



Hello Heroes!

God wants you to be an everyday hero when you put on His armor. When we hold up the shield of faith, we can remember that God promises to be with us and take care of us!

Let me hear you say this after me: (Demonstrate, then have them repeat it with you)

Hold Up (put one fist in the air)

The Shield of Faith (bend arm like holding a shield)

Memory Verse:
“Put on all of God’s
armor.

Ephesians 6:11



Hold Up

(put one fist in the air)



the Shield of Faith

(bend arm like holding shield)

READ THE BIBLE

Say: “There’s a story in the Bible about when Jesus’ friends learned they can trust that God is taking care of them. Let’s read their story together!”

- Click on the link below or find them on our Harborside Kids Website: [Preschool Bible Story Cards](#)
- **Now we need your help finding out who the “Everyday Hero” is this week!** Watch our Bible Story Skits to find out.

[Bible Story Skit](#)

- Let us know what hero you met by clicking on the “Everyday Hero Challenge” button with your answer on the website.

NEED TO KNOW

Hold Up (put one fist in
the air)

The Shield of Faith
(bend arm like holding
shield)



LET'S PRACTICE - We are going to walk your child step-by-step through the meaning of Faith while we build a Shield of Faith.

Supplies: crayons, scissors, tape, straw or string, paper plate/construction paper

Say, "I want everyone to close their eyes and make sure they are shut tight. (Kids will close their eyes)

Now, even though you can't see me, do you believe I am still here? (Yes)

You believed that I was still here, even when you couldn't see me. We do this same thing with God. We can't see Him, but we believe and trust He is with us. That's called having faith in God.

So we are going to make our own shield to help you remember to hold up your shield of faith. It will help you remember that God is always with you and taking care of you.

{Hand out paper plate/cardstock/ shoe box lid}

Draw a picture of a cross. Show it to your kids.

Ask, Is this a cross or a house? (cross)

Yes! The Bible teaches us that God sent Jesus to die on a cross and come back to life. He did this to make a way for you and me to live in Heaven one day. Because He did this for you and me, we can have faith that He is taking care of us!

{Have kids draw a picture of a cross on their shield}

Does God promise to always love us? (Yes)

Yes! God loves us all the time. If we ever feel scared or worried, we can hold up our shield of faith and remember that God loves us!

{Have kids draw a heart on their shield to remind them of God's great love for them.}

Let me see you give yourself a big hug. (Everyone will give themselves a hug)

Do we show love by helping others or hitting others? (Helping others)

You got it! God loves you so much! In the Bible, God promises to help us when we hold up the shield of faith.

Let me see you make a sad face. (Everyone will make sad faces).

Now, let me see your maddest faces. (Everyone will make mad faces).

Oh wow! Sometimes things happen that make us feel mad or sad, but our shield of faith can help us remember that God promises that He is with us & takes care of us!

{Flip plate so you are looking at the back side. Bend the straw and tape the ends to the back of the plate to create a handle. }

Now you have your Shield of Faith! Have kids hold it and declare

" I will hold up the shield of faith!"



Color and Reflect

As kids color this week's coloring sheet (A shield of faith) , ask them some questions and engage with them about what they learned. Invite Holy Spirit to guide your conversation with your child.

COLORING SHEET

- Can we learn about God's promises by reading the Bible or reading a coloring book? (Bible)
- When you are feeling scared, will your shield of faith or football helmet help you? (Shield of faith) Yes! When we hold up our shield of faith, we remember that God is with us, and He will help us!

GAME - BALLOON BATTLE

Supplies: shield of faith, balloons or paper balls

1. Blow up a balloon or make a paper ball.
(optional: draw arrows on the sides)
2. Make sure each person has their Shield of Faith
3. With two people, paddle the balloon back and forth with the shields. Shout "I have faith in God!" or "God is on my side!" everytime you hit the balloon.

GAME - Faith Ball

1. Give every child a paper plate shield. (or the shield included in your supply bag)
2. Have them all line up and stand a couple feet away.
3. Gently toss crumpled balls of paper at the children. (Not towards their heads, of course.) The kids have to use their shields to block the "arrows" flying toward them.
4. Once they are hit, they are out. They can help throw the paper balls or you can take turns with them.

WORSHIP AND PRAYER

We encourage you to worship with your children!

Put on one of your family's favorite worship songs and worship together. Sing to God, dance for Him and tell Him how much you love Him!

You are teaching your kids just by demonstrating authentic worship yourself.

As you and your children worship, lift up your prayers to God over them. Pray that:

- God would give them faith eyes to see
- God would be a hedge of protection around them all their days
- They would grow up trusting Jesus in every season.



MEMORIZE IT

Say, “When we put on all of God’s armor, it makes us strong so that we can stand up to any evil that comes our way. There’s a Bible verse that helps me remember to put on God’s armor every day. Let’s learn it!

“Put on all (move hands from top of body to toes)

of God’s (point up with both hands)

armor.” (hands on hips)

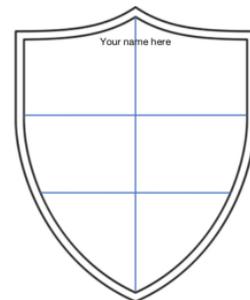
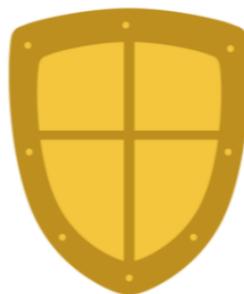
Ephesians 6:11 (make book with hands)

Don’t forget to mark off every day you practice the memory verse on our [COLORING CALENDAR](#). By the end of the series you will have this verse MEMORIZED!

ASSEMBLE YOUR SHIELD

Hey Parents! At the end of every lesson each week, your child gets to “assemble” the piece of armor we talked about. This means they get to draw that piece of armor on the shield.

Let’s Hold Up The Shield of Faith!



Go ahead and help your kids draw their Shield of Faith!

If you need a shield, you can print our [SHIELD TEMPLATE](#) or draw out a shield in the same fashion we have displayed.

These shields will be used every week for the entire series so make sure you keep them somewhere safe until next week’s lesson. Every HERO needs their own shield.

GAME- “HERO I SPY”

-Say: I spy, with my hero eye, something that is....”

-Begin by giving clues of the color.

-Continue giving clues until the object is guessed.

-Take turns being the one who “spies” the object.