

# Parent Guide

## ACTIVITY: ALUMINUM ARMOR

### What you Need:

Bible, scissors, and rolls of aluminum foil

### What you Do:

Choose one family member to be the soldier. As a family, dress that person in aluminum armor. You will create a breastplate, shield, and helmet with aluminum foil.

Say, "In our Bible story, we heard about a special armor. It's kind of like what a soldier wore a long time ago when they would go to battle. Let's use this aluminum foil to make some pretend armor. (Make the aluminum armor together.)

"This is a helmet. (Put on the aluminum helmet.) When we trust that God loves us so much He sent Jesus to be our friend forever, it's like wearing a helmet to protect us.

"And this is a breastplate. (Put on the aluminum breastplate.) When we trust God and go His way, it's like wearing a breastplate to protect us.

"This is a shield. (Hold up the aluminum shield.) When we trust God, it's like holding up a shield to protect us from danger.

"And this (hold up a Bible) is the . . . (pause). Yes! This is the Bible. The Bible is like a sword. When we trust God and follow what He says, it helps us battle what is wrong and do what is right.

"When we trust God, He gives us special armor to protect us. It's not the armor we wear like clothes. It's a very special armor that protects us when we trust God and go His way. Tell me, who can trust God? I can trust God! Yay! I can trust God!"

## Bible Story

Armor of God  
(Ephesians 6:10-17)

## Remember This

"Trust in the Lord with  
all your heart."

**Proverbs 3:5, NIV**

## Say This

Who can trust God? I  
can trust God.



## Prayer

Dear God, thank You for giving us so many special things to remind us that we can trust You. Thank You for the helmet that reminds us that Jesus wants to be our friend forever, the breastplate to remind us that going Your way will protect us, and the shield to remind us that trusting You will protect us. And thank You for giving us the Bible to teach us how to go Your way. We love You, God. In Jesus' name, amen.