



## Activity Time

Approximate time: 10 minutes

**What you need:** A copy of the “Armor of God” cutout (artwork included with this lesson), scissors, glue, poster board.

**Preparation**

1. **Print** out the artwork and questions.
2. **Glue** warrior to poster board.
3. **Cut out all pieces.**
4. **Glue** shield band to inside of shield to make a loop for the warriors hand.

**Activity:**

1. “Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. (Eph. 6:11.)  
Helaman’s stripling warriors were protected in battle because they wore the whole armor of God. The armor of God can not be seen like the armor that knights wore. To help us get a better understanding of the armor of God we are going to put a full coat of armor on a stripling warrior.
2. “Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;” (Eph. 6: 14.)  
Ask: Where are your loins and why do you need to protect them? Put on the armor of truth (this is the only piece that goes on the back of the warrior).  
Ask: Why is a breastplate important? Put the breastplate on.  
Discuss ways to live in truth and righteousness.
3. “And your feet shod with the preparation of the gospel of peace;” (Eph. 6:15.)  
Ask: How does walking in peace protect us? Put the gospel of peace armor.  
Discuss ways to walk in peace.
4. “Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.” (Eph. 6:16.)  
Ask: How does faith protect us against Satan? Put on the shield of faith.  
Discuss ways of strengthening your faith.
5. “And take the helmet of salvation...” (Eph. 6:17.)  
Ask: What does salvation mean? Put on the helmet of salvation.  
Discuss what your family can do to obtain salvation.
6. “...and the sword of the Spirit, which is the word of God:” (Eph. 6:17.)  
Ask: Where do we find the word of God? Put on the word of God sword.  
Discuss how the word of God protects your family.
7. “Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;” (Eph. 6:11–18.)  
Ask: How can prayer protect us? Put on the armor of prayer.  
Discuss the importance of prayer in the battle against Satan.





