

## The Armor of God

### Ready (*Plant the seed*)

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. Ephesians 6:10-11

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

How many of you have watched superhero movies, like the Avengers or the Justice League? How can you tell who are the good guys and the bad guys? (Allow time for answers). The good guys, or heroes, are always trying to help people and the bad guys, or enemies, are always trying to stop the good guys. The Bible tells us that we have an enemy here on Earth, called Satan, who is always trying to tempt us into sinning. But God is our protector and Jesus is our hero. When we accept the free gift that Jesus has given us by asking forgiveness for our wrongdoings and inviting him to be the Lord of our lives, he walks through the battle with us. This season we are going to learn how to put on the armor of God, like a soldier, to help us fight against the temptation of sin.

In sports, the drive to win can tempt us to sin. What examples can you think of? (cheating, gambling, hurting people, being a poor sport, ignoring coaches, yelling at the refs, etc.) Yes, it can be easy to fall into these traps. The best way to guard against falling into sin is to arm yourself with the armor that God gives you and allow Jesus to be your hero, your defender, and the Lord of your life. Following Christ's example of humility, love, honesty, and integrity not only helps to protect you from falling into sin but shows others what it means to be a Christian.

### Grow (*Talk it over*)

- How do you show good sportsmanship on the field?
- Why is it important to be humble, honest and have integrity as a Christian athlete?
- What things do you do now to help avoid the temptation to sin?

### Pray

Father God, thank you for being our mighty protector and for sending Jesus into battle with us. This season please help us to learn how to become strong against temptation and honor you with our words and actions. Let us be good examples to others that they may see you through us. In Jesus' name, Amen.

### Overtime (*Optional game for reinforcement*)

Materials: balls, cones

Directions: Pair up players with one ball and one cone. Have teams of two spread out across from their cone. The object is to hit the cone with the ball, so place them far enough away that it is hard but not impossible. At first, let them take turns trying to hit the target. After a few rounds, move one of the players in front of the target to play defense.

After play discuss: "Great job, everyone! That cone was a great representation of us and how we navigate the world of sin. There will be a lot of hard things thrown your way in life and you will have to choose to stand with God and do the right thing. It was a lot easier to avoid the ball when you had a defender protecting you, wasn't it? God does that for you! He is your protector! If you stand firm with him, you will be much more able to avoid the temptation to sin."