The belt of truth

Ephesians 6:10-14; John 8:31-32

> God's truth helps us stand firm and live honestly.

What children should be able to do by the end

Explain that Paul's belt represents truth and replace one false claim with a truthful response.

Read & gather

Read aloud: Ephesians 6:10-14; John 8:31-32. Memory passage: Ephesians 6:14.

Basic kit: Bible, paper, pencils or crayons, child-safe scissors, glue or tape. An optional belt as a visual; paper strips and tape.

Before class, read the full passage and the activity example. Practice unfamiliar names and choose an age adaptation.

Words to explain

Armor: protection used by a soldier. Truth: what is real and trustworthy. Stand firm: keep trusting and following Jesus.

Your 60-minute flow

0-5 minutes | Welcome & wonder

Use Welcome & wonder on page 2. Invite answers and allow children to listen quietly.

5-10 minutes | Worship & prayer

Offer thanks to God. Sing a familiar, church-approved song or speak a line of praise. Listening quietly is welcome.

10-15 minutes | Bible & memory

Find the reading together. Read the memory passage from your Bible. Repeat short phrases with simple gestures.

15-27 minutes | Discover the story

Read the named verses. Use the three retelling paragraphs and The Jesus connection on page 2.

27-35 minutes | Talk it through

Ask the three questions on page 2, one at a time. Give thinking time and use the answer guidance.

35-50 minutes | Create & practice

Use the purpose, example, and steps on page 3. Then use the separate Student Discovery Page on page 4. Unfinished drawing may go home.

50-55 minutes | Respond & pray

Connect the big idea with a choice this week. Offer voluntary prayer or quiet reflection.

55-60 minutes | Remember & take home

Use the learning check on page 3 and repeat the main teaching. Tidy supplies and give caregivers the Family Connection on page 5.

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Ephesians 6:10-14; John 8:31-32

Welcome & wonder

Hold up a belt or draw one. Ask what happens when something important is loose. Explain that Paul uses familiar equipment to describe God's help.

Tell the story

Read the passage in your preferred translation. NIV is our reference translation; this is an original retelling, not a Bible quotation.

1. Paul wrote to Christians about living as God's people. Near the end of Ephesians, he told them to be strong in the Lord. Their strength would come from God, not from pretending to be powerful. He used the picture of a soldier's armor to explain how God equips his people to stand against evil.

2. Paul made an important distinction: people are not our enemies to attack. Then he began naming the armor, starting with truth pictured as a belt. Believers need what is true about God and what he has done in Jesus. Lies can confuse us, but God is trustworthy.

3. Jesus told his followers to continue in his teaching and know the truth. We learn his teaching by reading Scripture with help. We can also practice honesty: admitting a mistake, checking a story before repeating it, and refusing the lie that our worth depends on winning. God's truth holds us steady.

The Jesus connection

> Jesus brings us God's truth and grace. Following him includes trusting his words and speaking honestly.

Talk it through

Where does our strength come from?

From the Lord, not from acting tough.

Are other people the enemy in Paul's picture?

No. We are to love people while resisting evil.

What could you do after telling a lie?

Tell the truth, ask forgiveness, and get help to repair the harm.

The belt of truth

Ephesians 6:10-14; John 8:31-32

Truth holds us steady

Why children are doing this: Children connect the armor picture with truth about God and honest words.

Teacher example: For God only loves winners, say: Romans 5:8 shows God's love for sinners. For a hidden mistake, practice: I need to tell you what really happened.

Teacher instructions: Explain one step at a time and help children try it. Children may draw or tell you their answers.

1. Make a paper belt-shaped strip without fastening it around anyone. Write TRUTH in the center.

2. Read two invented claims: God only loves winners; hiding a mistake is always best. Ask which need correcting.

3. Read Romans 5:8 and Ephesians 4:25 from your Bible. Write or draw truthful responses on paper loops and join them to the strip.

4. Partners practice: I need to tell you what really happened. Display the paper belts as reminders, not protective objects.

Grades 1-2

Use a heart picture for God's love and let children dictate a truthful sentence.

Grades 3-5

Explain the difference between a fact, an opinion, and an unverified rumor using an invented example.

Offer movement breaks, a quiet space, picture choices, or an adult scribe. Adapt to the child, not only the grade.

Teach with care

Introduce spiritual opposition calmly. Do not label classmates, other religions, or people who disagree as enemies. Keep examples fictional.

Prayer invitation

God, thank you for being trustworthy. Help us recognize truth and speak honestly with love.

Check what children learned

Name the first armor picture and one way to live truthfully.

Student Discovery Page: answer guide

1. From the Lord, not from acting tough. 2. No. We are to love people while resisting evil. 3. Tell the truth, ask forgiveness, and get help to repair the harm.

Drawings and personal responses vary. Look for understanding rather than polished artwork.

The belt of truth

Ephesians 6:10-14; John 8:31-32

Name: _____ Date: _____

God's truth helps us stand firm and live honestly.

Explore the story

1. Where does our strength come from?

2. Are other people the enemy in Paul's picture?

3. What could you do after telling a lie?

Draw & discover

Draw a truthful choice you can make when a mistake happens.

Think about it

How can telling the truth help someone trust you?

You can write, draw, point, or tell someone your answer.

The belt of truth

Ephesians 6:10-14; John 8:31-32

A LITTLE FAITH, EVERY DAY

> God's truth helps us stand firm and live honestly.

Open the Bible together

Read Ephesians 6:10-14; John 8:31-32. Let your child retell one part. Write down a question to ask a trusted church leader; you do not need to have all the answers.

Start a conversation

What is one true thing we learned about God?

Try this during the week

Let an adult share a small, appropriate mistake and how they told the truth. Practice a calm response that makes honesty welcome.

A prayer to share

God, thank you for being trustworthy. Help us recognize truth and speak honestly with love.

Remember together

Look up Ephesians 6:14 in your family Bible. Read a short phrase, repeat it together, and ask what it means.

Keep it simple and welcoming

A few unhurried minutes are enough. Children may respond with words, drawings, or gestures. Prayer is an invitation; quiet participation belongs too.

This curriculum serves mixed groups in grades 1-5 in an evangelical setting. Retellings and prayers are original. NIV is our reference translation; use your church's preferred Bible translation. No extended Bible text is reproduced.