

# THE FULL ARMOR OF GOD



**BELT OF TRUTH AND BREASTPLATE OF  
RIGHTEOUSNESS**

**MY NAME IS \_\_\_\_\_**

**EPHESIANS 6:10-11**

**Finally, be strong in the Lord and in His mighty power.  
Put on the full Armor of God, so that you can take your  
stand against the devil's schemes.**

# PUT ON GOD'S ARMOR

We have learned that the Armor of God has different parts. Let us take a closer look at what each part of the armor means. In Ephesians 6:14, God tells us about two pieces of the armor, the "Belt of Truth" and the "Breastplate of Righteousness".

Truth means to say and do only what is accurate according to God's Word! Righteousness means to do what is right according to God's word.

When we say and do only what is accurate according to God's Word, we are wearing the Belt of Truth. When we do what is right according to God's word, we are wearing the Breastplate of Righteousness. Wearing the full Armor of God, defends\* us against the enemy!

**Ephesians 6:14 "Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place."**

We must remember:

- 🛡️ We put on the Belt of Truth by saying and doing what is accurate.
- 🛡️ We put on the Breastplate of Righteousness by doing the right thing that pleases God.
- 🛡️ God desires that we wear His full Armor.

**Vocabulary Highlight:** \*defend – to protect from harm

*We tell the truth!  
We are righteous!*

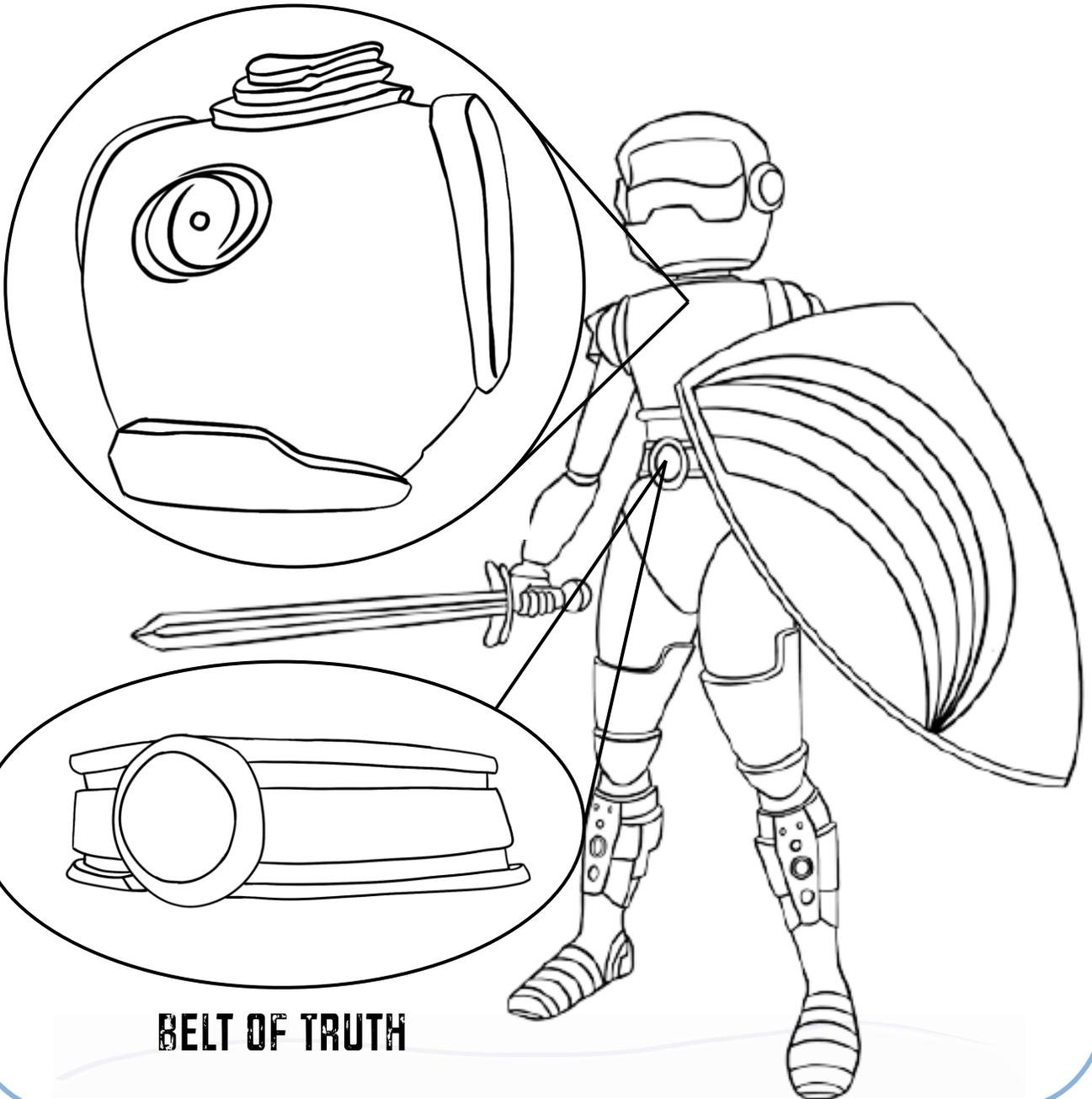


# COLORING ZONE

**Ephesians 6:14** “Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.”

**Instructions:** Color the picture below.

## BREASTPLATE OF RIGHTEOUSNESS



## BELT OF TRUTH

Let's create posters! Print and decorate the following scripture verses on Truth and Righteousness! Stick them in your room to remind yourself how we can keep our armor on! If you don't have a printer, write them and then decorate! Here are some examples:





The LORD hates  
people who tell lies,

but

He is pleased

with those who tell

the

truth.

Proverbs 12:22 (ERV)



The LORD is  
more pleased  
when we do what is  
right and just  
than when we offer  
Him sacrifices.

Proverbs 21:3 (NLT)



# DECODE THE WORD



Let's discover what the Word of God tells us about truth and righteousness. Match the numbers to the correct letter to decode the verses below.

a	b	c	d	e	f	g	h	i	j	k	l	m
26	14	8	23	12	4	21	10	6	19	18	2	16
n	o	p	q	r	s	t	u	v	w	x	y	z
24	15	1	17	5	9	20	11	3	22	7	13	25

## TRUTH

**Proverbs 12:22 (NIV)** *The Lord detests lying lips, but He delights*

*in people who are*

20	5	11	9	20	22	15	5	20	10	13	

**Proverbs 12:19 (NLT)** *Truthful words stand the test of time,*

*but lies are soon*

12	7	1	15	9	12	23

## RIGHTEOUSNESS

**Proverbs 21:2 (NIV)** *A person may think their own ways are*

*right, but the Lord weighs the*

10	12	26	5	20

**1 John 3:18 (NLT)** *Dear children, let us not merely say that we love*

*each other, let us show the truth by our*

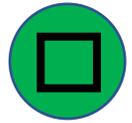
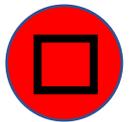
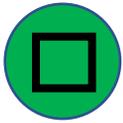
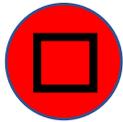
26	8	20	6	15	24	9



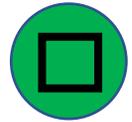
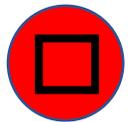
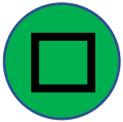
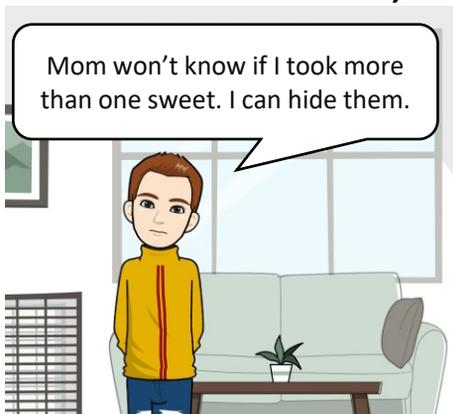
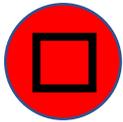
# LIVING THE WORD

Read the scenarios below with a parent or older sibling. Tick the green box if the action shows truth or righteousness. Put an "X" in the red box if the action does not show truth or righteousness.

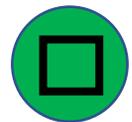
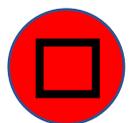
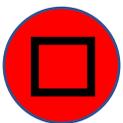
## Honesty and taking responsibility for actions



## Truthfulness, telling the whole truth



## When I fully engage in worship, I am pleasing the Lord

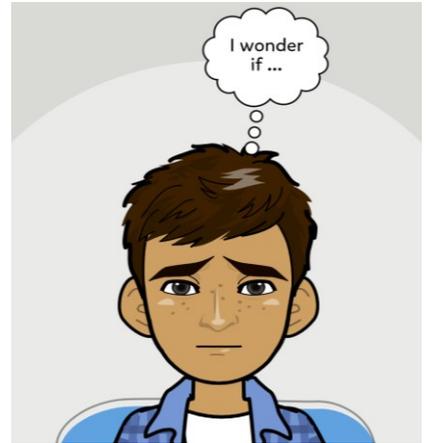


# LIVING THE WORD

Read the scenarios and scriptures below. Use your Armor in Action Journal to write your answers to the questions.

## God's Truth vs. The Devil's Lies

Mark was teased by some mean boys in his class because he stammered. At first, he ignored their ugly words, but after a few months of their teasing, he became less vocal in class. **Read Psalm 139:14.** **How should Mark respond to being teased?**



## Righteousness vs. Things that Displease God

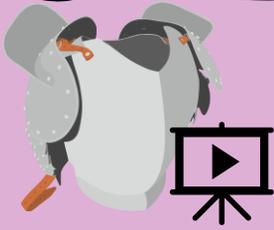
Lisa and Sara have been best friends since they started Project Heritage. One day Sara notices that Lisa is viewing an inappropriate video on YouTube and confronts her about it. Lisa asks Sara to keep it a secret and even invites her to join in.

Sara loves Lisa and does not want to lose her friendship, but she also remembers what 1 John 3:7 says about being led astray. **Read 1 John 3:7.** **What should Sara do?**



**Let's Reflect:** Was it ever difficult to wear your Belt of Truth or Breastplate of Righteousness? What can you do to ensure you always wear the Armor of God even when it is difficult?

# ARMOR IN HISTORY



Warriors must wear the correct armor in battle. Throughout history, different kinds of armor were used to protect warriors from their enemies at the time. Click the icon to watch the video!

## RED LIGHT GREEN LIGHT, FIND THE TRUTH!

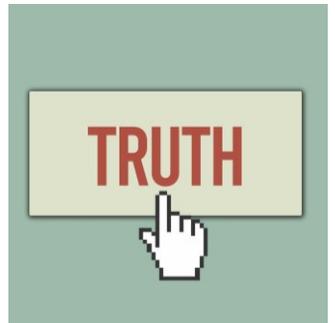


**Parents:** Have your child stand a few steps in front of you with a belt around their waist. As you call out a statement, ask your child to say whether that statement is true or a lie of the enemy. Have your child tighten their belt after each statement.

If the statement is correctly identified as a truth or a lie, direct them to take a step forward. If the wrong answer is given, they must stay put, so that they will be more guarded against the enemy's lies. They can only move forward when the statement is correctly identified as truth or a lie.

Here are some statements that can be used:

- ✓ **Truth:** God loves [Insert Child's name].
- ✓ **Truth:** The Word of God is truth!
- ✓ **Truth:** Doing the right thing pleases God.
- x **Lie:** Throwing tantrums pleases God.
- x **Lie:** Lying to my parents to avoid punishment is ok.



At the end of the game, have your child call out these declarations:

1. God's Word is True!
2. I will tell the truth at all times



# Rapid Fire TRIVIA

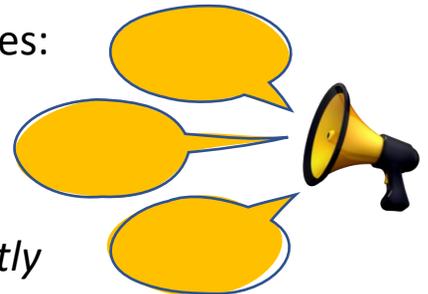


Here's a game you can play with a parent or older sibling. The aim of the game is to quickly identify the part of the armor that is worn or not worn based on the statements given (Belt of Truth or Breastplate of Righteousness).

For every correct answer, a point is awarded. Both the statements and answers must go in quick succession. Let's see if you can score 100% on our RAPID FIRE TRIVIA!

**Parents:** Prepare a list of 10 to 15 statements that your child can answer. Here some examples:

- ✓ *I must consistently do what is right*
- ✓ *It's ok to tell a lie to avoid punishment*
- ✓ *I must get all the things my friends have*
- ✓ *I can talk back to my mom once I do it quietly*



How much did you score?

# SCRIPTURE VERSES FOR REFLECTION



The Word of God tells us how to wear our Belt of Truth and our Breastplate of Righteousness. Read the scriptures below and discuss with a parent or older sibling.

Psalm 145:18

1 John 3:18

Proverbs 12:19

Proverbs 12:22

Proverbs 6:16-19

1 John 3:10

1 Samuel 15:22

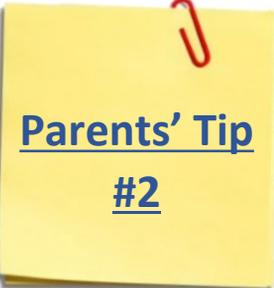
# PARENTS' TIPS



Parents' Tip

#1

Use the scenarios to speak with your child on how they wear the Belt of Truth and the Breastplate of Righteousness by telling the truth and doing what right according to God's Word.



Parents' Tip

#2

Use the scenarios as examples to speak with your child on the importance of telling the truth and doing what is right even when it may seem difficult.