

WEEK 2 2-5 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* (motions optional for 4-5):
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 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. Afterwards, ASK:
 - *What happened when the devil tried to trick Eve with his lies?* (She believed him)
 - *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!*

Let's Practice

3

Option 1: Spot It

1. SAY: *The belt of truth helps us spot lies, so let's practice by playing "Spot It"!*
2. PLACE two **Spot It Cards** in the center of the group.
3. 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!*
4. Once an item is found, REMOVE the Cards and READ a question from the **Question Sheet**. CONTINUE laying two Cards down at a time until all Cards have been used.
5. Once the game is over, COLLECT the Spot It Cards. **SANITIZE** kids' hands and GIVE each child a piece of **candy** for participating.
6. 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* (motions optional for 4-5):

Put on (cross arms on chest)
The Belt of Truth (pretend to put on belt)

Option 2 (4-5 ONLY): Group Discussion

1. GENERATE additional group discussion by reading some scenarios from the **Question Sheet**. Then ASK the following questions:
 - **What can you do when you don't know the truth?** (Ask someone you trust, read the Bible)
 - **You know that feeling you get in your stomach when something doesn't seem right? What do you do when you have that feeling?** (Encourage kids to tell someone when they have that feeling) **Who is someone you can talk to that you trust and know is safe?**
 - **Have you ever felt like you were lied to or tricked into doing something? How can the belt of truth help you in situations like that?**
 2. SANITIZE kids' hands and GIVE each child a piece of candy for participating in group discussion. Then REVIEW the Need to Know together: **Put on the Belt of Truth**
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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** (motions optional for 4-5):
"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.
 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!
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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
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KEEP kids engaged in Small Group until they are checked out by doing the following activities:

- 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 - 2-5 - 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.*

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 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 act like Eve* (kids put brown tissue paper on their head) *and take a bite.* (Everyone pretends to take a bite)

Then, she gave some of the fruit to Adam (kids put brown 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 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 all of us, 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 soda to her bedroom 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. What should Jacob and his friends do? (Stay away from the car, go get an adult they know to help the person) Why shouldn't they go with the person? (The person might be trying to trick them)
- Maggie's older cousin asks her to do something, and she gets a bad 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 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. If someone doesn't listen to Angelo the first time, what should he do? (Say it again, tell someone else)
- Sophie is having a bad week, and this thought pops in her head: "There's no way Jesus is with me." Is Sophie's thought the truth or a lie? (A lie) Good job spotting that lie! Do lies always come from other people? (No) No, so we have to think about the thoughts 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. 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 many of us probably know a truth from God's Word about lying. What does God say about lying? (It's wrong) And we all know it's true that lying can get us in even more trouble than telling the truth. 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. What should Drake do? (Tell the person to stop in a loving way, and if they keep doing it he should tell an adult he trusts) 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. Go away." How do you think Sierra feels? (ALLOW responses) Sierra may think she's all alone, but is that true? (No) No, Sierra isn't alone. The truth is that Jesus promises to always be with her! Good job spotting that lie—you're using the belt of truth!

TRUE OR FALSE SHEET

Wk 2 - 2-5 - True or False Sheet

READ the statements below and HAVE kids sit on either side of 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:** *A hot dog from a street vendor in New York City costs \$7.50.* (False) *That's false. Buying a hot dog on a New York street corner will only cost you around \$2.50.*
4. **True or False:** *Pittsburgh, Pennsylvania, was the first city to have a baseball stadium.* (True)
5. **True or False:** *Nobody would ever try to trick me.* (False) *We all know that's false. 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.

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



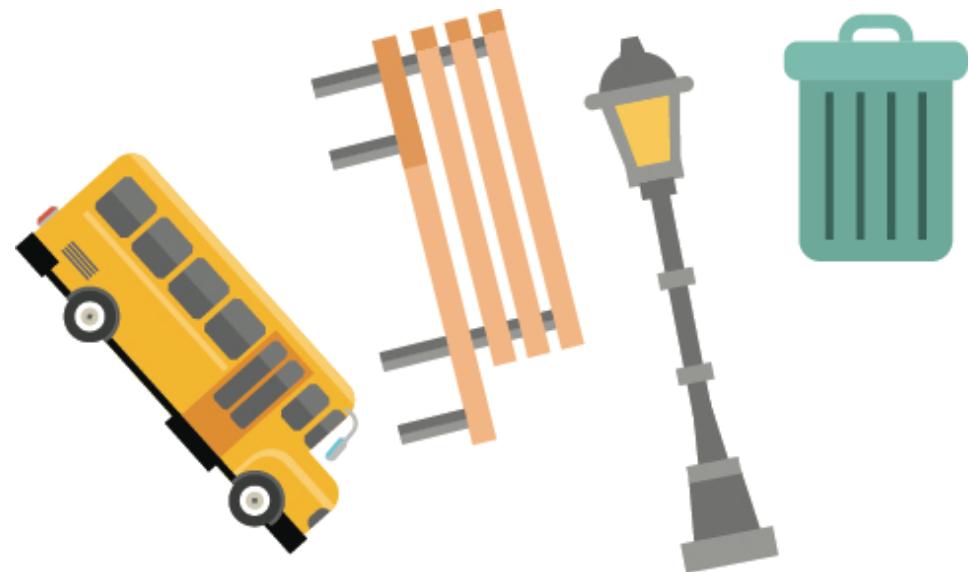
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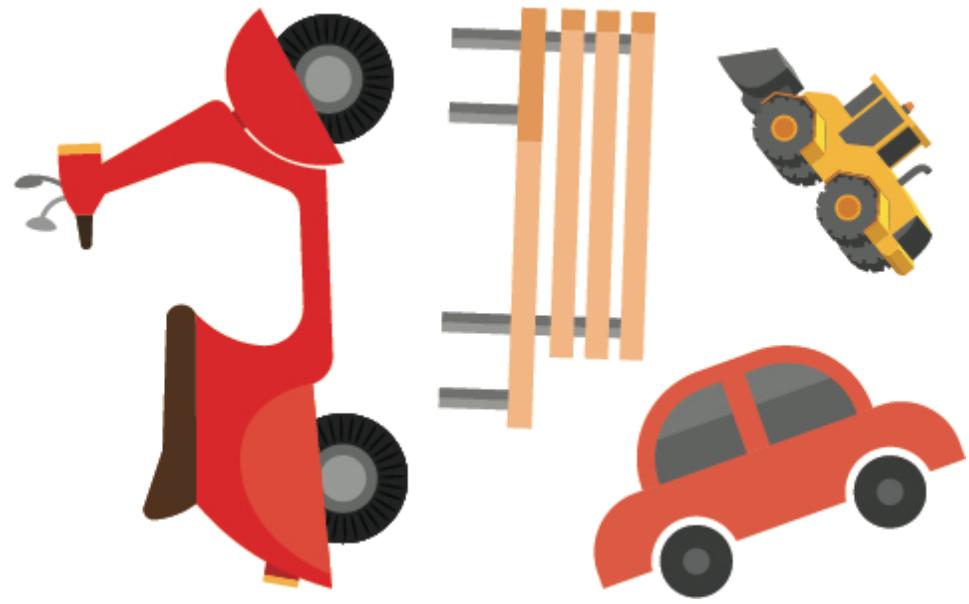
Wks 2 & 5 - K-5 - Spot It Cards



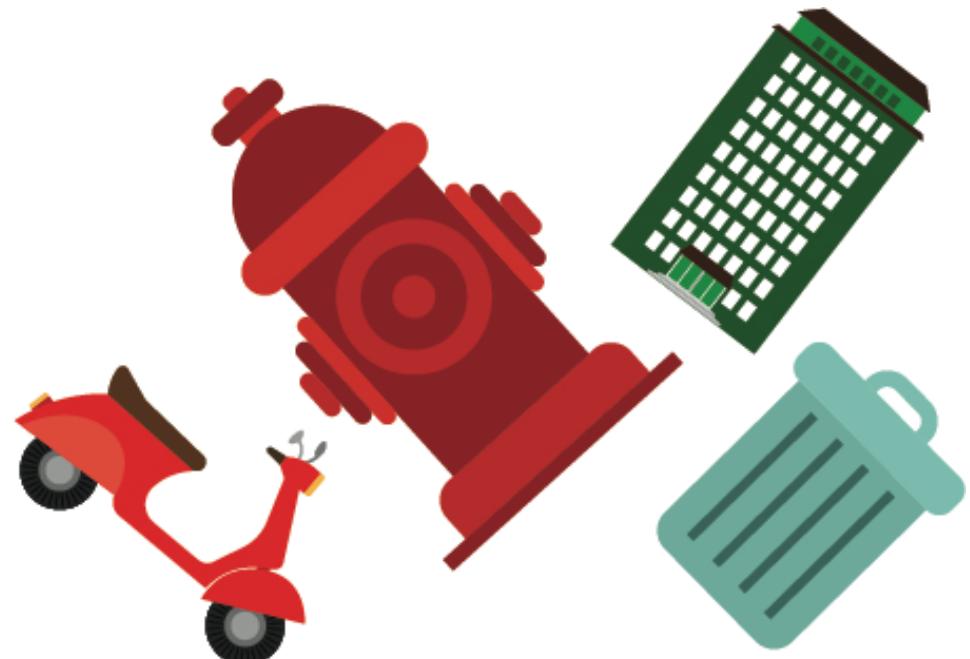
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Wks 2 & 5 - K-5 - Spot It Cards



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



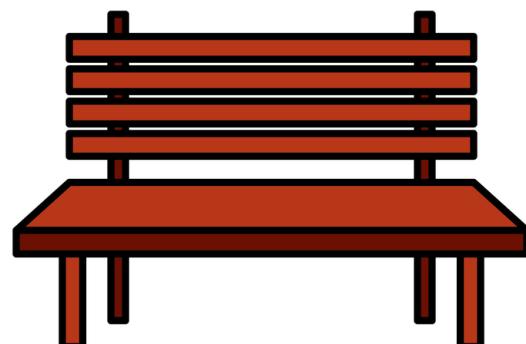
BUS

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

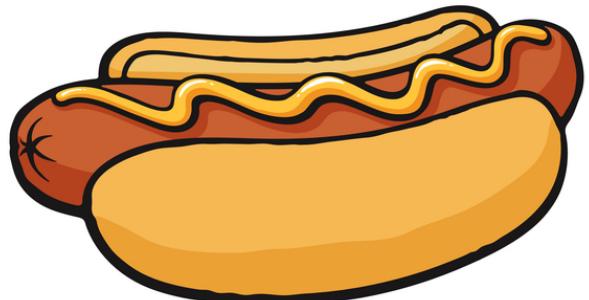


MOUSE

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