

## WEEK 2 K-1 LESSON



Need to Know: *Put on the Belt of Truth*

Bible Story: *The Fall (Genesis 2:15-17, 3)*

Circle Up

1

1. WELCOME kids to our new series, “Everyday Armor,” and TELL them your name. Then SAY: *Over the next few weeks, we’re going to hit the city streets and find out what it means to wear the armor of God every day. First, let’s play a game to get to know each other and see if you can spot what’s true or what’s false about different things. If you think what I say is true, I want you to give me a thumbs up (SHOW thumbs up), but if you think what I say is false, or not true, then give me a thumbs down (SHOW thumbs down).*
2. READ the **True or False Sheet** to the group, encouraging them to respond after each statement.
3. After everyone has been introduced, SAY: *I’m so glad you’re all here because today we’re learning how to put on the first piece of God’s armor. It’s the belt of truth, and it helps us know if things we hear and see are true or false. That’s what we need to know today! So say this after me:*  
*Put on* (cross arms on chest)  
*The Belt of Truth* (pretend to put on belt)

Read the Bible

2

1. SAY: *There’s a story in the Bible that helps us see why we need to put on the belt of truth every day. Let’s act this story out!*
2. GIVE one child a piece of **green tissue paper** and all other kids a piece of **brown tissue paper**. Then SAY: *If you have brown, sometimes you’re going to be Adam and sometimes you’re going to be Eve throughout the story, so roll your tissue paper up so it can be hair like Eve’s when you put it on top of your head and a beard like Adam’s when you put it under your chin! If you have green, you can roll yours into a snake, because that’s who you will be in the story!*
3. READ the **Bible Story Sheet** aloud, and HELP kids act out their parts throughout. COLLECT the tissue paper and ASK:
  - *When the snake tried to trick Eve with lies, did she believe him?* (Yes)
  - *What piece of God’s armor can we put on to help us detect lies and know the truth?* (The belt of truth) *That’s right! Knowing what God says is true in the Bible will help us detect lies. We have the power to do that when we wear the belt of truth!*



GIVE the child both colors of tissue paper, and HAVE him/her play both roles.

Let’s Practice

3

1. SAY: *The belt of truth helps us spot lies, so let’s practice by playing “Spot It”! First, click on your belt of truth.*
2. PRETEND to put on a belt along with kids.
3. PLACE two **Spot It Cards** in the center of the group.
4. SAY: *We’re going to take turns looking at two Cards, side by side. We’re looking for one item that is on both Cards. Once you find it, I will ask our group a question. Ready? Let’s play!*
5. Once the matching items are found, REMOVE the Cards and READ a question from the **Question Sheet**.
6. CONTINUE laying two Cards down at a time until all Cards have been used.
7. Once the game is over, COLLECT the Spot It Cards.
8. **SANITIZE** kids’ hands and GIVE each child a piece of **candy** for participating.
9. Afterwards, SAY: *Great job! I could tell that you all were wearing the belt of truth because God was helping you spot lies and think about what was true! Let’s all say what we need to know today one more time:*  
*Put on* (cross arms on chest)  
*The Belt of Truth* (pretend to put on belt)

Memorize It

4

1. SAY: *One piece of God's armor is the sword of the Spirit. The sword of the Spirit is actually the Bible! When we remember what the Bible says, we can use it as a weapon against the enemy's lies and tricks. The devil may try to trick us into thinking that God's armor is not that powerful, but we can memorize this verse to help us know the truth. Say it after me:*  
    *"Put on* (cross arms on chest)  
    *All of God's armor.* (move hands from head to toes)  
    *Then you can remain strong* (make muscles with arms)  
    *Against the devil's evil plans."* (put fists on hips)  
    *Ephesians 6:11* (make book with hands)
  2. PRACTICE saying the verse with the group two times, having them repeat each line with the motions.
  3. SAY: *Let's play a game to keep practicing the verse!*
  4. HAVE kids put their feet in the center of the group. Going around the circle, HAVE each child stomp their foot and say a word of the memory verse. The child who says, "Ephesians 6:11" should pull one foot away from the center. CONTINUE playing until only one child's foot is left in the center. That child is the winner!
  5. TELL kids that if they memorize this verse by the end of the series, they will win a prize!
- 

Let's Pray

5

- ASK your group for any prayer requests. Then PRAY the following for your group:
- That they would remember to put on the belt of truth every day
  - That God would help them spot lies and remember His truth
- 

Stay Together

6

- KEEP kids engaged in Small Group until they are checked out by doing the following activities:
- GIVE each child a **Coloring Sheet** and PLACE the **coloring utensils** in the center of the group so kids can color.
  - PLAY "Spot It" again, but without asking questions.
  - PLAY "Heads Up."
    - HAVE one child select a **Heads Up Card** without looking at it.
    - HAVE the child place the **Card** on his/her forehead so that the group can see it.
    - HAVE the group give the child clues about what's on his/her **Card** without telling him/her what it is. (Ex: If the child pulls the taxi **Card**, the group could give clues such as, "It's a type of car, it's yellow, you see a lot of these in the city, it has a driver, you can pay the driver to take you somewhere," etc.)
    - Once the child correctly guesses what's on their **Card**, they win, and someone else can have a turn.
    - CONTINUE playing as time allows.

# BIBLE STORY SHEET

Wk 2 - K-1 - Bible Story Sheet

*When you hear me say, “Eve,” I want you to put your tissue paper on your head like it’s Eve’s hair.* (Kids put brown tissue paper on their head)

*When you hear me say, “Adam,” I want you to put your tissue paper under your chin to make a beard like Adam may have had.* (Kids put brown tissue paper under their chin)

*And snake, whenever you hear me talk about you, you can hiss and make your tissue paper slither around.* (Child with green tissue paper hisses and moves it around like a snake) *Are you ready? Here we go!*

*When God created the world we live in, there was a man named Adam* (kids put brown tissue paper under their chin) *and a woman named Eve* (kids put brown tissue paper on their head). *They lived in the Garden of Eden, and they were friends with God. God gave them everything they needed. He told them that they could eat anything growing in the garden except fruit from the Tree of the Knowledge of Good and Evil. God warned the two that if they ate from that tree, they would die.*

*The Bible tells us that Adam* (kids put brown tissue paper under their chin) *and Eve* (kids put brown tissue paper on their head) *had a very real enemy who wanted to twist that truth God said into a major lie. Good job playing your parts! You can put your tissue paper down for a few seconds.*

*The devil was their enemy, and one day he came to them as a sneaky snake* (child with green tissue paper hisses and moves it around like a snake).

*The snake* (child with green tissue paper hisses and moves it around like a snake) *came to Eve* (kids put brown tissue paper on their head) *and asked her what God said about the fruit in the garden. She told the snake* (child with green tissue paper hisses and moves it around like a snake) *that if she and Adam* (kids put brown tissue paper under their chin) *ate fruit from that one tree, they would die. So let me hear everyone pretending to be Eve* (kids put brown tissue paper on their head) *say, “If we eat it, we will die.”* (Kids say, “If we eat it, we will die.”)

*But the snake* (child with green tissue paper hisses and moves it around like a snake) *convinced Eve* (kids put brown tissue paper on their head) *that was a lie. Snake* (child with green tissue paper hisses and moves it around like a snake), *let me hear you hiss and say, “That’s a lie! You won’t die!”* (Snake hisses and says, “That’s a lie! You won’t die!”)

*Sadly, Eve* (kids put brown tissue paper on their head) *listened to the snake’s lie and got distracted from the truth. First, she ate some of the fruit, so let me see you all pretend to take a bite.* (Everyone pretends to take a bite)

*Then, she gave some of the fruit to Adam* (kids put tissue paper under their chin), *and he ate some, too! So let me see you all pretend to take another bite.* (Everyone pretends to take a bite)

*God punished Adam* (kids put brown tissue paper under their chin) *and Eve* (kids put brown tissue paper on their head) *for what they had done wrong and sent them out of the beautiful garden. God punished the snake* (child with green tissue paper hisses and moves it around like a snake), *too. You can all put down your tissue paper now.*

*When all of this happened, evil and death entered the world, and we’re still battling them today. But God has given us a piece of His armor that helps us detect lies and stand up against them. It’s called the belt of truth. We can put on the belt of truth by remembering God’s words in the Bible!*

# QUESTION SHEET

ASK one of the following questions to the group once an item has been spotted.

- *Arianna's friend tells her that her hair is ugly. Is everything people say about us the truth? (No) No, not always. When someone says something to us, we need to think, "Is that what God says is true?" If it's not what God says, then it's not the truth! God says everything He makes, including Arianna and you, is beautiful!*
- *Lucas's friend says he has a funny video to show him, but when he presses play, it's something Lucas knows he shouldn't watch. Was Lucas tricked into watching that? (Yes) Lucas knows that God says to run away from things that are scary or wrong, but his friend says it's OK to keep watching. Is Lucas's friend telling the truth? (No) Good job using the belt of truth to spot that lie!*
- *Judah isn't sure if God hears him when he prays. His aunt tells Him that God hears us every time we talk to Him. Is Judah's aunt telling him the truth or a lie? (The truth) What can we read to find out more things God can do? (The Bible)*
- *Natalie tells her neighbor that it's OK to sneak candy because her mom can't see her doing it. Is Natalie telling the truth or a lie? (A lie) That's right! The truth is that God says to do the right thing even when no one can see us doing it. Good job spotting that lie!*
- *Jacob is playing outside with friends when a car pulls up. The person inside says they have lost their dog and need help finding it. Should Jacob and his friends go with the person to help them? (No) Why not? (The person might be trying to trick them) Good job spotting that trick! What should Jacob and his friends do? (Go get an adult they know to help)*
- *Maggie's older cousin asks her to do something, and she gets a yucky feeling in her stomach about it, so she tells him no. He tells her she has to keep it a secret or she will get in trouble. Is it true that Maggie has to keep it a secret? (No) Good job spotting that lie! The truth is that God has given us all of our feelings, and when we feel like something isn't right, it's good for us to tell someone about it. Who is a safe person for Maggie to tell? (Her parents, a teacher, a doctor, leader at church)*
- *Something happens that makes Angelo feel scared, angry, and sad. He thinks that if he tries to talk to an adult about it, they won't listen. What lie is Angelo believing—that mice are listening to him or that no one will listen to him? (That no one will listen to him) Good job using the belt of truth to spot that lie! The truth is that God is listening to Angelo and will help others listen to him, too.*
- *Grant is having a bad week, and this thought pops in his head: "There's no way Jesus is with me." Is Grant's thought the truth or a lie? (A lie) Good job spotting that lie! Lies don't always come from other people, so we have to think about the things that pop in our head and see if they are what God says is true.*
- *Lucy is changing clothes at her dance studio when another girl wants to change with her. If Lucy feels uncomfortable, is it OK for Lucy to tell her, "No?" (Yes that's OK) Yes, it's OK for Lucy to tell her no. God made our bodies and we should not have to show them to anyone.*
- *Jayden spills something at school. When the teacher asks who did it, Jayden's friend tells him to say it was someone else so he won't get in trouble. Is it true that Jayden won't get in trouble if he blames it on someone else? (ALLOW responses) We don't know for sure, but what we do know is the truth that God says lying is wrong. And we all know it's true that if we lie, we could get in even more trouble. So if Jayden is wearing the belt of truth and thinks about these things, what do you think he will do? (Tell the truth)*
- *Someone hugs Drake and it makes him feel uncomfortable. He wants to tell the person to stop, but he thinks it will hurt the person's feelings or make them mad. Is it true that Drake can say, "No," in a kind and loving way? (Yes) Yes, God tells us in the Bible that we can speak the truth in a loving way.*
- *Sierra tries to play with some kids on the playground at school and they tell her, "No. We don't want to play with you." Sierra feels all alone. Is it true that Sierra is all alone? (No) No, Sierra isn't alone because the truth is that Jesus promises to always be with her! Good job spotting that lie—you're using the belt of truth!*

# QUESTION SHEET

Wk 2 - ES - LG - Prop - Question Sheet

- 1. My first question is about the piece of God's armor that Alison talked about. Who remembers what it was called? (The belt of truth)**
  - 2. Alison told us that she has to put on all of God's armor every day, but the piece that is really helpful in her job is the belt of truth! Why is it important to wear the belt of truth every day? (To help us believe the truth that God says about us)**
  - 3. When we wear the belt of truth, we can separate what God says is true from the lies of world and the enemy and stand firm against them. One last question: What can we read to learn what God says is true? (The Bible)**
- 

# QUESTION SHEET

Wk 2 - ES - LG - Prop - Question Sheet

- 1. My first question is about the piece of God's armor that Alison talked about. Who remembers what it was called? (The belt of truth)**
- 2. Alison told us that she has to put on all of God's armor every day, but the piece that is really helpful in her job is the belt of truth! Why is it important to wear the belt of truth every day? (To help us believe the truth that God says about us)**
- 3. When we wear the belt of truth, we can separate what God says is true from the lies of world and the enemy and stand firm against them. One last question: What can we read to learn what God says is true? (The Bible)**



# TRUE OR FALSE SHEET

Wk 2 - K-1 - True or False Sheet

READ the statements below and HAVE kids sit on either side of the line based on if they think the statement is true or false.

1. *True or False: The tallest building in America is in New York City.* (True)
2. *True or False: Squirrels are the most common animals found in cities.* (False) *That's not true, because mice and rats are the most common animals in cities!*
3. *True or False: When you get in trouble, God doesn't love you anymore.* (False) *That's not true! God will always love us and nothing we do can change that!*
4. *True or False: Some cities are built on top of old landfills, or dumps.* (True)
5. *True or False: Nobody would ever try to trick me.* (False) *That's not true! There are tricky people in our world, and today we're going to see how we can spot their tricks and lies!*
6. *True or False: Your name is on your name tag.* (True)

*Yes! And we need to get to know each others' names, so let's circle back up and introduce ourselves to each other.*

Going around the circle, HAVE each child say their name for the group to hear.

---

# TRUE OR FALSE SHEET

Wk 2 - K-1 - True or False Sheet

READ the statements below and HAVE kids sit on either side of the line based on if they think the statement is true or false.

1. *True or False: The tallest building in America is in New York City.* (True)
2. *True or False: Squirrels are the most common animals found in cities.* (False) *That's not true, because mice and rats are the most common animals in cities!*
3. *True or False: When you get in trouble, God doesn't love you anymore.* (False) *That's not true! God will always love us and nothing we do can change that!*
4. *True or False: Some cities are built on top of old landfills, or dumps.* (True)
5. *True or False: Nobody would ever try to trick me.* (False) *That's not true! There are tricky people in our world, and today we're going to see how we can spot their tricks and lies!*
6. *True or False: Your name is on your name tag.* (True)

*Yes! And we need to get to know each others' names, so let's circle back up and introduce ourselves to each other.*

Going around the circle, HAVE each child say their name for the group to hear.

# TRIVIA SHEET

Wk 2 - ES - LG - Prop - Trivia Sheet

1. *What city is the capital of New York?*

- A. *Albany*
- B. *New York*
- C. *Broadway*
- D. *Chinatown*

(Answer: A, Albany)

2. *What city does the “Braves” baseball team come from?*

- A. *Seattle*
- B. *New York*
- C. *Chicago*
- D. *Atlanta*

(Answer: D, Atlanta)

3. *Which of these cities hosts two of the world’s top ten theme parks?*

- A. *Tokyo*
- B. *Paris*
- C. *Orlando*
- D. *Charlotte*

(Answer: C, Orlando)

---

# TRIVIA SHEET

Wk 2 - ES - LG - Prop - Trivia Sheet

1. *What city is the capital of New York?*

- A. *Albany*
- B. *New York*
- C. *Broadway*
- D. *Chinatown*

(Answer: A, Albany)

2. *What city does the “Braves” baseball team come from?*

- A. *Seattle*
- B. *New York*
- C. *Chicago*
- D. *Atlanta*

(Answer: D, Atlanta)

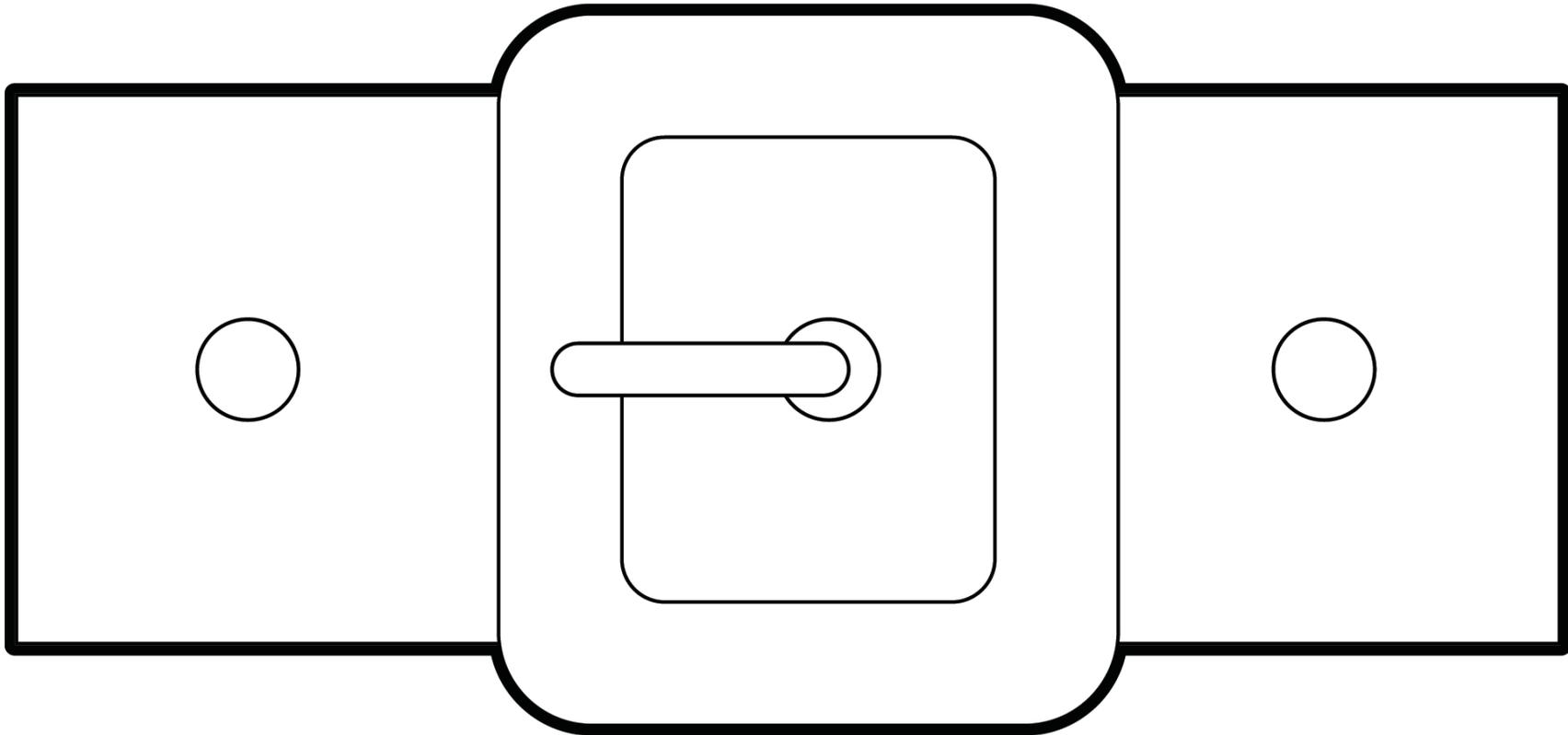
3. *Which of these cities hosts two of the world’s top ten theme parks?*

- A. *Tokyo*
- B. *Paris*
- C. *Orlando*
- D. *Charlotte*

(Answer: C, Orlando)



# ***BELT OF TRUTH***



**Week 2 • Today's Need to Know: Put on the Belt of Truth**

**Today's Bible Story: The Fall (Genesis 2:15-17, 3)**

**Series Memory Verse: "Put on all of God's armor. Then you can remain strong against the devil's evil plans." Ephesians 6:11 (NIRV)**

**Name \_\_\_\_\_**



Wks 2 & 5 - K-5 - Spot It Cards



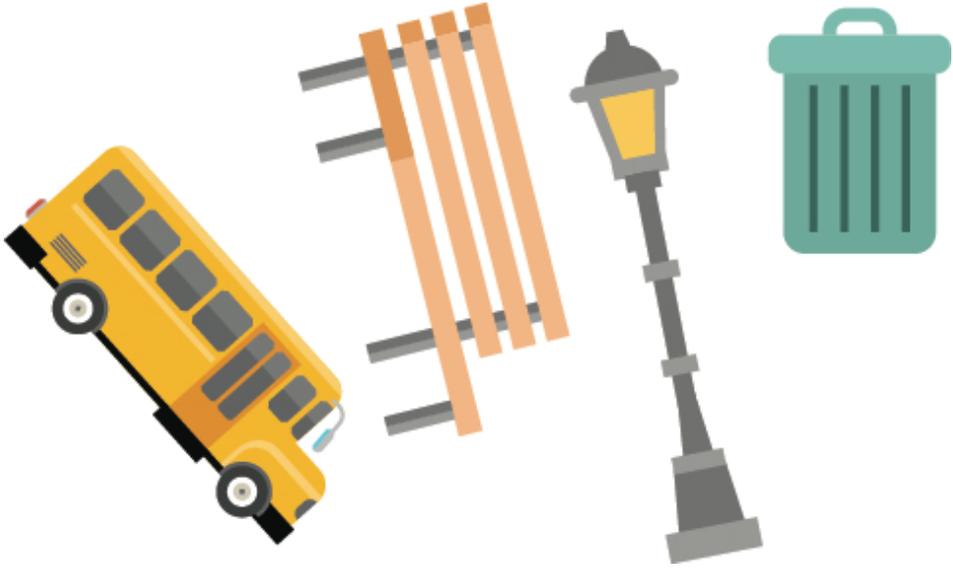
Wks 2 & 5 - K-5 - Spot It Cards



Wks 2 & 5 - K-5 - Spot It Cards



Wks 2 & 5 - K-5 - Spot It Cards



Wks 2 & 5 - K-5 - Spot It Cards



Wks 2 & 5 - K-5 - Spot It Cards



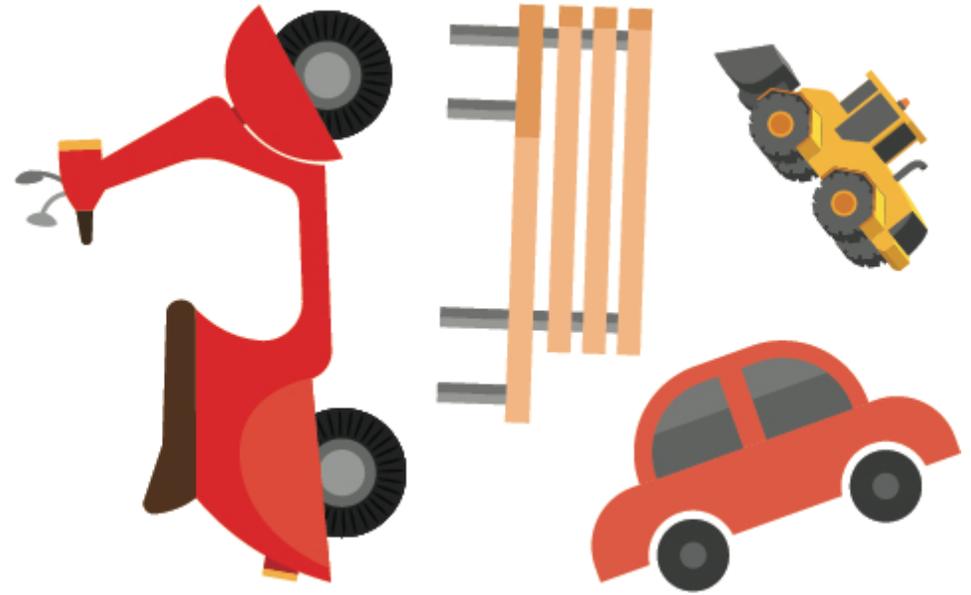
Wks 2 & 5 - K-5 - Spot It Cards



Wks 2 & 5 - K-5 - Spot It Cards



Wks 2 & 5 - K-5 - Spot It Cards



Wks 2 & 5 - K-5 - Spot It Cards



Wks 2 & 5 - K-5 - Spot It Cards



Wks 2 & 5 - K-5 - Spot It Cards



Wks 2 & 5 - K-5 - Spot It Cards



**FOUNTAIN**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



**DONUT**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



**BRIDGE**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



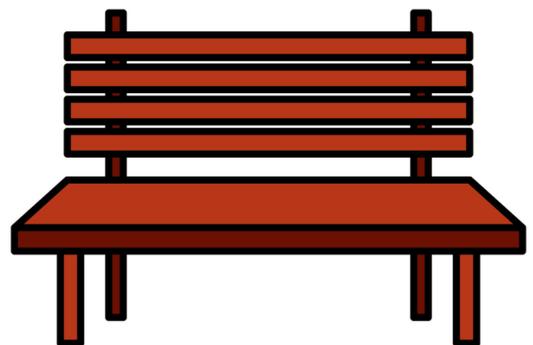
**BUS**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



**BIKE**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



**BENCH**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



**TAXI**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



**SQUIRREL**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



**MOUSE**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



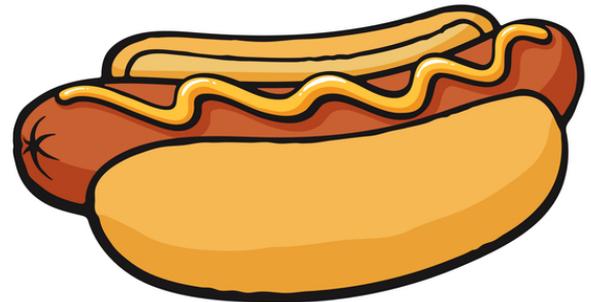
**BUILDING/SKYSCRAPER**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



**PIZZA**

Wks 2, 4, & 6 - K-5 - Heads Up Cards



**HOT DOG**

Wks 2, 4, & 6 - K-5 - Heads Up Cards