

Series: "You Can Be a Hero: Lessons on the Armor of God"

Lesson 9 – "Sword of the Spirit"

Preparation: Will need pool noodles for game or paper roll swords for dual; copy "Measure Your Sword" worksheet; have GPS App available on phone; prepare the plastic knives with verses; extra Bibles to make sure everyone has one.

Focal Scripture: Ephesians 6:17

"Take the helmet of salvation and the sword of the Spirit, which is the Word of God."

Key Take Away: The Sword of the Spirit is both a defensive & offensive weapon.

Introduce the Sword of the Spirit by reading aloud Ephesians 6:17. It is vitally important because it is not only another defensive weapon, but it is also our only offensive weapon.

Intro activity: Sword dual

Option 1: Protect & defend sword game: This can be done as a whole group if you have space or two at a time if space is limited. Give each participant ½ of a pool noodle as a sword and a ½ inch slice of pool noodle as their heart to protect. The "heart" is placed on the back of one hand while the other hand wields the sword. The object is to knock off the other person's heart with the sword while keeping yours from falling off your hand.

Option 2: Ask for two volunteers to have a sword dual. Give one a full size sword (we used an empty wrapping paper roll) and the other just a sword handle. Have them dual a few minutes and then ask the one with the handle if they felt at a disadvantage.

God's Word is compared to a sword. We cannot adequately fight the good fight if we don't have a sword to fight with. How much of God's Word are you carrying around with you?

Jesus' Example: Remind students of the story of Jesus being tempted in the wilderness by Satan - Matthew 4:1-11. Ask them what Jesus used to fight back. If they don't know, have them look it up to find the answer.

Have students find Hebrews 4:12 and tell how it describes the Word of God.

When we read God's Word it can show us our true nature and whether we are going the right way with God or the wrong way – away from God.

So let's look at God's Word a little closer with another illustration:

Object Lesson – GPS

Ask students if they or their parents have ever used a GPS – Global Positioning System. Demonstrate it using Google Maps on your phone or I pad. God's Word acts like a spiritual GPS for us. Paul tells Timothy in 2 Timothy 3:16 –

All Scripture is inspired by God^[a] and is profitable for

teaching, - like a GPS, God's Word tells us the right way to go to get to our destination – abiding in & with God.

for rebuking, - when we make a wrong turn, our GPS alerts us; God's Word warns us too

for correcting, - the GPS will then say “rerouting” and tell us the right way to get back on the correct road

for training in righteousness, - then the GPS will continue telling us the correct way to go until we reach our destination. God's Word continues teaching us as we read & study it too!

A GPS only works though if we turn it on and use it. Ephesians 6:17 tells us to “take up the Sword of the Spirit”; it does no good unless we know the Word of God and allow the Spirit to use it in our lives.

Draw Your Sword

Gather several plastic knives. Write a Bible reference on each & place in a cup with references facing down into the cup.

Tell students we are going to learn to wield our swords. Have someone draw one out and everyone race to find the verse in their Bible (aka Bible drill). The first to find it reads it out loud.

We used the following verses: Exodus 14:14, Psalm 149:6, Proverbs 30:5, Isaiah 55:11, Jeremiah 33:3, Zephaniah, 3:17, Romans 8:31, 2 Corinthians 10:4, Ephesians 6:17, Colossians 3:16, 1 Timothy 6:12, James 1:12, 2 Peter 3:17, 1 John 1:5, Revelation 1:7-8,

Hand out or take home sheet:

Pass out copies of “Measure Your Sword” worksheet and have students list the references for as many verses as they can to see how long their sword is. Encourage those who are not able to list many. Let them know they can begin to lengthen their swords; it’s not too late!

Close in Prayer

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