

## **Armour of God – The Belt of Truth**

God has given you His whole armour, to protect you from head to toe. This week lets look at the belt of truth.

Read Ephesians 6:11-14

Put on all of God's armour so that you will be able to stand safe against all strategies and tricks of Satan. For we are not fighting against people made of flesh and blood, but against persons without bodies—the evil rulers of the unseen world, those mighty satanic beings and great evil princes of darkness who rule this world; and against huge numbers of wicked spirits in the spirit world.

So use every piece of God's armour to resist the enemy whenever he attacks, and when it is all over, you will still be standing up. But to do this, you will need the strong belt of truth.

### **Game – True or false**

All start at one end of the room your garden. One person asks true or false questions and when you get it right take one step forward. Continue until you have all crossed the finish line, got to the other side.

Ideas for questions – think of more before you start the game

**True** or false – Jesus was born in Bethlehem

True or **false** – The Bible was written by Moses

**True** or false – Genesis is the first book in the bible

True or **false** – Giraffes have short necks

**True** or false – Jesus died for the sins of the world

True of **false** – Tigers have spots

True or **false** – It always snows in summer

True or **false** – Polar bears live in the jungle

**True** or false – In the painting of the Mona Lisa she has no eyeborws

True or **false** – The film Inside Out is about washing clothes

True or **false** – Sloths are really fast

True or **false** – Birds live underwater

**True** of false – Noah built the ark

True of **false** – Jesus got eaten by a big fish

### **Have a chat**

- What is a belt and what does it do?
- Do you have a belt?
- Talk about different types of belts – leather, cloth, metal, plastic C
- Who wears a belt? carpenters, plumbers, policemen, firemen, superheroes, bob the builder, we all might have a belt
- Plumbers/carpenters to hold their tools – so they have all their equipment with them when they need it.

### **So what is the belt of truth?**

The belt of truth is more like a tool belt. We can't go to the shops and buy one. God's armour is something that we have to learn to put on every day by learning new things about God and changing our attitudes, how we think about life and other people.

So when we put on the belt of truth, that means we learn about the truth of God and we keep it close to us.

Older ones - can you think of any truths about God? Write them down

Jesus is our Saviour

God hears me when I pray

God is on my side

I can worship Jesus at any time

Jesus died for us

<https://ministryark.com/katy/wp-content/uploads/2016/06/Is-this-truth.pdf>

If we believe the truths we have written down, then we know the truth and it means that God will always be with us when we face difficulties each day. The belt of truth holds our lives together and guides us in the right path.

### **Song**

Sing to Heads, shoulders knees and toes

Sing it through , then remove one piece of armour at a time; last time sing it with all the armour back in and really fast

Now work on adding actions for each of the pieces of armour

Belt, breastplate, shoes and shield,

Helmet and sword,

Belt, breastplate, shoes and shield,

Helmet and sword,

This is the armour of our Lord,

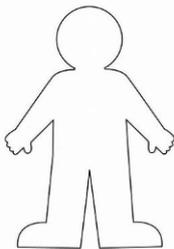
Belt, breastplate, shoes and shield,

Helmet and sword.

### **Craft**

If you have a roll of spare wallpaper draw around someone and each week draw on a piece of God's armour

Or draw an outline like the one below and draw on the armour each week



### **Make a belt**

By cutting a strip of paper and put on buckle with the word, 'truth'

### **Prayer**

Pray that God will help you remember that the armour is there and what it's used for so you can fight the bad with the good. Thank you for your Word and the truth shows us the right way to live.  
Amen