



Let's Put On the Full Armor of God



1

Stand therefore, having your loins girt about with truth.

What it does: God's truth helps us know what is true and speak what is true.

Motion: Pretend to buckle your belt.

2

And having on the breastplate of righteousness.

What it does: It guards our heart and helps us choose what is right.

Motion: Place your hand on your heart.

3

And your feet shod with the preparation of the gospel of peace.

What it does: They help us walk in peace and carry God's peace wherever we go.

Motion: Place your hands on your feet.

4

Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

What it does: It helps us trust God and stand strong against the enemy.

Motion: Make a fist and hold it out like you are holding a shield.

5

And take the helmet of salvation.

What it does: It protects our mind and reminds us that we belong to Jesus.

Motion: Use your hands to pretend you are putting a helmet on your head.

6

And the sword of the Spirit, which is the word of God.

What it does: God's Word helps guide us, strengthen us, and help us stand firm.

Motion: Swirl your fist in the air like you are holding a sword.



Kids Corner Parent Printout

Practice together before school,
church, or bedtime.

