

BE INTENTIONAL

Walk through the week

Ephesians 6:14-17

This week we are putting on the armor of God and learning to walk through life with courage. To be successful, we have to arm ourselves with the truth of God's word and keep our focus on Him. Let's commit to studying the word, applying it to our lives and holding each other accountable.

Schedule It In!

Breakfast Benediction

Lunch: Memory Verse Practice

Dinner: Table Talk

Bed Time: Read, Learn + Pray

Drive Time is prime time for deeper convos! Prepare age appropriate, open ended questions. Don't be afraid to encourage and challenge your child's faith!



ENCOURAGE YOUR KIDS TO...

BECOURAGEOUS

YOU HAVE THE ARMOR OF GOD!

TABLE TALK

Day 1: Read Ephesians 6:14-17. What do you think the definition of truth is? Is it hard to always tell the truth? Why?

Day 2: Name two truths from the Bible. How do we learn truth? How can we decipher truth from a lie?

Day 3: How does a helmet protect someone? How does being saved and having the helmet of salvation protect us?

Day 4: What is the *full* armor of God? Why can't we just have *some* of the armor?

Day 5: How can we use the truth of God's Word to help others? (*Parents, share story about a time that you used truth to encourage someone with God's Word!*)

READ, LEARN + PRAY

Day 1: Read *Psalms 86:10-12*. Talk about it. What does it look like to live with complete trust and an undivided heart for God? *Pray together, asking God to help us put on the belt of truth this week!*

Day 2: Read *Ephesians 6:14*. What does a belt do? Holds everything up! How does God's truth hold everything up? *Pray as a family that you would seek truth and knowledge of God, building a firm foundation on His Word of truth!*

Day 3: Read *Psalms 112:6*. What does 'righteous' mean? What piece of armor protects our hearts from the enemy? *Pray that God gives each of you a desire to do what's right, shining a light of righteousness to those around you!*

Day 4: Read *Hebrews 13:8*. Even when crazy things happen in this world, God is steadfast and unchanging. We can have faith that being fully clothed in His armor gives us strength to get through any time of uncertainty and worry! *Pray for peace in the minds and hearts of your family.*

Day 5: Read *Hebrews 10:25-25*. What should we do with the armor once we have it on? Use it to help others! *Pray that during hard times, we would use our faith to help others!*

This resource created by The Resolute Family | @resolutefamily

BREAKFAST BENEDICTION

I'M NOT WHAT I DO.
I'M NOT WHAT I HAVE.
I'M NOT WHAT
PEOPLE SAY ABOUT
ME. I AM THE
BELOVED OF GOD.
IT'S WHO I AM. NO
ONE CAN TAKE IT
FROM ME. I DON'T
HAVE TO WORRY. I
DON'T HAVE TO
HURRY. I CAN TRUST
MY FRIEND JESUS
AND SHARE HIS LOVE
WITH THE WORLD.

MEMORY VERSE

"FINALLY, BE
STRONG IN THE
LORD AND IN THE
STRENGTH OF HIS
MIGHT. PUT ON THE
WHOLE ARMOR OF
GOD, THAT YOU
MAY BE ABLE TO
STAND AGAINST
THE SCHEMES OF
THE DEVIL."
EPHESIANS 6:10-11

GAME ON!

Sadly, people say a lot of things that aren't true! The only way to know the truth is to study the Bible and see if what you are hearing matches God's Word! Teach this lesson to your children while playing a fun story telling game. Sit in a circle and take turns adding one sentence to the plot and see what outrageous stories you come up with!