



# The Helmet and The Sword



## THE MISSION AIM

The Helmet of Salvation reassures the Christian Soldier of his salvation. The Sword of the Spirit, the Bible, is the soldier's weapon to use when faced with a spiritual battle.



## KEY VERSE

**Philippians 4:8:** "Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things."



## Pre-Mission Activity



## Supplies Needed

- Thin cardboard (or card stock, if you can't find any cardboard), decorative items (foam pieces, construction paper, glitter, gems, tin foil...), glue, scissors, markers, index cards
- Before class, cut out one sword for each recruit from cardboard (cereal box cardboard works best)

## Directions

**DO:** As recruits enter, have them pick a sword and use the various decorative items to add their own creative touch! Each recruit should glue an index card somewhere on their sword for use in the field mission project.

**DO:** Don't forget to put names on each sword.



## Mission Uplink 1



Have ready YouTube playlist: "Season 2 – Armour of God Episode 5: The Helmet and The Sword"

Play "Armour of God (S2) Episode 5 (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\_5-The\_Helmet\_and\_The\_Sword.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

- Helmet Charade cards (see attachment on page 8)
- Bible



### Mission Assignment

**SAY:** We've got our first mission for today. Let's read it together, (reading mission card from satellite uplink) "Your mission, recruits, is to determine why we call it the "Helmet of Salvation" and what we can do to ensure that our helmet stays secure and strong. Your leader has all the supplies you need. God bless!"

**SAY:** This is such an important mission, recruits! Marielle is struggling with a battle that all of us will deal with at one time or another. This is one of Satans most powerful attacks- using some truths, like the fact that we are sinful and don't deserve God's goodness, and adding a lie - making us believe that there is nothing we can do to change it!

**SAY:** Have you ever had a time where you've tried really hard to do the right thing or be your best, but it seems that no matter what you do, it's not good enough? (Take time to allow for commenting or sharing, if recruits are willing.)

**SAY:** It can be very discouraging when you want to be your best, but feel like you can't. This is what Satan is making Marielle feel. She is noticing all her sins and is starting to believe that she is not good enough for God. It's true that we sin and don't deserve God's love, BUT if she was thinking about the Gospel Truths, she would realize that Jesus died so that we can escape the punishment for sin.

**SAY:** What is the part of the Armour of God that the Recon Team feels Marielle needs to put on? (*Helmet of Salvation*)

**SAY:** You're right: The "Helmet of Salvation"! Hmm, so far, each part of the armour has been described a certain way, because it acts just like that piece in the Roman soldier's armour. The "Belt of Truth" is the core belief that holds up our entire faith, the "Shoes of Readiness" allow us to be prepared to do the job we must do. The "Breastplate of Righteousness" filters what reaches our hearts, and the "Shield of Faith" helps to block Satan's attacks. So, why is this called the "Helmet of Salvation"? (Take some ideas if recruits have them. Not necessary to have an answer yet.)

**SAY:** I have a quick game that might help us to better understand. Plus, it will give our bodies a chance to move!

**DO:** Have each recruit draw a strip of paper for charades. Take turns acting out a sport or activity that uses a helmet. After each one is guessed, have the actor share how a helmet helps in that specific activity or sport. If you wish to, you can split the group into two teams and play charades in teams OR you can simply play as a whole group.

**SAY:** In all those situations you just acted out, it is important for your safety to wear a helmet.



Although each one protects you in a different way or from a different danger, they all serve the purpose of providing safety and protection for your head. So, the “Helmet of Salvation” must protect our heads from something...

**SAY:** Thinking about what Marielle is dealing with (thinking that she is not good enough for God and wonders if He could really love her), **how do you think the “Helmet of Salvation” will protect her? Take a minute and share your thoughts with an elbow buddy. Go!**

**DO:** Give recruits a minute to share how they think the “Helmet of Salvation” will protect Marielle (or themselves). Mingle between groups and help encourage discussion. If a group is struggling, you may want to reword the question by asking “Does the helmet protect us from a physical injury or is it something else?”

**SAY:** I love all the great discussion I heard! Overall, it seemed that most of us came up with the same idea. The “Helmet of Salvation” protects our minds from Satan’s attacks. It protects us from believing what Satan wants us to believe. So, now that we know what the helmet does, we need to know how to put it on. Where can we go to find an answer? *(The Bible)*

**SAY:** Right! Let’s check it out!

**DO:** Have a recruit (or multiple recruits) read Philippians 4:8 to the group.

**SAY:** What do you think this means? *(We need to think upon good things, God’s truths, what God wants us to believe- not what the world says, what we can praise God for...)*

**SAY:** Awesome ideas. Just like the name says, we need to fill our heads with good things, like the knowledge of our Salvation, so that when doubt comes our way our thoughts and minds are strong - just like a Roman helmet.

**SAY:** Let’s send these ideas back to the Recon Team and see what our next mission will be.



## Mission Uplink 2



YouTube: Play “Armour of God (S2) Episode 5 (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
- Jesus is Tempted Matching Game (instruction and review sheet if needed) (see attachment page 9)
- Strips of paper about Jesus being tempted by Satan and how He responded (see attachment on page 10) – print two sets and cut apart
- Two Envelopes



### Mission Assignment

**SAY:** Alright recruits are you ready for mission #2? Here it is: (reading mission card from satellite uplink), “Your next mission is to look at Satan’s attack of Jesus in the book of Matthew. Determine how Satan tried to trick Jesus and how Jesus used scripture to defend himself.”

**SAY:** It’s great to have armour to protect ourselves from attacks, but sometimes that’s not enough. When Satan’s attacks just won’t stop, we need to fight back! We need a weapon! What weapon did the Recon Team say we must use to fight back? (*The Bible, scripture, the “Sword of the Spirit”*)

**SAY:** Excellent remembering! The “Sword of the Spirit”, which is the Word of God, is our best defence against the lies and doubts that Satan sends our way. It helps to confirm what we know. Just like studying facts in school helps you to know about the world around you, so does studying scripture help us to know about God and His Plan. In fact, without the sword of the Spirit, you are not ready for battle.

**SAY:** Why is it called the “Sword of the Spirit”? (*The Roman sword was very powerful at attacking, just like God’s Word, it cuts through the lies, etc.*)

**SAY:** All great ideas! Remember the scripture verse that Michael shared? The Bible even relates the word of God to the sword. Who would like to read Hebrews 4:12 for us?

**DO:** Have a recruit read aloud to the group. (“For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”)

**SAY:** Jesus knew the power of the scriptures. That’s why in the Bible, when Satan tried to attack Jesus’ beliefs, he used the Word of God to “shut down” anything Satan tried to make him believe. Christie mentioned that Jesus had been alone in the desert for 40 days and 40 nights without food or water! I don’t know about you, but when I’m tired and hungry, I often get grumpy, frustrated or very discouraged.

**SAY:** How would you have felt if you were stuck in a hot desert for that long - without food and water?! Take a minute to share with an elbow buddy. Go!

**DO:** Give recruits time to share with someone near them.



**SAY:** Alright, now that our minds have an idea of what Jesus would have been feeling, let's play a quick game to see exactly what Satan tried to do to him and how he fought back!

**DO:** Divide the group into two teams.

**SAY:** We are going to have a little race today. Inside these envelopes (show envelopes) are strips of paper with information about what happened to Jesus in the desert and what scripture he used to fight back. Your job, in teams, is to match each "attack" with the scripture Jesus would have used to fight back. When I say go, you will dump the envelope out and race to match the strips of paper. Here's the trick - some of these "attacks" are not true! You will have to use the scripture strips to decide which ones Jesus was really tempted by and which ones are fake. When your team is done matching the three parts of scripture to the three real attacks, shout "Sword of the Spirit" and I will come and check. If there is a mix up, I will tell you how many changes you have to fix. The first team to finish correctly wins. Ready, set, go!

**DO:** Allow groups to try matching the attack with the scripture that defends against it. Make sure each group has a strong reader on the team, to help read aloud. You may also be needed by teams to help with more difficult words.

**SAY:** Time's up! \_\_\_\_\_ team is the winner! I was really impressed with how hard both teams worked on this mission. Let's review the correct answers.

**DO:** One at a time, read aloud the attack from Satan and allow a recruit to share what scripture Jesus used during that attack. Feel free to use the "Jesus is Tempted Matching Game" instruction/review sheet as you review the recruits' answers.

**SAY:** A tired, lonely and hungry Jesus was likely struggling to keep hope and belief in God's plan for him. His "Helmet of Salvation" was probably weakening. **HOWEVER**, by knowing and focusing in on the Word of God, Jesus had the proof he needed to "call out" Satan and his lies. He had a weapon that could fight against the attack - his "Sword of the Spirit".

**SAY:** Wonderful work! Let's send it back to the Recon Team.



## Prayer Huddle



YouTube: Play "Armour of God (S2) Episode 5 (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

- Paper
- Markers



## Directions

**SAY:** Today for our prayer huddle, I want to focus in on what the Armour of God means to each one of us. I am going to give each of you a piece of blank paper. There are markers spread around the table.

**DO:** Pass out a piece of plain paper and markers.

**SAY:** I am going to read Ephesians 6:10-20 aloud a couple times as a prayer to God. As I am reading, I want you to draw whatever comes to your mind: images, words, colours. Maybe it will be a picture of the area of the armour you struggle with most. Maybe it will be pictures of the feelings you get when you think about the Armour of God. It's entirely up to you to focus in on the words, and draw what comes to you. Too often, we assume that prayer means a whole lot of talk. Sometimes, it helps to just listen to God, silently or through His Word, and see what He reveals to you.

**Let's pray.**

**DO:** Read Ephesians 6:10-20 aloud, slowly. You may read it more than once, or pause at different times to allow for thought and reflection. As you come to the end of the time, watch around the room to make sure most people look as though they have had enough time to reflect.

**SAY:** Amen. I want you to fold those pictures up and hide them away in your Bibles, as a reminder of what you prayed today.



### Mission Uplink 3



**YouTube:** Play "Armour of God (S2) Episode 5 (4/4)". Pause the video when the FIELD MISSION CARD 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 FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.



### Field Mission Project



### Supplies Needed

- Chart paper with common "lies" Satan tells us written down
- Markers
- Sword recruits created earlier
- Bibles for each recruit



## Mission Project

**SAY:** We have one last mission for today (reading mission card from satellite uplink), “Your final mission today recruits, is to take a closer look at how the “Sword of the Spirit” can help you fight back against Satan’s attacks. Look at the list of lies that Satan may tell us and see if you can match the scripture that will “fight back” against the lie. When finished, choose your favourite verse to take home with you this week.”

**SAY:** To make our final mission a little more exciting, we are going to do a “Sword Drill”. Each one of you is going to hold up your “sword” or Bible high in the air. I will say a Bible reference and then shout “attack!” When I shout “attack!” you bring your Bible down and race to find that Bible verse. The first person to stand up with the verse found will get to read it aloud.

**SAY:** That’s not all! After we have read the scripture, we are going to look at this list of lies that Satan wants us to believe and decide which one the scripture verse helps to attack.

**SAY:** Bible’s ready? Let’s get started!

**DO:** Have recruits look up the following verses for your ‘Sword Drill’ and then match them with the lie Satan tells us. Make sure you have written the lies out on chart paper, so recruits can match the verse. As they read each verse and match it, write the scripture reference beside the lie (i.e., No one loves you- John 3:16)



**Squad Leader,** remind the recruits during the week to memorize their scripture verses.

Verse	Lie
John 3:16	No one loves you
1 Thessalonians 5:18	Life is unfair
Proverbs 3:5	No one should tell you what to do
Romans 13:13-14	Everyone else does it, so it’s okay
Romans 6:15-16	God doesn’t care if you sin, he’ll forgive you anyways
Romans 8:28	If God cared, he wouldn’t let bad things happen to good people

**SAY:** Great job, recruits! Your final mission for today is to look at the list of lies up on our chart and decide which one Satan uses the most to try and attack your mind. For me, I find that Satan likes to make me feel like \_\_\_\_\_ (insert which one relates to you), so I really need to memorize the verse from \_\_\_\_\_ (insert which one goes with the lie) and hide it in my heart. Once you have chosen which one Satan attacks you with most, write the scripture verse on the index card attached to your sword. Your homework this week is to try and memorize the verse that you need to have ready to fight back against Satan’s attacks.

**DO:** Let recruits chose a verse but don’t have them write out the entire verse, just the scripture reference.

**SAY:** God bless you as you head out this week! Make sure to equip yourself with the “Helmet of Salvation” and “Sword of the Spirit”, so that you can protect your mind against the lies of Satan. Have a great week!



# Helmet Charades

Hockey

Skateboarding

Football

Wrestling

Baseball

Astronaut Travelling  
to Space

Biking

Kayaking

Riding a Motorcycle

Horseback Riding



## Jesus is Tempted Matching Game

Have recruits match the scripture Jesus used with the temptation that Satan tried to trick him with. Some of the temptation strips are not actually from the story of Jesus' temptation. A copy of the scripture reference has been included.

### **Matthew 4:1-11**

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread.

Jesus answered, "It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God."

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written:

"He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone."

Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.' "

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me."

Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.' "

Then the devil left him, and angels came and attended him.

Jesus answered, "It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God."

Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.' "

Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.' "

If you're the son of God, turn these stones into bread!

Jump off this high building, because God has promised that angels will protect you and you won't get hurt!

If you bow down to me, I will give you all the beautiful land you see in front of you!

If you are God's son, ask him for lots of money to feed the poor.

If you worship me, I will give you super powers!

Turn this water into wine, so we can all have a drink.