

## The Armor of God - Helmet

### Ready (*Plant the seed*)

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation...

Ephesians 6:14-17a

### Set (*Get the conversation started*)

In addition to all the armor God has already given you, he next arms you with the Helmet of Salvation. Ancient Roman soldiers had helmets made of iron or bronze to protect their heads during battle. Similarly, you wear helmets when you ride bikes or scooters, but God equips us with a Helmet of Salvation. Salvation is the free gift of God through Jesus' deliverance of us from sin. It comes from God's grace and nothing that we do. When we give our lives to Christ and accept that he took our punishment on the cross, we receive God's promise of salvation- that we will spend eternity with God. When we trust in this promise, we are guaranteed victory over sin and death- the kind of death that separates us from God.

In some sports, like football or baseball, you may wear a helmet to protect you from injury. When you wear this helmet, it helps you to concentrate more on what you are doing in the game without having to worry that you could get hurt. Maybe you play harder or take more risks with that helmet on. In this same way, the Helmet of Salvation gives you the freedom to approach the war against sin with confidence knowing that victory is yours. Jesus has already paid the price for your sin and, if you choose to accept His gift, salvation and victory are yours! The battle is already won!

### Grow (*Talk it over*)

-When you wear a helmet for sports or bike riding, do you feel more confident?

-Do you maybe do more stunts or behave differently than you would if you didn't have that helmet on?

-How does knowing that the victory over sin is already won change the way you live your life as a follower of Christ?

### Pray

Father God, you are the great victor, the mighty conqueror! We are so thankful that you sent Jesus to save us and that you give us this armor to have confidence as we continue to fight against the temptation to sin, knowing that the battle is won. God let us continue to grow in this confidence so that we may show others the strength and power of salvation. In Jesus' name, Amen.

### Overtime (*Optional game for reinforcement as time allows*) Salvation Knock Out

Set two cones spread apart about a foot in front of a goal line. Keep in mind that this game is meant to be impossible. Players will throw their balls to knock over the cones without having the ball roll across the goal line behind the cone; again, this should be impossible. Spread players out away from the cones and let them all throw at the same time. Let them know that the winner is the player whose ball knocks over the cone but does not cross the line behind it. Give them a couple of rounds before you wrap it up.

*Say: Wow, that was so hard! You guys battled it out pretty well, though, so guess what... you are all winners! That's how salvation works, friends! When you accept God's free gift, your battle is won! No matter how hard you fight, sin is defeated because of Jesus' sacrifice on the cross.*