



UNIT STUDY: THE ARMOR OF GOD

Based on:

The Dragon Slayer and His Super Special Suit

Length:

6 Lessons

Age Range:

Elementary (adaptable for younger/older children)

Suggested Companion Reading for Parents:

Home with God by Kyle Worley

Daily Structure Overview

Each day focuses on one piece of the Armor of God and includes:

- Memory Work
- Copy Work
- History
- Acting
- Craft

For proper context for this unit study, read the Parent Connection on page 32 of *The Dragon Slayer and His Super Special Suit*.

LESSON 1: BELT OF TRUTH

Opening

Today, we're going to learn about the very first piece of God's armor: the belt of truth. Just like the Hero in our story gave the townspeople a special belt to "fight off wicked lies," God gives us truth to help us stand strong too.

We're going to memorize, write, read, act, and create today. This will all help us remember that, with God's truth, we can be ready for anything. Are you ready to suit up?

Scripture Memorization

"Stand therefore, with truth like a belt around your waist . . ." –Ephesians 6:14a

Copy Work

Choose an age-appropriate phrase or stanza from *The Dragon Slayer and His Super Special Suit* for your child to copy. This helps with handwriting, spelling, and memorization.

History: The Belt of Truth and What It Meant to Paul

Read: Did you know that way back in the time of Jesus and His apostles, Roman soldiers wore special armor to protect them in battle? When Paul wrote about the Armor of God in the Bible, he wrote to people who knew all about Roman soldiers. He told them that God gives us armor too—just like the Hero did in our story. The armor God gives us helps us fight spiritual battles against Satan.

One of the most important parts of their armor was a belt! It was called the cingulum militare.

The Roman soldier's belt was made of strong leather, and it helped hold up his clothes and carry his sword. Without his belt, the soldier wouldn't be ready to fight! The belt kept everything in place so he could move and stay safe. (Some belts even made noise when the soldier walked—clink, clink, clink! That way, people knew he was coming!)

Paul said the first piece of God's armor is the belt of truth. Just like a Roman soldier needed his belt to be ready, we need truth to help us stand strong when we fight spiritual battles. The Roman soldier would put on his belt every day, whether he knew he would go to battle or not. In the same way, Christians lean on truth every day by knowing and believing what God says in the Bible.

Source for Parents: worldhistory.org/article/1692/roman-armor--weapons/

Activity Idea: Find an image of a Roman belt online and have kids try and draw their own.

Act It Out: The Belt Arrives!

Scene: The townspeople fear the dragon. The Hero arrives and gives them a special belt to help them stand strong and know what's true.

Instructions

1. Grab a belt from home (or use a scarf or ribbon).
2. Act out the scene:
 - The dragon roars and scares the town.
 - The Hero arrives and says, "Don't worry! I have something special for you!"
 - He gives the belt of truth to the townspeople.
 - Everyone puts on their pretend belts and stands tall and brave.
3. Say this line together: *"We can be brave, for our Savior is strong!"*

Fun Tips

- Use a flashlight for the dragon's fiery eyes!
- Cheer loudly when the belt is given!
- Let kids take turns being the Dragon Slayer and the townspeople.
- Play epic music in the background to make it feel like a movie scene!

Craft: Make Your Own Belt of Truth

Supplies Needed:

- Long strip of construction paper or ribbon
- Markers or crayons
- Stickers or gems (optional)
- Tape or stapler

Instructions:

1. Cut a strip of paper long enough to go around your waist.
2. Write the word TRUTH in big letters.
3. Add drawings of things that are true about God (like "God loves me" or "Jesus saves").
4. Use stickers, gems, or stamps to make it special.
5. Tape or staple the ends together and wear your belt of truth during the acting scene!

Closing: You did such a great job learning about the belt of truth today! Just like a Roman soldier wouldn't go into battle without his belt, we don't go through life without God's truth. It helps us know and trust God.

Remember:

We can be brave, for our Savior is strong.
We can stand fearless. It won't be that long
Till evil is dead and God's people are home
In the place where no dragon ever will roam.

LESSON 2: BREASTPLATE OF RIGHTEOUSNESS

Opening

Today, we learn about the breastplate of righteousness! In our story, the Hero gives the townspeople a strong plate of metal that Roman soldiers used to use to protect their hearts. God gives us righteousness to protect our hearts too.

Do you know what righteousness means? Righteousness is being right in God's eyes. And we can only be right in God's eyes because of Jesus's sacrifice. Let's suit up again!

Scripture Memorization

"Stand therefore, with truth like a belt around your waist, righteousness like armor on your chest . . ." –Ephesians 6:14

Copy Work

Choose an age-appropriate phrase or stanza from *The Dragon Slayer and His Super Special Suit* for your child to copy. This helps with handwriting, spelling, and memorization.

History: The Breastplate Protects the Heart

Read: Roman soldiers wore a breastplate made of metal or tough leather to protect their chest and heart during battle. It was sometimes called a lorica. Remember, the heart is one of the most important organs in our bodies. It pumps blood to spread oxygen throughout every organ. If a soldier were to become injured in his chest, he could easily be killed!

Paul said that God gives us a breastplate too, but it's not one made of metal. It's made of righteousness. Do you remember what righteousness means? Righteousness is being right with God. On their own, our hearts are at risk of attacks from Satan, the dragon. But when people are made right with God through Jesus, His righteousness covers our hearts. We don't earn our righteousness by being perfect, God gives it to us freely.

Just like the Hero gave the townspeople armor to protect them, God gives us Jesus's righteousness to guard our hearts from Satan's attacks.

Source for Parents: worldhistory.org/article/1692/roman-armor--weapons/

Activity Idea: Draw a heart and write on it "Made Right with God."

Act It Out: The Breastplate of Righteousness

Scene: The townspeople are worried and feel guilty. The Hero gives them a breastplate to remind them they are made right with God.

Instructions

1. Use a piece of cardboard or a pillow as a pretend breastplate.
2. Act out the Hero giving the armor and the people standing tall with courage.
3. Say this line together: *"We can stand fearless. It won't be that long!"*

Fun Tips

- Let kids decorate their pretend breastplate before acting.
- Use a mirror and let them "see" their brave selves wearing God's armor.
- Add a drumroll when the Hero arrives!

Craft: Make Your Own Breastplate of Righteousness

Supplies Needed:

- Construction paper
- Scissors
- Markers or crayons
- Tape or stapler

Instructions:

1. Cut out a breastplate shape.
2. Write "Righteousness" or "Made Right with God" on it.
3. Decorate with symbols (crosses, hearts, Christian fish, etc.).
4. Tape string to the sides so kids can wear it!

Closing: You did a great job learning about the breastplate of righteousness! Just like Roman soldiers protected their hearts with metal to cover their chests, God protects our hearts with His Son's righteousness.

Remember:

We can be brave, for our Savior is strong.
We can stand fearless. It won't be that long
Till evil is dead and God's people are home
In the place where no dragon ever will roam.

LESSON 3: SHOES OF PEACE

Opening

Today, we're learning about the shoes of peace! Do you remember what the book says the shoes of peace did for the townspeople? Let's turn to page 19 and find out. Can you read it with me?

God gives us peace so we can stand firm and go share His good news with others. Let's suit up to learn more about the shoes of peace, what they would have meant for a Roman soldier, and what they mean for us as we follow Jesus.

Scripture Memorization

"Stand therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace." – Ephesians 6:14-15

Copy Work

Choose an age-appropriate phrase or stanza from *The Dragon Slayer and His Super Special Suit* for your child to copy. This helps with handwriting, spelling, and memorization.

History: The Shoes and How They Help Us Go

Read: Roman soldiers wore strong sandals called caligae. These shoes had thick soles and metal studs on the bottom to help them stand firm and walk long distances—even in battle!

Paul said that God gives us shoes too. But the shoes Paul refers to bring peace. These shoes help us walk in God's love and share the good news of Jesus with others.

The armor of God comes from the book of Ephesians in the Bible. Paul wrote to a group of Christians who were living among people who were not Christians. By telling the readers about the shoes of peace, Paul reminds them of something very important. The gospel is a message of peace made between God and people. Just like the Hero gave shoes to help the townspeople walk bravely in peace, God gives us peace to help us walk with courage and kindness.

Source for Parents: worldhistory.org/article/1692/roman-armor--weapons/

Activity Idea: Trace your child's feet and decorate the outlines with words or pictures.

Act It Out: The Shoes That Help Us Stand

Scene: The townspeople are afraid to move forward because the dragon is still there, but there is another town on the other side that needs to know the good news of the Hero. The Hero gives the shoes that help them walk with peace and courage past the dragon so they can go tell their neighbors about the dragon slayer.

Instructions

1. Use real shoes or cut out paper ones.
2. Act out the Hero giving the shoes and the people walking bravely.
3. Say this line together: *"The shoes helped them travel till everyone knew, The Hero's strong victory is your triumph too!"*

Fun Tips

- Make a "path" on the floor with tape or paper and let kids walk it in their new shoes.
- Add a "dragon growl" and let kids walk past it bravely.
- Play soft, peaceful music as they walk.

Craft: Make Your Own Shoes of Peace

Supplies Needed:

- Paper or foam sheets
- Markers or crayons
- Tape or string
- Stickers or gems (optional)

Instructions:

1. Trace your child's feet on paper.
2. Write "Peace" or "Good News" on each shoe.
3. Decorate with stickers or gems.

Closing: I'm so glad we learned about the shoes of peace today! Just like Roman soldiers needed strong shoes to stand firm and "go," God gives us peace so we can stand strong and be ready to share His love.

Remember:

We can be brave, for our Savior is strong.
We can stand fearless. It won't be that long
Till evil is dead and God's people are home
In the place where no dragon ever will roam

LESSON 4: SHIELD OF FAITH

Opening

Today, we're learning about the shield of faith! In *The Dragon Slayer and His Super Special Suit*, the Hero gives the townspeople a strong shield to block the dragon's fiery lies.

The Bible says that God gives us faith to help us trust Him in every situation—even scary ones! Let's suit up to learn more.

Scripture Memorization

“Stand therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one.”

– Ephesians 6:14-16

Copy Work

Choose an age-appropriate phrase or stanza from *The Dragon Slayer and His Super Special Suit* for your child to copy. This helps with handwriting, spelling, and memorization.

History: The Shield That Blocks Arrows

Read: Roman soldiers carried big shields called scutum. These shields were curved and made of plywood but covered in calfskin. They helped protect the soldier from arrows, swords, and fire! These weren't small shields. They were huge—usually about four feet tall and two feet wide. That's as tall as some kids!

Paul said that God gives us a shield too—faith! Faith means trusting God even when we can't see what's ahead. Just like the Hero gave the townspeople shields to block the dragon's fire, God gives us faith to block attacks from the enemy. Do you remember who our enemy is? That's right. Satan. Because Christians are given the armor of God, faith protects us from Satan's fear, lies, and temptation to doubt God.

Source for Parents: worldhistory.org/article/1692/roman-armor--weapons/

Activity Idea: Draw a shield and write “Faith” in the center. Around it, draw fire, arrows, and swords to remind you that the shield of faith blocks us from enemy attacks.

Act It Out: Block Fiery Darts!

Scene: The dragon shoots fiery lies at the townspeople. The Hero gives them shields to block the flames and stand strong.

Instructions

1. Use a pillow, tray, or cardboard as a shield.
2. Act out the dragon attacking and the townspeople holding up their shields.
3. Say this line together: *“A shield made of faith to block darts from his eyes!”*

Fun Tips

- Use red and orange streamers or paper as pretend fire.
- Let kids “block” the fire with their shields.
- Add dramatic music and cheering when the fire is blocked!

Craft: Make Your Own Shield of Faith

Supplies Needed:

- Cardboard or thick paper
- Markers or paint
- Stickers or foil (optional)
- Tape or string
- Scissors

Instructions:

1. Cut out a shield shape.
2. Write “Faith” in big letters.
3. Decorate with symbols of trust (crosses, hearts, stars).
4. Tape a handle on the back so kids can hold it during the acting scene.

Closing: I loved learning about the shield of faith with you today! Just like Roman soldiers used shields to block enemy attacks, God gives us faith to block Satan’s lies and temptation.

Remember:

We can be brave, for our Savior is strong.
We can stand fearless. It won’t be that long
Till evil is dead and God’s people are home
In the place where no dragon ever will roam.

LESSON 5: HELMET OF SALVATION

Opening

In the story, the Hero gives the townspeople helmets to protect their heads and remind them they belong to Him. God also gives us salvation to protect our minds and help us remember that we are His forever. Ephesians 6 calls this the helmet of salvation.

We're going to read, write, act, and create today—all to help us remember that Jesus saves us and we are His forever.

Scripture Memorization

“Stand therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation . . .” –Ephesians 6:14-17a

Copy Work

Choose an age-appropriate phrase or stanza from *The Dragon Slayer and His Super Special Suit* for your child to copy. This helps with handwriting, spelling, and memorization.

History: The Helmet Tells Us We are Safe

Read: With their helmets called galea, Roman soldiers kept their heads safe. These helmets were made of strong metal, probably bronze, and had cheek guards to protect the whole head and keep the soldier safe from swords and arrows during battle. They could have confidence that when they went into a battle that their heads would be kept safe.

When Paul wrote about the armor of God, he said that God gives us a helmet of salvation. Salvation is a big word that means “saving has come.” Christians have been rescued by Jesus and belong to Him forever. We can have confidence: no matter what spiritual battle we go into, followers of Jesus are saved forever. Satan can't do anything to take us away from God.

Source for Parents: worldhistory.org/article/1692/roman-armor--weapons/

Activity Idea: Draw a helmet and write “I belong to Jesus” on it. Decorate with stars or crowns.

Act It Out: A Helmet with Hope

Scene: The townspeople feel confused and scared. The Hero gives them helmets to protect their minds and remind them they are saved.

Instructions

1. Use a bike or sports helmet, hat, or paper helmet.
2. Act out the Hero placing helmets on the townspeople.
3. Say this line together: *"We can think clearly, because we belong to Jesus!"*

Fun Tips

- Let kids decorate their helmets before acting.
- Use a mirror and let them "see" their brave selves wearing God's helmet.
- Add a "cheering crowd" sound when the helmets go on!

Craft: Make Your Own Helmet of Salvation

Supplies Needed:

- Foil
- A Bowl
- Scissors
- Permanent marker
- Stickers or gems (optional)

Instructions:

1. Cut out a helmet shape or wrap foil around a paper bowl.
2. Write "Salvation" or "I belong to Jesus" on it.
3. Decorate with stars, crowns, or hearts.
4. Wear it proudly during the acting scene!

Closing: You did a great job learning about the Helmet of Salvation today! Just like Roman soldiers protected their heads with the strongest metal, God protects us with His salvation, something that can never, ever be taken away.

Remember:

We can be brave, for our Savior is strong.
We can stand fearless. It won't be that long
Till evil is dead and God's people are home
In the place where no dragon ever will roam.

LESSON 6: SWORD OF THE SPIRIT

Opening

It's the last day of learning about the armor of God! Today, we see that God gives us the sword of the Spirit. In our story, the Hero gives the townspeople swords to fight back against the dragon's lies with truth. God gives us His Word—the Bible—as our sword to fight lies and evil.

We're going to read, write, act, and create today to help us remember that God's Word is powerful and true. Are you ready to suit up one last time?

Scripture Memorization

“Stand therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit—which is the word of God.” –Ephesians 6:14-16

Copy Work

Choose an age-appropriate phrase or stanza from *The Dragon Slayer and His Super Special Suit* for your child to copy. This helps with handwriting, spelling, and memorization.

History: Training with the Sword of the Spirit

Read: So far, all the armor we've discussed has been what a soldier might use to protect himself. Today's piece of armor is actually a weapon: a sword! A Roman soldier's sword was called gladius hispaniensis. These swords were sharp—perfect for close battles. Soldiers had to practice using them every day to become skilled with them.

Paul said that God gives us a sword too—His Word! The Bible is filled with true things about God written by people with a special Helper who gave them the words—the Holy Spirit! It helps us fight lies with truth. When we know our Bibles well, we know God's truth. A soldier needed to practice his skill with the sword every day. Followers of Jesus can practice knowledge of God by reading our Bibles.

Source for Parents: worldhistory.org/article/1692/roman-armor--weapons/

Activity Idea: Look up a Bible verse together (perhaps a family verse, if you have one) and write it on a paper sword. Practice saying it out loud like a warrior!

Act It Out: Fighting with the Word

Scene: The dragon tries to attack, but the townspeople use their swords to fight back with truth from God's Word.

Instructions

1. Use a cardboard sword or rolled-up paper.
2. Act out the townspeople standing strong and speaking truth.
3. Say this line together: *"This blade would deprive the dragon of fame by praising the Hero's incredible name."*

Fun Tips

- Let kids shout short Bible verses as they "fight."
- Use dramatic music and slow-motion moves.
- Let kids take turns being the dragon and the warriors.

Craft: Make Your Own Sword of the Spirit

Supplies Needed:

- Cardboard or thick paper
- Markers or crayons
- Tape or foil
- Stickers or gems (optional)
- Scissors

Instructions:

1. Cut out a sword shape.
2. Write a short Bible verse on the blade.
3. Decorate with shiny foil or gems.
4. Use it during the acting scene to "fight" with truth!

Closing: You did an amazing job learning about the Sword of the Spirit today. What is the sword of the Spirit? It's the Bible! Just like Roman soldiers trained with their swords, we train by reading God's Word and trusting Him.

We've finished learning about all six pieces of the armor of God—what an amazing journey! Just like the townspeople in our story, you've discovered how each part of the armor helps us stand strong, trust God, and fight against Satan with courage and truth.

Remember:

We can be brave, for our Savior is strong.
We can stand fearless. It won't be that long
Till evil is dead and God's people are home
In the place where no dragon ever will roam.