

# HFkids Small Group Lesson Plan ~ Week 3, Oct 20

**Today's Message:** From the classroom to a way of life

**Bible Story:** Armor of God (Ephesians 6:13-18)

**Challenge of the Week:** When getting dressed, imagine putting on the Armor of God over your clothes. Refer to the take home sheet for each piece of armor. Pray to God by asking Him for wisdom and protection with each piece of armor.

**NOTES: This weekend is Inscription for First Communion.**

**SMALL GROUPS.** Small Group Leaders (5 - 7 minutes)

Ice Breaker Activity.

Kids will be sent directly to your mat, please engage in conversation as they arrive then use the Skittle activity until called for Prayer & Readings.

**STAY IN SMALL GROUPS.** Catechist will lead prayer & Bible Story

**Prayer & Introduction (3 minutes)**

**Prayer.** "Our Father" or your own prayer.

Hello everyone! How are you today? I'm doing well, and am really excited for this week's lesson! So far in our series, "But Wait...There's More," we have been talking about ways to apply our faith to our lives, taking our faith outside of just coming to Mass on Sunday, to living what we are learning. We started by taking a look at the 10 Commandments - God's rules; following God's rules, helps us grow closer to Him. Last week we focused on thinking of ourselves less and others more; we can do this by putting others first and praying for them. Who did you put first last week? This week we are going to be talking about using what we have been learning and applying it.

**Bible Reading:** Bible Reading is on a video this week (4 minutes)

Armor of God (Ephesians 6:13-18) – video from *Crossroad Kids' Club*:

**Here is the link:** <https://vimeo.com/75364291>

## **SMALL GROUP DISCUSSION. Small Group Leaders (until 11:00)**

1. Discuss what each piece of the Armor of God means: (see attached talking points) **See Notes attached.**
  - a. Belt of Truth
  - b. Breastplate of righteousness
  - c. Boots of Peace or Gospel of Peace Shoes
  - d. Shield of Faith
  - e. Sword of the Spirit
  - f. Helmet of Salvation

Give each child the hand out. The Armor of God Prayer. Remind them this week when getting dressed, to imagine putting on the Armor of God over your clothes.

## **Message Video - Small Group Leaders (2 minutes)**

Please direct the kids attention to the TV screen and stay in small group for the message video. **Below is the video link if you want to watch ahead of time.**

[https://player.vimeo.com/external/183299830.hd.mp4?s=33c6b22eb00040a5428b12b4b36ea53190d1c706&profile\\_id=174&download=1](https://player.vimeo.com/external/183299830.hd.mp4?s=33c6b22eb00040a5428b12b4b36ea53190d1c706&profile_id=174&download=1)

## **Closing Prayer (1 minute) - Small Group Leaders (1 minute)**

Lead children in closing prayer (below) and remain with the kids until parents arrive. Gather Time Travellers. Please make sure the names of all the kids in your group are listed.

### **Closing Prayer:**

#### **A prayer of protection from St. Patrick**

May Christ shield me today,

Christ with me, Christ before me, Christ behind me, Christ within me,  
Christ beneath me, Christ above me, Christ at my right, Christ at my left,  
Christ in every eye that sees me, Christ in every ear that hears me.

Amen

## **The Armor of God - Notes**

The enemy (the devil) wants to trick us, he will do anything to get us to stop trusting and obeying God. But God loves us so much and know that we are weak. He has given us all the gift of Faith, Faith acts like an armor to protect us.

### **The Belt of Truth**

God asks us to be truthful at all times and to everyone.

He also wants us to **seek the Truth.**

- ***What do you think that means?*** We need to know (**seek**) the difference between right and wrong. We need to seek the Truth- so we can compare what we learn to what God says so we can spot the LIES we hear on TV, or in books or from our friends.
- ***So how can we know what is true?*** God is Truth, Jesus said that He is the Truth.
- ***Where can we find Truth?*** Bible & at Church. We need to read and study the Bible (which is what we so here at small group and Time Travellers each week)

**Knowing Gods Word acts like a devil repellent!!**

### **Breastplate of Righteousness**

It protects our heart.

- ***What does Righteousness mean?*** When we ask God to help us to obey Him and follow His rules (refer Ten Commandments) and live the life He wants us to live then we acting righteously. It means doing right by God.

### **Boots of Peace (or Gospel of Peace shoes)**

God wants us to Go & Tell others about Him!

- ***How can you tell others about Jesus?***

### **Shield of Faith.**

FAITH, it blocks the devils lies. Protect us from temptation.

- ***How are some ways the enemy can attack us?*** The enemy (devil) can attack us by making us think God doesn't love us or can temp us to do something we know is against God. But Faith helps to protect us against this.

## Sword of the Spirit

The Word of God,

- ***Where can we hear the Word of God?*** The Bible, we can read it at home, and listen to the Word of God (read from the Bible) at Mass, Time Travellers & Small group...

## Helmet of Salvation

Protects our minds from bad thoughts and helps you to focus on things that are good and of God. Helps us to remember that Jesus loves us and nothing can separate us from Him.

- ***What do you think salvation means?*** Heaven (Eternal Life, Saved)  
The helmet of Salvation reminds us that Jesus died on the cross for us so we can be saved and join Him in heaven.

**The Bible is directly from God, it is the best way to defeat the enemy!**