

HELMET OF SALVATION

We can trust God to protect our thoughts (Ephesians 6:17a)

Read: 1 Samuel 17 = A boy who didn't need armor

Talk: Ask these questions and discuss together

- How do you think David felt under all that armor?
- What problems could come from wearing armor that's not made for you?
- How do you think David felt as he got ready to fight Goliath?
- What thoughts was God protecting him from?
- Although David fought Goliath without armor, what protection did he have? How did David know he could trust God's protection?
- How can we know we will be protected with the armor of God?

Activity: Gather an empty milk jug, scissors, and markers/buttons/yarn to decorate

1. Use a marker to trace out a helmet shape for cutting
2. Cut out a helmet shape
3. Label and decorate



(Be sure to keep the "Helmet of Salvation" in a safe place for future lessons to use as a review tool and add other pieces of armor to it.)



Pray: Thank you, God, for giving us the helmet of salvation. Protect our minds from things that would lead us away from you. Help us encourage each other to think about things that will lead us to trust you more. Amen.