



HERO TRAINING





Group Time Guide

Supplies Needed: Shield craft pages, markers.

1. Time to Talk

Look Up and Read: Ephesians 6:10-18. These verses are about “armor” that God gives us.

Discussion Questions:

- Why did people used to wear armor? (to stay safe in battle.) Can you think of anything we wear that protects us from being hurt today?
- The question Josh and Beka read was “What do I do now that I follow Jesus?” What would you say if someone asked you that?
- Why do you think those verses compare things like truth, faith, and godliness to armor? (You could talk about how those things keep us living the way we were made to live, protecting us from doing what is wrong or hurtful.)

Ask: Is there something happening that is exciting right now? Is there anything happening that is tough for you right now?

Pray: Talk to God, including relevant things mentioned in your discussion.

2. Activity

Do This: Give each kid a shield craft page. They can draw and color the shield!

Say This: All the “armor” we read about earlier comes from being friends with God, like having faith, knowing what’s true, and doing what God says is right. God made us all to live a certain way by following Him and making wise choices.

Discuss: While they draw, discuss these questions:

- Does living the way God made us to happen all at once, or does it take time and practice? (It takes time and practice.) What are some other things you practice? (Music, sports, art).
- How do we “practice” following God? (Some ways are: Spending time talking to Him, reading about Him in the Bible, putting Him first, learning about Him at church.)

The Point: God made us to follow Him, and He’ll train us and help us grow every day!