

LIFE APP

Confidence:
learning to see yourself
the way God sees you

BOTTOM LINE

Use what God has given you to
stand strong.

KEY QUESTION

When is it hard to
stand strong?

BIBLE STORY FOCUS

Peter Walks on Water
Matthew 14:22-33

MEMORY VERSE

“Being confident of this, that he who
began a good work in you will carry
it on to completion until the day of
Christ Jesus.”
Philippians 1:6, NIV

ACTIVITY: ARMOR MATCHING**What You Need:**

Six note cards, something to write with

What You Do

Write* the following phrases on the note cards (one phrase per card):

- Belt of truth
- Armor of godliness
- Shoes of peace
- Shield of faith
- Helmet of salvation
- Sword of the Holy Spirit (God’s word)

(*If your child is still learning to read, you could draw or print/glue a picture onto each card to represent each piece of armor.)

Shuffle the cards and give them to your child. Tell your child that you’re going to read a description (listed below), and they’re going to look through their set of cards to try to find the one that matches the description. Read all six descriptions and see if your child can match all of them.

- This keeps our whole set of armor together! If we wear it, we can remember what’s true. (belt of truth)
- This protects a soldier’s lungs and heart. It keeps our hearts safe and helps control our actions, even when we have big emotions! (armor of godliness)
- These help us carry the good news of Jesus everywhere we go. (shoes of peace)
- Our minds need help to stand strong, too! This piece of armor reminds us that Jesus loves and forgives us. (helmet of salvation)
- This shows us how God wants us to live, as we can read in the Bible. (sword of the Holy Spirit/ God’s word)
- We hold this in front of ourselves to remind us that God is always with us and will always help us. (shield of faith)

TALK ABOUT THE BIBLE STORY:

When Paul wrote about the armor of God, did he mean that we would be wearing actual armor?

Why do you think Paul wrote about armor then? *(To show the different ways that our relationship with God can help us)*

How can our relationship with God give us confidence? *(It protects us, prepares us, and reminds us that God is always with us.)*

As you get dressed this week, how can you remind yourself to “put on God’s armor”?

Give an example of a time when you needed God’s protection.

PRAYER

“Dear God, thank You for the strength and confidence we have from our relationship with You. It really is like Paul wrote; it’s like we’re wearing armor! Please help us to use what you’ve given us to make wise choices and live the way You want us to. Please help us stand strong and remember what’s true. We love You, and we pray these things in Jesus’ name. Amen.”