



## HOW DOES GOD HELP ME BE STRONG?

**BIBLE STORY:** The Armor of God (Ephesians 6:10-20)

**BIBLE TRUTH:** God gives me strength.

**BIBLE VERSE:** Be strengthened by the Lord. *Ephesians 6:10a*

In today's meeting, TeamKIDs answered the question, "How does God help me be strong?" They learned that the Bible teaches us how learning about and putting trust in God and His Son, Jesus, help to make us strong in every way. God wants us to be strong in body, mind, and our love for Him.

Ephesians is a letter from Paul to his friends in the church in Ephesus. Paul wanted to encourage them to keep learning about Jesus. He wanted to help the people learn how to avoid letting wrong things take over their lives. He told them to protect themselves by putting on the full armor of God. The armor of God is truth like a belt, righteousness like armor on your chest, feet with sandals ready to go and tell people about Jesus, the shield of faith, the helmet of salvation, and the sword of the Spirit (the Word of God). Paul also told the people to pray all the time. Prayer provides protection..

This week, talk with your child about what it means to be strong. Explain that strength is not just about having strong muscles. It is about being strong in body, mind, and our love for God and Jesus. God wants to help protect us from making wrong choices. Prayer is also our protection. As you pray with your child this week, ask God to help your family make good choices. Pray for God's protection. Tell God how much you love Him and His Son, Jesus.



Item 29: Unit 2 Parent Connections  
Preschool TeamKID: Follow Through  
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Instructions: Distribute to parents at the end of Meeting 10.