

KIDZ ROCK ONLINE

AUGUST 22



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GET IN THE MIX

AT HOME ACTIVITIES



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TODAY'S HOPE IN THE FAMILY ACTIVITIES

HEY FAMILIES!

It's important to use what God has given you to stand strong, every day. When you put on your armor of God, you can be confident that you're never alone. God is always with you, doing His good work and helping you face anything you go through."

PRAY TOGETHER

"Dear God, thank You for giving each of us armor so we can stand strong and fight against any doubt, fears, or challenges we might face. We want to use what God has given you to stand strong. Help us use the armor You've given us to remember what is true and defend ourselves when we're tempted to believe things that aren't true about us. Help us believe the truths that are in Your Word, the Bible! Thank You for the Bible, for Jesus, and for Your strength and power to live the way You want us to. We love You, and we ask these things in Jesus' name. Amen!"



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ACTIVITY 1: SWORDS

WHAT YOU NEED

“Sword” Activity Page, “Shield,” “Breastplate,” and “Shoes” Activity Pages, Bible, cardstock, foil sheets, stapler

WHAT YOU DO

- Pass out a “Sword” Activity Page
- Instruct the kids to color the handle of their swords and cut the sword out.
- Show the kids how to wrap the foil around the blades of their swords.
- Encourage the kids to work on making their own “armor.”
- Give each kid the following: Piece of cardstock to cut into strips and staple together as their “belt of truth”, scissors, “Shield,” “Breastplate,” and “Shoes” Activity Pages to cut out
- Foil sheets to form on the top of their head as a helmet
- Be prepared to help. You may need to: Show the kids how to fold down the tab at the top of each “shoe” and stick it inside the tongue area of their own shoe.
- Show the kids how to tuck the tab at the top of their breastplate into the top of their shirt.



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- Show the kids how to form the sheets of foil into a helmet on their head.
- Show the kids how to cut strips of cardstock and staple them together to make a “belt of truth.”
- As much as possible, simply show kids how to make the armor and let them copy you and “learn by example.”
- As the kids work, read Ephesians 6:13-17.
- Have them stand and pantomime putting on each piece of armor.

WHAT YOU SAY

“Let’s put on our armor! We have the belt of truth, which reminds us that God will give us the wisdom we need to make tough decisions. We have the breastplate of righteousness—when we make wise choices that honor God; like when we love God and love others, we’ll be protected! God gives us exactly what we need to protect us and keep us safe! He’s given us what we need to stand strong. Sure, we won’t actually wear real armor as we play with our friends or hang out at home, but the ‘armor’ God gives us will help us stand strong. So, remember, use what God has given you to stand strong.”







