

Lesson Plan

January 25th, 2026

This Month's Truth: I Am Secure—God is Always with Me

Bible Story: Armor of God (Ephesians 6:10-20)

Theme Verse: Jesus Christ is the same yesterday, today, and forever. (Hebrews 13:8)

Teachers rally with your team a few minutes before kids start to arrive: Rally is a pre-service time for you to be expectant and equipped before the kids start arriving. Go over the lesson and any ideas for the day! Pray over your space and for the kids that will be coming that they will be connected to the person of Jesus!

Share: We are teaching kids about the armor of God in Ephesians 6. Our focus will be on prayer. When we trust and follow God, we can know He is always with us, and we can turn to Him in prayer. (Read Ephesians 6:10-11.) Kids will learn that we can turn to God through prayer and know He strengthens us to follow Him in everything.

Pray: Ask God to help kids learn that they can pray anywhere, anytime, and know God listens and responds, because He is always with them.

Pre Service

Arrival time, please use this time to build relationships with kids and encourage them to build relationships with one another.

Service

What To Do:

- **Teacher** Start 5-minute countdown **5 minutes prior to service start time.** The Countdown Video is meant to be played as a signal to transition to Large Group. The video is fun and interactive with opportunities for the kids to respond and cheer. Help kids engage and interact with the video by calling out what's happening, asking for their guesses, and cheering with them.

Teacher Opener: Hi, everybody! I am ____, and I am so glad you are here today! To get us started, I am going to list some things that always happen, like the sun always rises in the east!

Where does the sun rise? (In the east!) Spring comes before summer, and summer comes before fall. Which season is between spring and fall? (Summer!) Because of gravity, what goes up must come down! What goes up must come what? (Down!) That is right!

Those are some things that are always going to be true. But I have one more always-true thing. No matter where you are, what time it is, or what is happening, God is always awesome! That is our Theme for today, God is, repeat after me (hold up a thumb after each word), “Always awesome!” (Always awesome!)

Game: Armored Rock, Paper, Scissors

What You Say: We are going to play “Rock, Paper, Scissors!” What are we going to play? (Rock, Paper, Scissors!) But this game of “Rock, Paper, Scissors” has a twist—I call it “Armored Rock, Paper, Scissors!”

A long time ago, knights wore suits of armor. This armor was made up of several different pieces, like shoes, a belt, a shield, a sword, and a helmet. We are going to play “Rock, Paper, Scissors” to see who can get their armor on first!

Here is how you play. Everybody will be in the “Shoes” pose. (Crouch down.) You will find another player who is also in the Shoes pose and play “Rock, Paper, Scissors.” If you lose, you stay in the Shoes pose. If you win, you move up to the next pose—“Belt!” (Bend over halfway.)

If you are in Belt pose, find another player in Belt pose and play “Rock, Paper, Scissors.” If you win that game, move up to the “Shield” pose! (Cross your arms in front of your chest in an X.) If you lose, drop back down to Shoes pose, and look for someone else who is also in that pose to compete in “Rock, Paper, Scissors.”

In this way, each time you win, move up to the next pose—Shoes (crouch) to Belt (bend halfway). Then Shield (arms in an X), Sword (one arm out to the side), and Helmet (both hands above your head). If you lose, drop down a pose until you get back to Shoes. If you lose when you are in Shoes pose, just stay there and keep playing.

I will play some music. Let’s see who can get all their armor on before the music stops! (Start the music (use the preservice music and pause it when needed) and continue to remind kids of how to do the poses and what to do when they win and lose.)

Keep It Going: Play multiple rounds. Direct the kids who reach Helmet pose to play each other until there is one winner.

Loud and Clear: Way to play “Armored Rock, Paper, Scissors!” Knights wore armor to keep them safe in battle. They felt secure knowing their feet, waist, arms, and head were safe because of their armor. But I know a better way to feel secure. Because God is always awesome, you can be sure that He is in control of every situation in your life! If you feel like you are living in a battle right now, know that God is better than any suit of armor. You are secure! This means God knows what we need and is able to hold us fast no matter what we face. Point to yourself and say, “I am secure!” (I am secure!) That is right! Why? Because God is, repeat after me (hold up a thumb after each word), “Always awesome!” (Always awesome!)

Transition Script to go into the Intro Video: Pretend like you are holding a phone and push an app icon to order an incredible food delivery. Let me know you are done by showing me how excited you are for your “delivery!” (Allow time.) So excited! Stay excited as we watch a video about a delivery guy named Dominic. If you are ready for our video to get delivered, say, “I am ready!” (I am ready!)

Play Intro Video

What You Say: Things would have gone a lot better for Dominic if he always had his backpack with him! Everyone, say, “So much better!” (So much better!) Today, we get to learn that our lives are so much better when we know we are secure in God! We can know we are secure in God when we remember that God is always with us. Point to yourself and say, “God is always with me!” (God is always with me!) Point to a neighbor and say, “God is always with you!” (God is always with you!) No matter where we are or what is happening, we can know that God is always with us.

Worship

What You Say: Let’s all come up front and worship together this morning!

What To Do:

- Turn lights off
- 2-3 songs of worship

- Teachers and Small Group Leaders worship with the kids, modeling what it looks like to give God our praise. Stand in the front of the room, or next to the kids- but not in the back.
- Dismiss the kids back to their seats when the songs are over

What To Do:

- Have the kids **open up** a physical Bible and find the Bible story for that day.
- Use the Bibles provided in the classroom if a kid does not have their own Bible with them.

Transition Script to go into the Bible Story Video: (Open the Bible to Ephesians 6:10-20.) Today we are learning from the Bible. The what? (Bible!) The Bible is God's true message about Himself. Our story today is from the book of Ephesians. Everyone, say, "Ephesians!" (Ephesians!) Let's look together in Ephesians to see how God wants us to know we are always secure in Him! Point to your neighbor and say, "You are secure!" (You are secure!) Point to yourself and say, "I am secure!" (I am secure!)

Play Bible Story Video

Questions to consider asking after the video:

- What is something that you learned about God from the video?
- What is something that you learned about people?
- What can you take away from the video?
 - How can you apply the lesson from today into your life?

Making The Connection Script: Paul reminded the Christians in Ephesus that, while they would face trouble in this world, their battle was not against people but against spiritual forces. When we experience brokenness and difficult things in this world, we can stand strong by remembering that God is always with us. We can resist the devil and temptation when we "put on" the armor of God.

We can put on the belt of truth, which means we can remember and believe what God says is true. We can put on righteousness like armor over our chests, which means we protect our hearts and thoughts by following what God says is right. We can put on the gospel of peace like sandals, which means we walk in the peace and security that comes from having a right relationship with God. We can carry a shield of faith, which means we trust and believe that God is with us and will help us. We can wear salvation like a helmet, which means our minds are

sure and confident in the forever relationship we have with God through Jesus. And we can carry the Word of God like a sword, which means that we can fight the lies of the enemy with truth from the Bible.

Paul knew it would not always be easy to stand strong. But when we are tempted to sin or struggling with a choice, we can pray and ask God for help. Praying is like putting on this armor over and over again. When we pray and talk to God, asking Him for help and guidance, we can know that He loves us and is always with us. Say, “God is always with me!” (God is always with me!)

Use the Three Circle Graphics on the Playlist

(Circle 2) But why do we have those struggles and feelings in the first place? Ask, “Why?” (Why?) We can struggle with wrong feelings and responses because of brokenness. The brokenness of our world leads to broken relationships with people, which can feel like a big deal. God even has a word for our brokenness—sin. Sin is when we choose to do what we think is best rather than what God says is best. Sin breaks our relationship with God, our Creator, and it carries a punishment—separation from God forever. Everyone has sinned. No one is perfect! No matter how hard we try, we cannot fix our sin or our relationship with God on our own.

(Circle 3) But there is good news! Everyone, say, “Good news!” (Good news!) God sent His Son, Jesus, so we could have a restored relationship with Him and with others. Jesus lived a perfect life because He never sinned. Jesus came to take the punishment for our sins instead of us. He took that punishment by dying on a cross. Jesus rose on the third day, showing that He is more powerful than both sin and death and that He is the King over everyone and everything! We can ask Jesus to forgive our sins and be the leader of our lives. That is called trusting in Jesus! When we trust in Jesus, we can see that our biggest enemy is not people but sin and God’s enemy, the devil, and the temptations the devil brings. We can know that we can talk to Jesus, ask Him for help, and listen to Him all the time. He fights on our behalf.

(Circle 1) When we trust in Jesus, our relationship with God is restored! That means we can be assured our prayers are heard by God, even if He does not answer our prayers like we expect. Like Paul demonstrates in Ephesians, our prayers help us stay close to God. It is like we are putting on armor to stay strong in the battle against sin. If you have questions about having a relationship with God through Jesus or want to know more about prayer, please come and talk to me! God loves you so much and made a way for you to be with Him forever!

We are secure in God and can know that God is always with us. God is always what? (With us!) That is right! Say, "God is always with me!" (God is always with me!) Because He is, repeat after me (hold up a thumb after each word), "Always awesome!" (Always awesome!)

Offering

What To Do:

- Play video explaining offering to kids
- Play offering time video while kids pass the bucket
- Ask a student(s) to come up and pray over the offering

Theme Verse Review:

Choose between the Video-Led Theme Verse option or the Host-Led Theme Verse option.

Theme Verse Motions: Jesus Christ is the same (Point your right hand up to the sky with an open palm.)

yesterday, today, and forever. (Bring your hand down and pretend to slice something. Slice something in the middle with your left hand. Slice something to your left with your right hand.) Hebrews 13:8 (Hold your hands out like a book.)

Option #1: Put the memory verse slide on the screen.

What You Say: We are secure because God has always been awesome, is awesome, and will always be awesome! Stand up and let's learn our Theme verse to remind us that God is always with us!

Repeat after me: (Use the motions above.)

Jesus Christ is the same (Jesus Christ is the same)

yesterday, today, and forever. (yesterday, today, and forever.)

Hebrews 13:8 (Hebrews 13:8)

Great job, everybody! Now, let's say the verse again. But on every other phrase, crouch down and stand up, like this! "Jesus Christ (Crouch down.) is the same (Stand up.) yesterday (Crouch down.), today (Stand up.), and forever. (Crouch down.) Hebrews 13:8 (Stand up.)"

Jesus Christ is the same (Jesus Christ is the same)

yesterday, today, and forever. (yesterday, today, and forever.)
Hebrews 13:8 (Hebrews 13:8)

Nice crouching, everyone! This Bible verse teaches us that Jesus is always the same. He is always good, always loving, and always with us, no matter our circumstances! We are always secure! We are always what? (Secure!) That is right! God is always with us because He is always (hold up one thumb) awesome (hold up the other thumb).

Option #2: Play Memory verse video

What You Say: We are secure because God has always been awesome, is awesome, and always will be awesome! Let's learn our Theme verse to remind us that God is always with us!

Play Memory Verse Video

What You Say: This Bible verse teaches us that Jesus is always the same. He is always good, always loving, and always with us, no matter our circumstances! We are always secure! We are always what? (Secure!) That is right! God is always with us because He is always (hold up one thumb) awesome (hold up the other thumb).

Large Group Closing:

What You Say: Our God is always (hold up one thumb) awesome (hold up the other thumb). He has always been, is, and will always be awesome. One way He is awesome is that He is always with us! No matter what situation you find yourself in, God is always right there with you. You can know you are secure because God is always with you. Say, "God is always with me!" (God is always with me!) Like we learned about in our Bible story, let's pray and talk to God in 3-2-1.

Closing Prayer: God, thank You for always being with us. We can trust You when You say You are always with us, even if we do not feel like You are near. No matter what is happening, we can pray and talk to You and know that You listen. There is nothing that could stop You from being with us. Thank You for the security we feel when we remember that. Please remind us of this truth when life brings us troubles. We love You! Amen.

Transition to Small Group Time: Split the kids into small groups. This can be done either by age, grade, or gender.

Small Group Time:

Option #1: Connection Questions

What To Do: Let's keep learning about our always awesome, always with us God!

1. What is something that you like to keep close to you? (Allow answers and add your own.)
2. A locket with your loved one's picture is always close to you and may help you feel better in a sad or scary situation. How can it help you to remember that God is always close to you? (Allow answers which may include the locket is close, but God is even closer; even if I lose the locket, God is always with me; the locket cannot help me, but God can; and so forth.)
3. The Bible tells us we are secure because God is always with us. Let's open our Bibles to Ephesians 6:10-11 and read about it together. (Invite kids to open their Bibles. Read the passage aloud or invite a kid who volunteers to read the passage aloud. Be sure to have Bibles available for kids who need one. Help kids find the passage so everyone can follow along together.) These verses tell us to put on the full armor of God. What this basically means is to wrap your thoughts, attitude, and life in the truth that God loves you, rescues you from sin, is always with you. What are some ways you can remind yourself that God is always with you? (Allow answers and share your own answer, which might include pray, come to church, read my Bible, and so forth.)
4. When we trust in Jesus, He restores our relationship with God! What is something cool about having a restored relationship with God? (Allow answers, which might include I can know that I am always secure no matter what; I can trust God with my troubles; and so forth. Kids might try to answer saying that God will get rid of their troubles. Gently remind them of the Bible story and how, no matter what troubles we face, God is always with us and in control.) If you have never trusted in Jesus but want to, please come and talk to me! I would love to tell you more about the gift God has given us through His Son, Jesus.
5. The Bible tells us we are always secure because God is always with us. God is always with us because He is always (hold up one thumb) awesome (hold up the other thumb)! What is something you learned today? Is there anything you have questions about? (Allow kids to answer and share your own answer.)

Option #2: Surrounded and Strong

Leader Tip: If needed you can use the printed version instead.

What To Do: Today we learned about the armor of God from Ephesians 6. Paul was not writing about physical armor but about protecting our minds and hearts with the truth that God loves us, rescues us from sin, and is always with us. This will help us stand strong against the devil, temptation, and the brokenness that comes from sin. So let's make pictures that will help us remember that God is always with us, and He helps us stand strong!

First, draw a picture of yourself in the center of your paper. Make sure you draw your whole body. At the top of your paper, write our Main Idea from today: **God is always with me.** On the bottom of your paper, write today's Bible story: **The Armor of God (Ephesians 6:10-20).** (Allow time.)

The first piece of armor Paul wrote about was the belt of truth, which means that we can stand strong when we trust and believe what God says is true. So choose a color and draw a belt around yourself. (Allow time.)

Now we are going to draw the rest of the armor on our picture. An armor of righteousness over your chest, means that following what God says is right helps protect your heart and life. So draw a piece of armor over your chest. The gospel of peace on your feet like sandals means you can walk every day in the good news that comes from having a right relationship with God. draw a pair of shoes on your drawing. The shield of faith means you can trust and believe God is with you and will help you, fighting against the lies of the devil. Now draw a shield in one of your arms. We can wear salvation like a helmet, which means our minds are sure and confident in the forever relationship we have with God through Jesus. So, draw a helmet on your head. And the Word of God like a sword means you can fight against the lies of the enemy and the brokenness of the world with the truth that comes from the Bible. Draw a sword in your other hand that isn't holding the shield.

Loud And Clear: It is so great to know that God is always with us, and He helps us stand strong as we follow Him. Whenever we are upset, confused, or tempted to sin, we can pray and ask God to help us stand strong and follow Him. When we pray and talk to God, He always listens! He is always with us and always helps us follow Him. Say, "God is always with me!" (God is always with me!) We can wear this armor every day and know we are secure in God!

Option #3: Activity Page

What To Do: This activity page helps us remember some big things we have learned about today. As you color and work on activities, talk to a friend about some of your favorite parts of our time together.

Loud And Clear: Paul used an example of someone wearing armor to remind the people that they are secure because God is always with them. This is true for us today as well! We are secure because God is always with us! God is, repeat after me (hold up a thumb after each word), “Always awesome!” (Always awesome!)

Close out in prayer:

What To Do:

- Ask for any specific prayer requests
- Pray with the group
- Lead the group in the prayer below.

What You Say: God, thank You for always being with us. We trust that even when we face troubles, You are with us, and You are in charge. You can handle any situation! Because we know this, we also know we are secure. Help us to pray and talk to You, remembering that You are strong enough to handle anything. We love You! Amen.

Dismissal:

Leader Tip: Work with your team to dismiss the kids in a fun, manageable, and safe way. As kids leave, make sure they have all of the crafts and papers. Share with the person picking them up something positive you observed today. Invite them back next week.