

## The Armor of God – Feet of Readiness

### 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. Ephesians 6:14-15

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

This season so far we have learned how the belt of truth and the breastplate of righteousness help to prepare us for the battle against sin in our lives. The next piece of armor God wants us to have is “feet fitted with readiness.” What do you think readiness means? (*take some answers*) Yes, readiness means to be prepared. The Roman Soldiers wore special sandals that were sturdy to protect them in battle (defense) and had little nails in them to provide traction when they climbed (offense). Although we don’t need to wear these special sandals today, God wants us to have feet that are ready for battle because of the power and confidence we find in the gospel. We can have peace in knowing that Christ died for our sin on the cross and rose again so that we can spend eternity with God, if we choose to accept that gift and make Jesus the Lord of our lives.

Think about the “ready position” we use in sports. Most of our sports require us to position our body in a way that is actively waiting or moving into position to receive or take the ball. This means that you aren’t standing around upright, feet together, gazing around just waiting for the ball to come to you; you are actively moving your feet in preparation. If you are waiting in a spot, your feet are apart and ready to move at a moment’s notice. We also put on special shoes (cleats) that help us to both hold our position and to gain traction to get where we want to go quickly. God wants you to be ready like this in the battle against sin. He wants you to use the confidence you have in Jesus to be able to flee from a situation you know is wrong that may tempt you to sin (defense), and also to move you towards sharing the Good News about Jesus with other people so that they may be prepared (offense). This is what is meant by “feet of readiness.”

### Grow (*Talk it over*)

- Why should our feet always be ready to move in our sport?
- How can you be ready to share the Good News about Jesus with others?
- What can you do to prepare yourself to move away from situations that tempt you to sin?

### Pray

Father God, Thank you for sending Jesus to bear the burden of our sin. Help us to have ready feet, God, that will guide us away from the temptation to sin and to move us toward others in order to share the Good News about Jesus. We want everyone to receive the amazing gift of salvation! In Jesus’ name, Amen.

### Overtime (*optional game for reinforcement*) The Right Fit

Have players sit in a large circle, take off one of their shoes and throw them in the center. The goal of the game is for everyone to get their shoes back on within 1 minute (adjust time for age). The trick is, they are to find the shoe for the person sitting to their right. When you say “Go”, each player will run to the middle and try to find the shoe of the person to their right and bring it back with them to their spot. When the owner returns, they make sure it’s the right shoe and hand it over. Before players start, make sure they know who the person is next to them and study the shoe, even check the size because some shoes may be the same. Encourage players to help each other tie shoes if necessary to make it back in time. This is a whole team activity and everyone needs to return with the correct shoe within one minute.

*After Say:* Great job, everyone! The right shoes make a difference! Could you play your best if you had the wrong shoe on? What if it was too small? Or too large? You would not be prepared for the game if your shoes kept flying off because they didn’t fit well. Having your feet ready is important not only in your sport, but also in protecting you from the temptation to sin and in sharing the Good News about Jesus with others.