapon talked about most in the Bible is a sword. It is a very important symbol. The sword is not just a physical weapon but a spiritual weapon 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 God had allowed the Midianites to steal crops and animals and overtake the land from the Israelites. As the Israelites began to turn back to God, He chose Gideon to help them gain victory over their enemies.

Even though Gideon came from the weakest tribe of Israel, God promised to be with him. Gideon asked God to show him a couple of specific things so he could be sure he was the one God had chosen to help the Israelites. God showed him the things he asked so Gideon agreed to lead God's army. 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, so 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 the small number of people who 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 like swords 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 better prepared for our spiritual battle with the world. If we ask God, He will help us to have a better understanding when we read His word, thus making us more prepared when we tell others about Him. Hebrews 4:12 says, "For the word of God *is* quick, and powerful, and sharper than any twoedged sword…" When we read scripture, the Spirit of God empowers and makes alive the written word of God.



Complete the Crossword Puzzle with the missing words in the following statements:

Across

The weapon talked about most in the Bible is the _____**(1)**_____.
God chose _____**(2)**_____ to lead the Israelites against the _____**(3)**_____.
Gideon's army surrounded the enemy camp and drove them away using ____**(4)**_____.

Down

The Bible is our _____**(1)**_____ sword. With such a small army, Gideon had to _____**(2)**_____ on the Lord to gain the victory. We can be better prepared to fight our spiritual battle by studying _____**(3)**_____. The Spirit of God makes _____**(4)**_____ the written word of God.

LESSON FIVE

BATTLE!

LESSON TEXT
Ephesians 6:11-13

WRITTEN BY
SISTER JENNIFER GLASS

> Ephesians 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.

Throughout our lessons, we have learned how important it is for a soldier to be prepared for battle. We have talked about making sure that the soldier has a complete suit of armor, his shield, and his sword. The scriptures have given us a wonderful picture of how this body armor can also be compared to our spiritual armor in the book of Ephesians. As mentioned in the first lesson, Goliath was well prepared with his body armor, but David was armed with spiritual armor.

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 three oldest brothers were in the Israelite army, and his father was worried about them. He sent David to take food and supplies and to check on his brothers.
When David had entered the camp and found his brothers, 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.

Saul dressed David in his own armor, but David took it off since he had not tested or tried such armor. 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 in the name of the Lord. 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 in an unprotected spot on his forehead, 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. The first and most important step in being prepared is salvation. All other pieces of our spiritual army make us stronger Christians after we are saved. A person can be an army of one for God when properly equipped with salvation, the truth, the gospel, the righteousness of God, strong abiding faith, and the word of God accompanied by the leadership of His Spirit!

PREPARE	**DAVID**	**SALVATION**	**RIGHTEOUSNESS**
BATTLE	**STONE**	**TRUTH**	**FAITH**
ARMOR	**SLING**	**GOSPEL**	**WORD OF GOD**

Z D Y L Q J X V B S F G H J K

W T P G O S P E L V P T R W F

O S Z N P X W Q N C Z X Q A N

R Q D I V A D X Z M B V I Q O

D X R L W Q Z P Y R X T J W I

O E Q S M V R J K P H W Q X T

F N Q X B A T T L E Z V Y L A

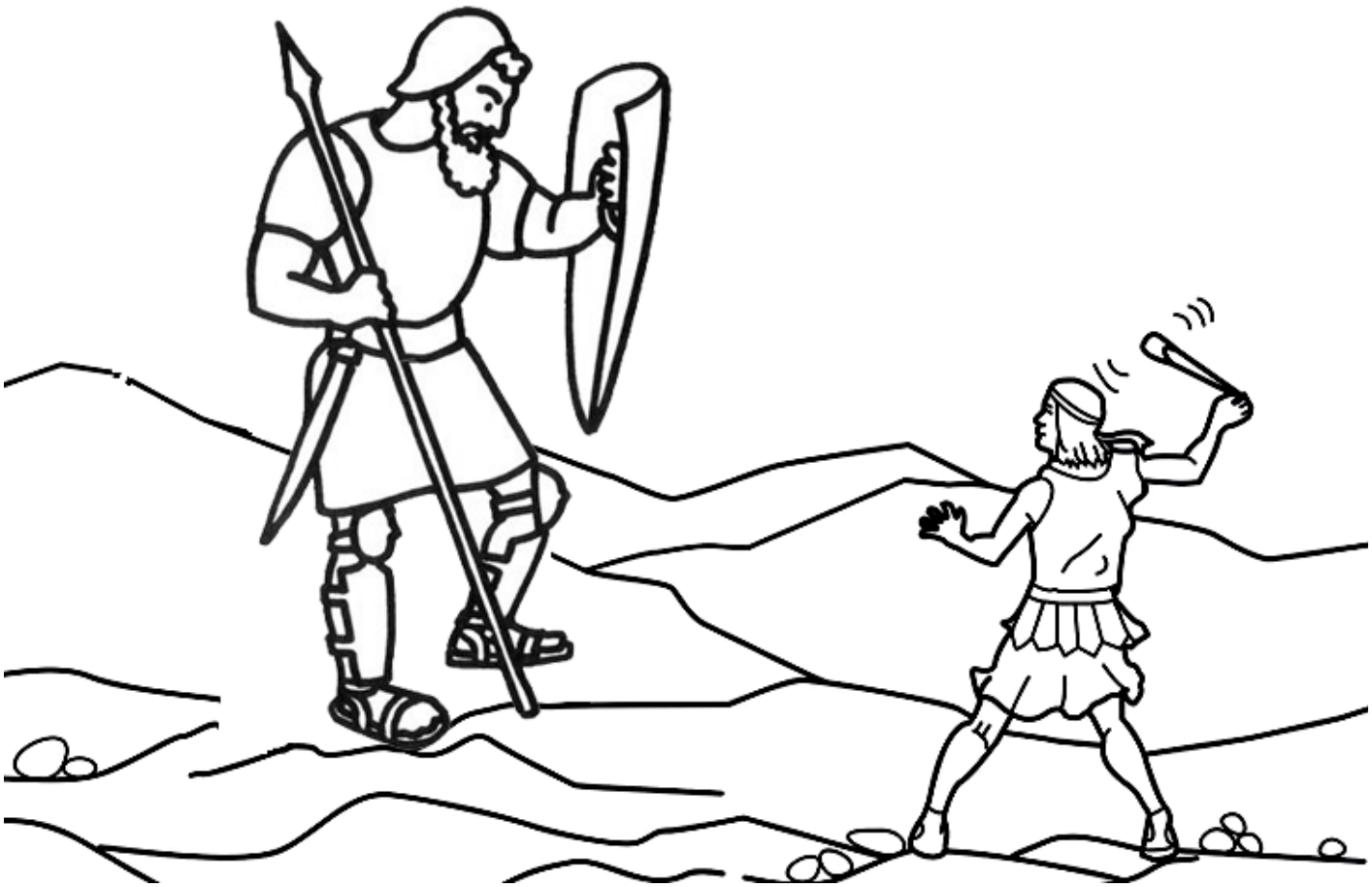
G O Z C Q W Z V Q Z Y K T D V

O T Y P R E P A R E J Q P J L

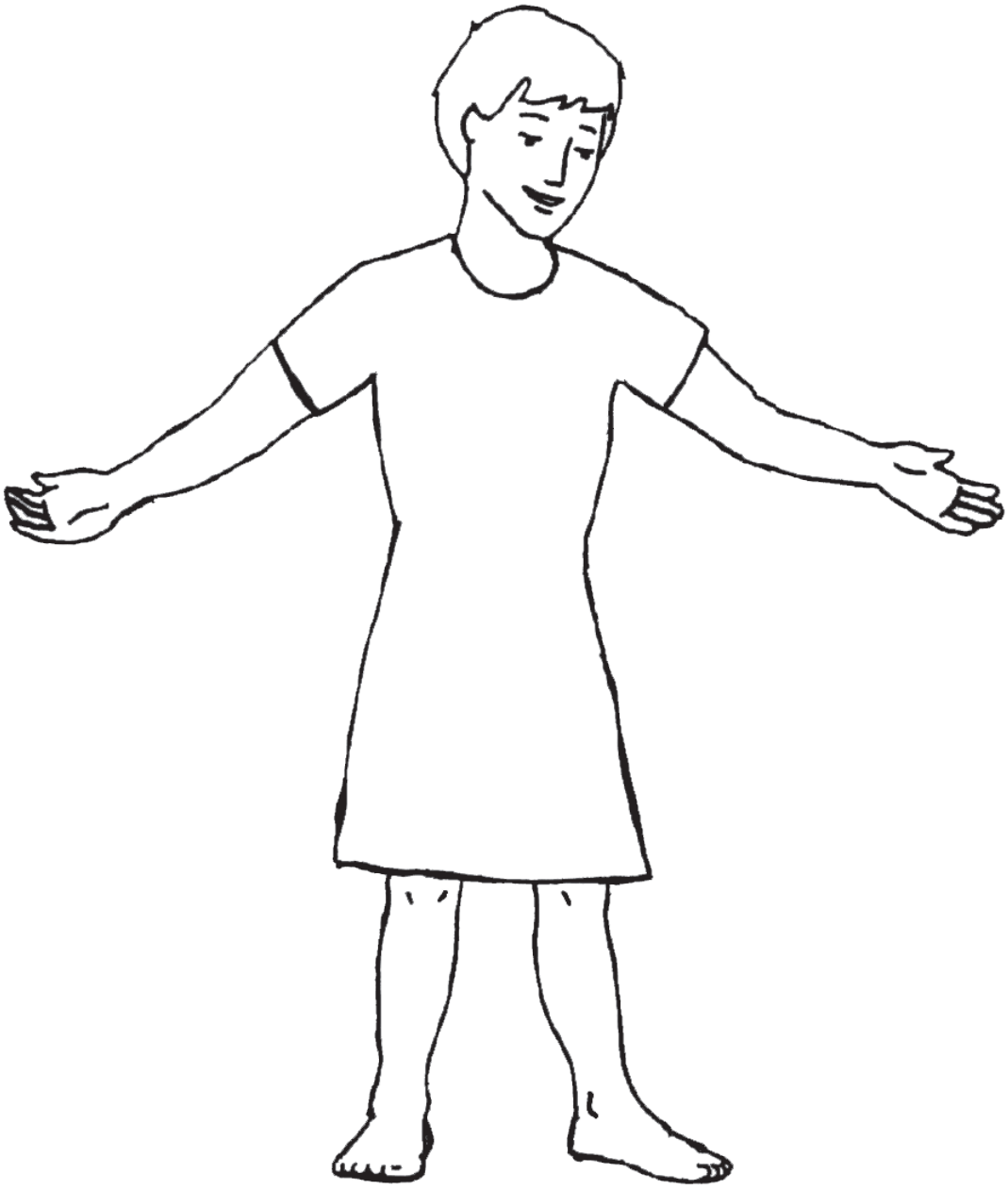
D S Q C W X Z M J Q R O M R A

G Z P T R U T H R M V X L B S

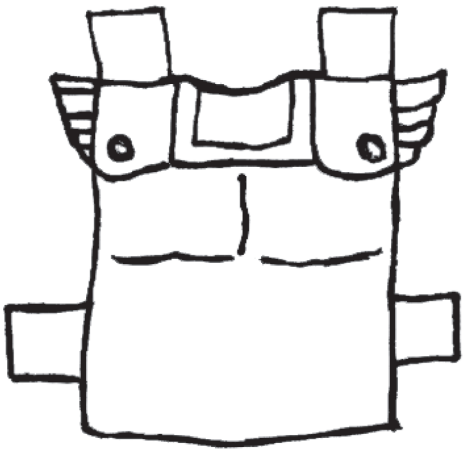
X S S E N S U O E T H G I R W



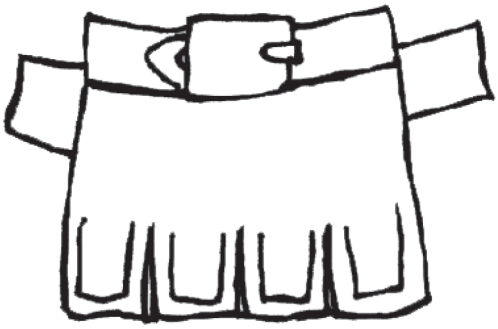
PAPER DOLL



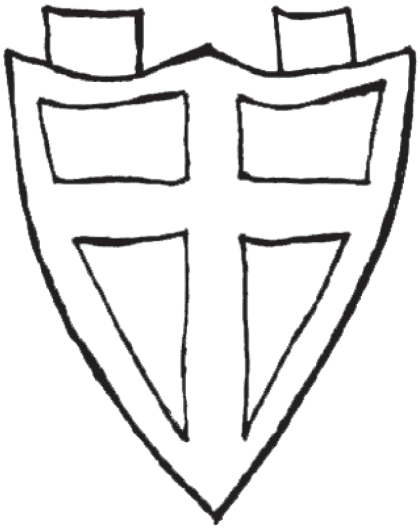
SOLDIER'S ARMOR



Breastplate



Belt



Shield

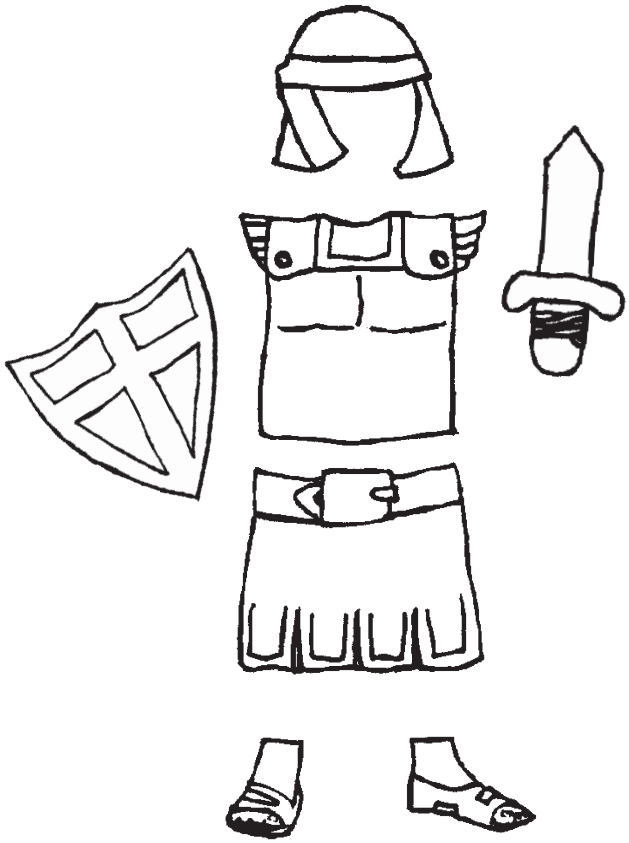
Sandals

Sword

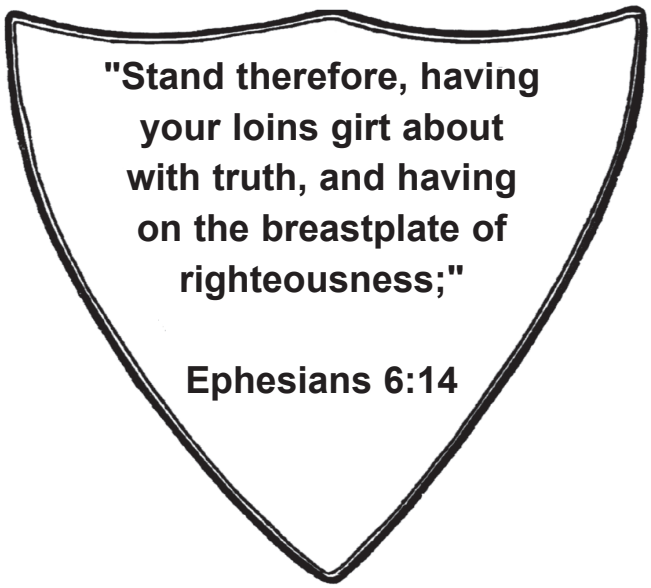
Helmet

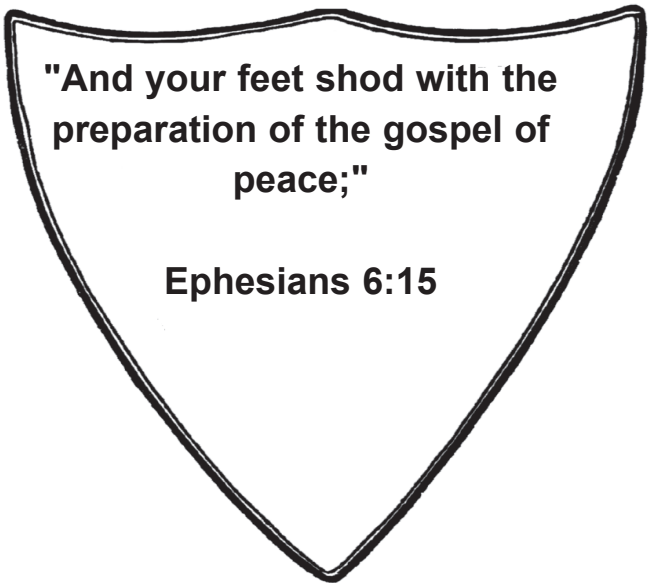
Bookmark

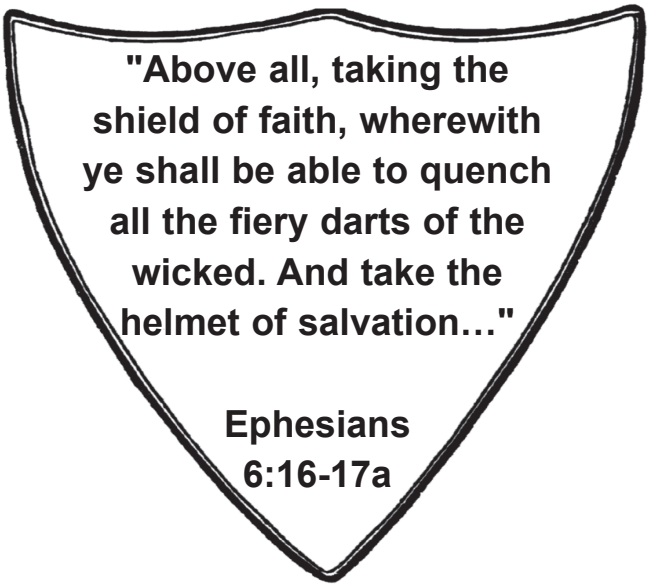
"Put on the whole armour of God, that ye may be able to stand against the wiles of the devil."

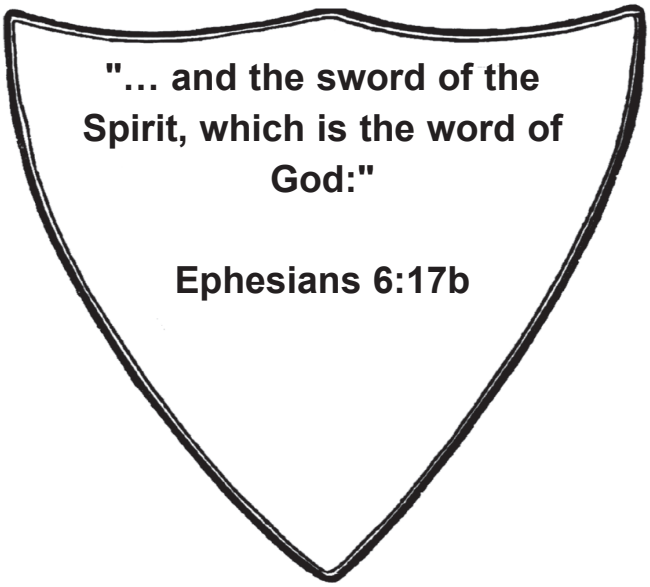


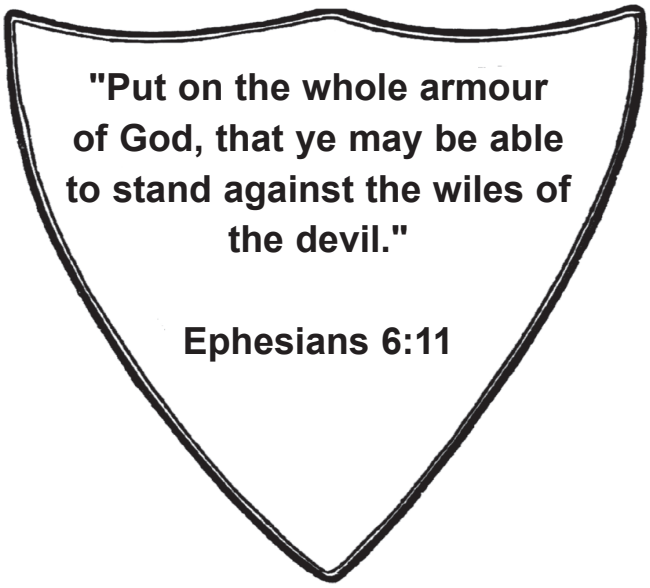
Ephesians 6:11


"Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;"
Ephesians 6:14


"And your feet shod with the preparation of the gospel of peace;"
Ephesians 6:15


"Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation…"
Ephesians 6:16-17a


"… and the sword of the Spirit, which is the word of God:"
Ephesians 6:17b


"Put on the whole armour of God, that ye may be able to stand against the wiles of the devil."
Ephesians 6:11

NO CHARGE FOR DOWNLOAD