



Shield of Faith



THE MISSION AIM

The Christian Soldier uses his Shield of Faith for protection. Our faith is in God who is stronger and more powerful than any battle we may face.



KEY VERSE

Hebrews 11:1: "Now faith is being sure of what we hope for, and certain of what we do not see."



Pre-Mission Activity



Supplies Needed

- Option 1 (if skyping with missionary was chosen from last lesson): Computer, Internet connection, questions recruits made up last week.
- Option 2: Copies of Declaration Prayer (see attachment page 10)

Directions

DO: Choose one of the following options.

Option 1 (Skype): Before recruits arrive, get the computer and internet connection ready to go. Don't forget to confirm a time with the missionary you coordinated with. As recruits arrive, have them review what question they want to ask the missionary (you may want to have the list from last week up). Connect with the missionary and allow them some time to explain what they do and answer the questions your recruits have. Don't forget to thank them for taking the time to talk with you!

Option 2 (Prayer Review): Have copies of the "Declaration Prayer" out on the table. As recruits arrive, have them pair up and review the prayer with a partner. Encourage them to try saying it without looking at the paper, while their partner can give cues and reminders.



Mission Uplink 1



Have ready YouTube playlist: "Season 2 – Armour of God Episode 4: Shield of Faith"

Play "Armour of God (S2) Episode 4 (1/4)". Episode begins with the *Ready to Serve* theme song, followed automatically by the MISSION # 1 VIDEO. Pause the video when the MISSION # 1 CARD appears on screen and remains as you and your recruits complete Mission # 1.

If using PPT for video, have AOG-Episode_4-Shield_of_Faith.pptx ready and play slide one. Pause on the MISSION # 1 CARD so you and your recruits can complete Mission # 1.



Mission #1



Supplies Needed

Option 1 (Marshmallow Attack):

- Cling wrap
- Wire coat hangers bent open (like an odd-shaped tennis racket) - enough for half of the recruits
- Marshmallows



Mission Assignment

SAY: Recruits, let's have a drumroll for today's first mission (reading mission card from satellite uplink) "We have an urgent matter to deal with and it's going to require the use of faith! But what is faith? Your mission is to find a clear way to help us explain to Marshall, Trinity and Amber what it means to use the "Shield of Faith" when dealing with tough situations. God bless!"

SAY: Wow! Can you believe what those three recruits are dealing with? They had made the awesome choice to take some of their free-time during the school day, and devote it to worshipping God through prayer and the reading of his word. That's something that takes a lot of guts, because it is in a public setting. Then, the adults at their school who they trust and are asked to respect, made the decision to ban anything related to religion at their school.

SAY: How would you feel if someone asked or told you not to do something that you knew was right or important? Take a minute to share with an elbow buddy. Go!

DO: Give time for recruits to share their feelings with each other.

SAY: Great job! What are some of the feelings that came to mind? (*confused, upset, frustrated, angry, disappointed, worried....*)

SAY: When things like this happen, it can be easy to let our feelings impact our actions. When we react to situations with anger or frustration, it can often be the wrong reaction. Instead, we need to do what Sarai said and put on the armour of God. What specific piece of armour did the Commander say is needed in this situation? (*Shield of Faith*)

SAY: Right! To understand what the "Shield of Faith" is, we need to first think about what faith is. What does it mean when someone has faith? (*They believe, trust...*)

SAY: Faith is being able to believe in someone or something. As Christians, we have faith in the gospel truths. What are those gospel truths? (*God is real, we are separated from God by our sin, God sent his son to die for our sins, God is on our side; God gave us the Holy Spirit*)

SAY: So our belief in those things is what makes up our "Shield of Faith". Let's play a quick game to help us to better understand why we call it our "Shield of Faith".

DO: Split the group into two teams- defense and offense. Hand the offense team bags of marshmallows.



SAY: When I say go, the marshmallow team will have one minute to hit as many players on the other team as possible with the marshmallows. If they get hit, they must sit down. Ready, set, go!

DO: Allow the offense time to try and hit the defense with the marshmallows. After one minute, call time.

SAY: Time's up! Wow great work marshmallow team. This is a great example of what our lives can be like when we don't have something to protect us from the things that get thrown our way. Let's try it again, only this time I have a tool for the other team to use.

DO: Handout the bent hangers with cling wrap wrapped around them (they will look like see-through tennis rackets) to the defense team.

SAY: I'm going to give you another minute to try and hit the other team with marshmallows. Only this time, the defense team will be able to use the shields to protect themselves from the marshmallows. Ready, set, go!

DO: Allow the offense time to try and hit the defense with the marshmallows again. The defense should have an easier time defending themselves, because they can use the shields. After one minute, call time.

SAY: Time's up! Hmm, that didn't seem to be as easy a task marshmallow team. This is an excellent example of what the "Shield of Faith" is like. Without our faith, our belief is God and his plan for us, anything Satan throws our way can hit us. But with our "Shield of Faith" (hold up one of the wire rackets), we are better able to protect ourselves from what Satan throws at us. Our "Shield of Faith" helps us to not become too discouraged or angry when those bad things come our way, because it provides us with the best protection from those feelings- it gives us hope! As long as we keep believing in God and that he knows what's best for us, we are shielded from anything that comes our way.

DO: Collect back all the items from the game and have recruits sit back down.

SAY: Let's head back to the Recon Team and see how things are going. I wonder if Kate is having any more success with her invisible shield. I'm sure Simon hopes so!



Mission Uplink 2



YouTube: Play "Armour of God (S2) Episode 4 (2/4)". Pause the video when the MISSION # 2 CARD appears on screen and remains as you and your recruits complete Mission # 2.

PPT: Click to advance to next slide. Pause video when MISSION #2 CARD appears on screen and remains as you and your recruits complete Mission # 2.





Mission #2



Supplies Needed

- Bible
- Chart paper
- Markers



Mission Assignment

SAY: Recruits it's time for our next mission. (Reading mission card from satellite uplink), "Your next mission, recruits, is to determine what Satan attacks us with, and how to recognize them in different situations. When finished, your next step is to provide the RTS team with some thoughts on how this relates to the three recruits Marshall, Trinity and Amber."

SAY: This is a big job we have ahead of us. There are so many different ways that Satan tries to attack our lives. Since each one of us is different- our interests, our backgrounds, our families, our fears, our talents- the way that Satan tries to get at us can be very different. But, the more that we look at the way he "plays his game" the better prepared we can be with our shields to defend ourselves. So, our first mission is to look at a few examples of how Satan has attacked others. This isn't a new thing- it has happened since the beginning of time. Let's start by looking way back in the stories found in God's Word.

DO: Read Matthew 26: 1-5, 14-16, 47-49. Depending on your group, you may have one recruit read it, multiple recruits or simply read it to them. If the age of your group is young, you may need to take some time to explain some of the language or clarify what is happening.

SAY: This example is about a man named Judas. He was one of Jesus' twelve disciples. In today's time, that would make him like one of Jesus' BFF's. How did Satan spiritually attack Judas? (*Tempted Judas with money, greed, lies*)

SAY: Satan understood Judas' love for money and used it to tempt him to betray Jesus. Satan also used the lies said about Jesus by others to try and convince Judas that turning Jesus in was the right thing to do. How did Judas respond to this attack? (*He gave in to his greed and the lies- turned Jesus in.*)

SAY: Judas gave into Satan's attack and gave Jesus up. It doesn't seem as though his "Shield of Faith" was ready to fight. He lost his faith and trust in God's plan. This is not just an issue from thousands of years ago! Satan attacks us every day. Listen to this example about a girl named Sarah.

DO: Read the following story...

Sarah, a grade four student, had just got a brand new baseball mitt to start the baseball season with. Sarah and her best friend, Tyler, were working it in by throwing a ball around in the basement. Her mom had asked her not to throw balls in the house, but they couldn't go outside, because it was raining too hard. As Tyler threw the ball towards Sarah, she missed the catch and it hit the lamp sitting on the side table. The lamp fell to the floor and shattered. Sarah knew that her mom would probably take away her new glove, because she had not followed the rules. In a panic, Sarah hid her mitt and Tyler



suggested that she blame it on her dog, Rupert, who was sitting on the couch nearby. When Sarah's mom came downstairs, Sarah was so worried about losing her mitt, that she took Tyler's advice and lied. She told her mom that Rupert had jumped over the arm of the couch and knocked the lamp with his tail.

SAY: Who can name some of the ways that Satan has attacked Sarah? (*fear of getting in trouble, worry about losing something she wants, peer pressure...*)

SAY: All great answers! Sometimes Satan uses many ways to attack us, in just one situation. In this case, fear, worry and peer pressure tempted Sarah to make the wrong choice. In the end she gave in, just like Judas gave in to Satan's attack. These are just a few examples of how Satan tries to attack our lives. Can you think of some other ways that he does this?

DO: Make a list of "Ways Satan Attacks"

Possible Responses:

- fear
- worry
- stress
- gossip
- lies
- greed
- anger
- death
- pain
- disappointment
- failure
- peer pressure
- loneliness
- fights
- Etc.

If recruits are struggling with brainstorming, bring up some of the suggested responses and see if they can give an example about why this might be an attack.

SAY: All of these feelings, thoughts and situations can be Satan's way of attacking our faith. When we feel sad, lonely, angry... it can distract us from what really matters when making our life choices. But, if we always have our "Shield of Faith" ready, we will have hope in God's plan for us and know that he will make a way for us. We simply need to believe that what God says and does is true.

SAY: Before we go back to the Recon Team, let's see if we can put our practice to use in the case of Marshall, Trinity and Amber. How is Satan attacking the three recruits? (*Making it hard to meet together, making them frustrated, making it more difficult to read God's Word, making them feel discouraged about not having time to build each other up, possibly making them doubt whether their actions are right...*)



SAY: Now, if these recruits have their “Shields of Faith” on, they will know that God has a plan and they can be hopeful that he will help them find an answer.

In the next three minutes, I want you to meet with one or two other recruits and talk about two things:

1. How Satan might want Marshall, Trinity and Amber to react to the situation of being banned from worship at school?
2. How God might want them to react to this situation?

Ready, go!

DO: Give recruits a few minutes to share ideas with others. Allow them to move around the room to find some space to talk, so that they can talk more openly.

SAY: Alright, recruits! Come on back and let’s share some of our thoughts.

SAY: What way might Satan want these three to respond to anything relation to religion being banned from school? *(Get mad at the principal, give up and just not meet together, etc.)*

SAY: It’s true, Satan would want them to give into their upset emotions or even give up their devotions completely. What way might God want these the three to respond? *(Ask to talk to the principal to explain why it’s important to them, talk to their parents about it, find time before or after school to meet together, pray about it at home with friends and family...)*

SAY: Awesome ideas, recruits! Sometimes when things get in our way, we can talk to people we trust, like our parents, to help us find an answer. Maybe the principal and school council don’t realize how important it is to the students. They could work with their parents to share their feelings in a positive way and provide suggestions on how it can work (having a room in the school to privately meet- like a Christian Club). And just because they can’t do it during school anymore doesn’t mean they can’t do it! Finding a time to meet outside of school hours would be an excellent way to continue to build their relationships with each other and God, while still respecting the school rules. Whatever the answer is, they need to have faith that through prayer and reflecting on God’s word, they will find the answer to their problem.

SAY: We need to take our information back to the Recon Team. Let’s go!



Prayer Huddle



YouTube: Play “Armour of God (S2) Episode 4 (3/4)”. Pause the video when the PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.

PPT: Click to advance to next slide. Pause video when PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.





Supplies Needed

- None

Directions

SAY: In today's meeting with the Recon Team, Christie gave us a great example of how we can sometimes allow Satan to cause us to question our faith. She doubted that God would listen to her prayers about the rain, so she cancelled her event. Satan sent doubt to attack Christie. Each one of us have something in our lives that Satan likes to use to attack us. Today for our prayer time, we are going to go around the circle and complete the following sentence prayer:

"God, help me to use my "Shield of Faith" to protect me against Satan's use of _____ in my life."

SAY: Each one of us will finish the sentence with the biggest way that Satan attacks us. Think about the ideas we listed before: anger, fear, loneliness, doubt, peer pressure, etc. I will start and we will go around the room. Then, I will close the prayer.

DO: Start the prayer with that sentence, and go around the room saying the sentence. If recruits get stuck, repeat the phrase for them or allow them the right to pass. Finish with an "Amen".



Mission Uplink 3



YouTube: Play "Armour of God (S2) Episode 4 (4/4)". Pause the video when the RTS SHIELD appears on screen and remains as you and your recruits complete the Field Mission Project.

PPT: Click to advance to next slide. Pause video when RTS SHIELD appears on screen and remains as you and your recruits complete the Field Mission Project.



Field Mission Project



Supplies Needed

- Option 1 (Weight Lifting): Someone who can show recruits how to do basic weight training, weights or water bottles that can be used as weights.
- Option 2 (Musician): Musician or Vocalist
- Option 3 (Cup Game): A plastic cup for each recruit

Mission Project

SAY: So recruits, today has reminded us of just how important our faith in God's truths can be. Satan is always trying to attack us to make us doubt, worry, fear, get angry, but our "Shield of Faith", our belief and trust in God's plan, protects us from Satan's attack. However, if we don't help our faith grow our shield can shrink or weaken. Every time we make a choice to obey God it strengthens our faith because we see how Satan's lies (or arrows) are defeated. It makes



me think of people who are persecuted - for their faith. Why would they repeatedly break the law (man's law that forbids public worship for example) if they didn't know and have evidence of God's commitment to them.

Option 1 (Weight-lifting):

SAY: It's just like when we exercise. If we use our muscles they grow stronger, can work harder and have better stamina. However, if we don't use them they grow weak, can't handle as heavy a load and get tired faster.

SAY: Just as we need to help our muscles grow, we need to help our faith grow. What are some ways we can grow or use our faith? *(read the bible, pray, go to church, go to RTS classes, spend time with our Christian friends, have a mentor, watch for examples of God doing what he says he'll do, etc.)*

SAY: All of those ideas are wonderful ways to help your "Shield of Faith" grow stronger. Now, to remind you of how important it is to grow your faith, we have a special guest today who is going to help us learn how to grow our muscles!

DO: Introduce the guest and allow them to spend some time teaching your recruits some basic weight training moves.

SAY: Thanks again to our guest for coming in and helping us with a practical reminder of the importance of growth! Excellent work today, recruits. Your mission for the week is to practice some of these exercises you have learned, so that you can remind yourself about growing not only physically, but in your faith. Have a great week, recruits!

Option 2 (Musical Talents):

SAY: It's just like when someone wants to become a musician. If he practices every day, he becomes a better performer- his abilities grow. However, if he doesn't ever practice, his skills as a musician will be weak.

SAY: Just like musicians need to practice in order to grow, we as Christians need to grow our faith. What are some ways we can grow or use our faith? *(read the bible, pray, go to church, go to RTS classes, spend time with our Christian friends, have a mentor, watch for examples of God doing what he says he'll do, etc.)*

SAY: All of those ideas are wonderful ways to help your "Shield of Faith" grow stronger. Now, to remind you of how important it is to grow your faith, we have a special guest today who is going to help us learn about the importance of practice for musicians!

DO: Introduce the guest and allow them to spend some time teaching your recruits some basic information about his/her instrument, the importance of practice, etc. (If you don't have access to a musician, try finding a piano or keyboard and get some recruits to copy some very simple scales. Then, show them an example of an amazing kid musician, such as <http://www.youtube.com/watch?v=ww-MhyD7wRg>, and ask them to try and copy it! Not easy!)

SAY: Thanks again to our guest for coming in and helping us with a practical reminder of the importance of growth! Excellent work today, recruits. Your mission for the week is to practice



a talent that you have (sports, music, art, etc.), so that you can remind yourself about growing not only in your talents, but in your faith. Have a great week, recruits!

Option 3 (Cup Game):

SAY: It's just like when someone wants to become an expert at something. If he practices every day, he becomes better- his abilities grow. However, if he doesn't ever practice, his skills will be weak.

SAY: Just like we need to practice in order to grow as an expert at something, we as Christians need to grow our faith. What are some ways we can grow or use our faith? *(read the bible, pray, go to church, go to RTS classes, spend time with our Christian friends, have a mentor, watch for examples of God doing what he says he'll do, etc...)*

SAY: All of those ideas are wonderful ways to help your "Shield of Faith" grow stronger. Now, to remind you of how important it is to grow your faith, we are going to learn a new skill together.

DO: Handout a cup to each recruit and show them how to play the cup game (a step-by-step instruction video is found at <http://www.youtube.com/watch?v=Grb1oa72kmk>). Practice a few times and then allow recruits to take the cup home to continue to practice.

SAY: Excellent work today, recruits. Your mission for the week is to practice the cup game, so that you can remind yourself about growing not only in your talents, but in your faith. Have a great week, recruits!

NOTES



A yellow scroll is unrolled at the top, with a sword with a red and white striped hilt resting on it. Below the scroll is a blue shield with a white center. The text is written on the shield.

The Declaration Prayer

Today, I put on the Full Armor of God.

The Belt of Truth

Jesus - the WAY the TRUTH and the LIFE

The Breastplate of Righteousness,

Jesus – putting us in right standing with God.

The Shoes of Readiness,

Jesus – the Gospel we share everywhere we go.

The shield of Faith,

Jesus - the One we put our faith in.

The Helmet of Salvation,

Jesus – our Savior, died to give us new life.

And the Sword of the Spirit.

Jesus - the Word of God – Living and sharper than any
double-edged sword.

Today I stand as a follower of Jesus Christ –

Clothed in His Presence,

Protected by His Power,

And Surrounded by His love.