

Materials:

- two oranges
- a glass bowl large enough for two oranges to be completely submerged
- water
- Bible

Read Ephesians 6:10-17 ¹⁰ Finally, let the Lord make you strong. Depend on his mighty power. ¹¹ Put on all of God's armor. Then you can remain strong against the devil's evil plans. ¹² Our fight is not against human beings. It is against the rulers, the authorities and the powers of this dark world. It is against the spiritual forces of evil in the heavenly world. ¹³ So put on all of God's armor. Evil days will come. But you will be able to stand up to anything. And after you have done everything you can, you will still be standing. ¹⁴ So remain strong in the faith. Put the belt of truth around your waist. Put the armor of godliness on your chest. ¹⁵ Wear on your feet what will prepare you to tell the good news of peace. ¹⁶ Also, pick up the shield of faith. With it you can put out all the flaming arrows of the evil one. ¹⁷ Put on the helmet of salvation. And take the sword of the Holy Spirit. The sword is God's word.

The Lesson

Talk about what each piece of armor stands for and how it helps us stand against the devil.

Ask your children to pretend to put on each piece of armor as you discuss how that particular piece might help them throughout their day.

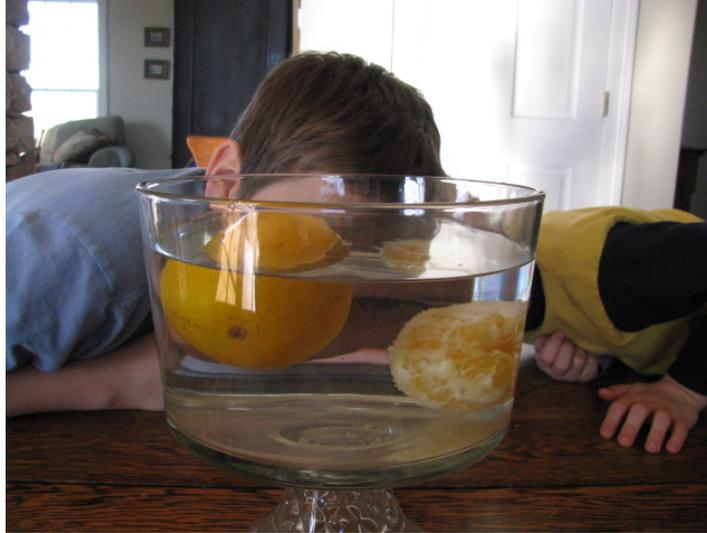
Action: Place both oranges in the bowl with their "armor" on. (In other words, keep the skin on both oranges.) Talk about how the oranges are floating, or "standing firm" in the water.

Little by little, begin peeling away some of the "armor" (skin) of one of the oranges. You might peel off a chunk and say something like, "Uh oh, this orange forgot to put on his belt of truth. When someone says something ugly about him today, he might believe it. If he believes that lie, instead of the truth that he's wonderfully made, he might not stand as firm in the water."

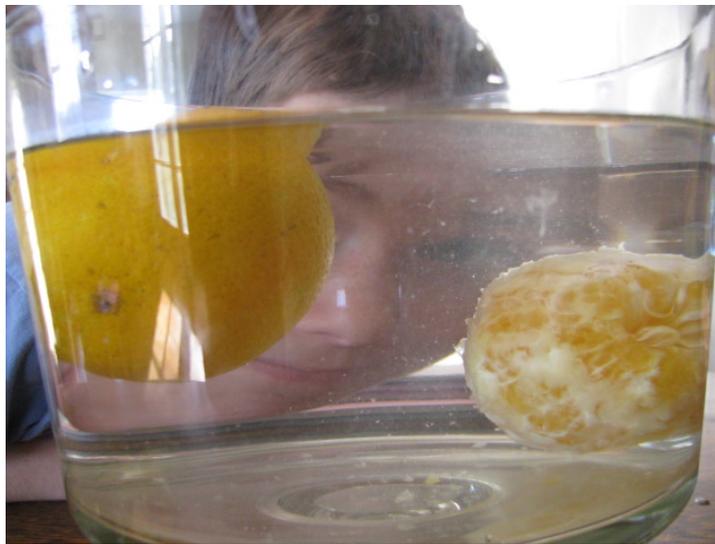
Place the orange back in the water and notice that, although it doesn't sink completely, it begins dipping further in the water than the orange still wearing all its armor.



Continue on this way, peeling back a little at a time, talking about a new piece of armor the orange forgot to put on, talking about how that might affect his day, and then placing the orange in the water to see it sink more and more each time.



By the time you remove all of the armor, the orange will completely sink. It is not able to “stand” at all.



Challenge your children to think purposefully each day about putting on each piece of armor. Maybe you could even pretend to put on each piece together every morning. When I purposefully try to put on my own armor, I know I’m able to stand more firmly against the devil’s wily schemes. I bet kids can, too!