GENESIS TO REVELATION | LETTER LESSON

God's Armor Is a Picture of Faith

Ephesians 6:10-18



YOUR BIBLE READING

Spiritual strength stands in truth and peace rather than fighting human beings.

Inside: two extended reading pages, a thoughtful reflection, creative activities and a grown-up guide.

AGES 6-10 WITH AN ADULT • 6 COLORFUL A4 PAGES • ENGLISH ONLY

EXTENDED ENGLISH READING • PAGE 1 OF 2

A Picture for Standing Firm

Ephesians 6:10-18



The letter to the Ephesians closes this teaching with a call to be strong in the Lord and in his power. It then uses armor as a word picture for standing against evil and deception. The writer is not sending children to a battlefield or asking a church to attack its neighbors. The passage says the struggle is not against flesh and blood. Its attention is on spiritual faithfulness when evil seeks to mislead and harm.

Armor protects someone so they can stand. That purpose matters in the picture. The passage repeatedly calls believers to stand firm rather than describing a campaign to conquer other people. Their strength comes from God, not from pretending they have no weakness. The image joins courage with dependence. It invites a community to be prepared through truth, righteous conduct, trust, salvation, God's word, and prayer, the spiritual resources named as the reading unfolds.

First comes a belt associated with truth and a breastplate associated with righteousness. A belt holds clothing ready for action; a breastplate protects the front of the body. In the letter's picture, truth and doing what is right give a person a firm readiness. These are not instructions to make protective metal clothing. They connect an image people could recognize with the importance of truthful living and conduct that does not surrender to wrongdoing.

The feet are prepared with the good news of peace. This is a striking part of a picture that includes armor: the message carried is peace, not hatred toward another group. The letter's resources are meant to support faithfulness to God. A person standing for truth can still speak gently and seek another person's good. Read together, these first pieces begin to explain how the armor picture can resist evil without turning people into targets.

Remember: Truth, peace, trust, and prayer help faithfulness stand firm.

EXTENDED ENGLISH READING • PAGE 2 OF 2

Faith, Salvation, the Word, and Prayer

Ephesians 6:10-18



The shield is associated with faith. The passage pictures it extinguishing the evil one's fiery arrows. This communicates trust that resists attacks and deception, rather than requiring us to identify every frightening thought as a visible arrow. The image concerns relying on God when evil would lead a person away from faithfulness. It does not say a physical shield can prevent every injury or that believers must never admit to fear or uncertainty.

The helmet is salvation, and the sword of the Spirit is identified as God's word. Naming the sword's meaning is important: the tool in the picture is not a weapon children are told to use against people. God's word gives direction and truth. The letter does not make neighbors, people of another religion, or someone with whom we disagree the enemy to be struck. It has already explained that the struggle is not against human beings.

Prayer accompanies the whole picture. Believers are called to pray in the Spirit at all times, with requests, watchfulness, and perseverance for all God's people. Faithfulness is therefore not an isolated person imagining themselves unbeatable. The community asks for help and remembers others. Prayer can include honest need. Keeping watch means remaining attentive, not treating every ordinary noise or disagreement as a secret attack. The passage's direction remains dependence on God and persistent care for the community.

For a present-day illustration, suppose a cruel rumor is spreading. Truth matters, right conduct means refusing to forward it, peace shapes the response, and faith and prayer support courage to seek adult help. That is an example, not an episode described in Ephesians. It shows how the named resources can guide a practical choice without any literal armor. The picture is strongest when its meanings stay clear: spiritual faithfulness expressed through truth, peace, trust, God's word, and prayer.

Pause and think: How could truth and peace work together when you face pressure to join something harmful?

THINK, NOTICE & GROW

Peaceful Courage in Practice



The armor is a word picture. If you draw it, label the pieces with their meanings so the focus stays on faithfulness rather than fighting. You might write Truth on the belt or Peace near the feet. A drawing can help you remember the lesson. It does not give you permission to threaten someone or decide that a classmate is a spiritual enemy to defeat.

When someone pressures you to lie or join cruelty, a truthful refusal can be brave. You can also ask a trusted adult for help. Courage is not measured by handling every situation alone. The letter calls believers to strength in the Lord and prayer for others, which makes room for dependence and community. Wise support belongs beside a firm decision to do what is right.

Fear, anxiety, and unwanted thoughts do not prove that a child has failed spiritually. Tell a safe adult when you are distressed. This passage offers a picture of support for faithful living, not a way to diagnose every feeling or illness. Consider one peaceful action that would help you stand for truth while still treating people with dignity.

A SMALL STEP FOR TODAY

God’s armor is a word picture for standing faithfully through truth, peace, trust, Scripture, and prayer rather than attacking people.

How could truth and peace work together when you face pressure to join something harmful?

Read, Remember & Create

Name: _____ Date: _____

1 Think about the reading

1. Is this passage asking children to fight other people?

2. What does the sword in the picture represent?

2 Put the ideas in order

Write 1, 2 and 3 for the order these ideas appear in the reading.

- ☐ Use God's word and persevere in prayer for others.
- ☐ Understand the armor through truth, peace, faith, and salvation.
- ☐ Depend on God's strength to stand against evil.

3 Draw a meaningful picture

Draw symbolic armor labeled Truth, Right Conduct, Peace, Faith, Salvation, and God's Word, with Prayer surrounding it.

Tell someone how your picture connects to the reading.

Read & Grow Together

Read and learn with context

This English edition is designed for ages 6-10 with an adult. Read both extended readings together, or enjoy one each day. Pause at unfamiliar words, invite questions and use the reflection page to connect the story with everyday life. These are retellings and lessons with explanations; read the listed Bible passage for context. Poetry, parables, letters and symbolic visions are identified by type.

Remember this

Truth, peace, trust, and prayer help faithfulness stand firm.
Original memory thought, not a direct Bible quotation. Related passage: Ephesians 6:10-18

A thoughtful conversation

Keep every armor piece explicitly metaphorical, with its meaning attached. The passage says the struggle is not against people. Avoid real weapons, identifying classmates as enemies, or interpreting anxiety and unwanted thoughts as spiritual failure. Practice peaceful refusal and trusted adult support while emphasizing prayer, truth, and care for the community.

Activity answers

1. No; the armor is a spiritual word picture, and the struggle is not against human beings.
2. The word of God, not a weapon to use against people.
Sequence boxes, top to bottom: 3, 2, 1. Personal responses and drawings will vary.

Optional prayer

God, help us stand in truth and peace, trusting you and caring for others. Amen.

Print and share

Each pack has 6 pages. Print on A4 at Actual Size (100%). The worksheet is page 5. You may print just that page, or use the separate 150-page activity book. The collection contains 150 packs in Bible book order, 15 volumes and one ZIP. Catalog pack IDs stay the same when new readings are added.

Sources and sharing

English retellings, lessons, reflections and activities by DigiPick (2026), based on Ephesians 6:10-18. Source checked with the public-domain World English Bible. Illustration: original symbolic vector artwork by DigiPick.store; a learning aid, not an additional Bible event.
This adapted story pack is shared under Creative Commons Attribution-ShareAlike 3.0. Credit the creators, identify changes and use the same license for adaptations. Genesis to Revelation edition 3.0.