

## **Day One**

### **The Belt of Truth**

#### **Prayer**

God, thank you for bringing us all to Bible Boot Camp safely. We ask that you would come and fill up our hearts with your mighty power and your Holy Spirit. Help us to make friends, have fun, and learn all about the Spiritual Armor this week. We love you Lord and thank you for sending your Son to die on the cross for our sins. It's in your holy name that we pray. Amen.

#### **Lesson**

Read Ephesians 6:11-18 and try to memorize Ephesians 6:11 by the end of the week.

Have you ever seen pictures of medieval knights all dressed up in their armor?

Why did these warriors have to wear all that armor?

Do you think you will ever really need to wear armor like that, in your everyday life?

Well the truth is, we do. God tells us in His Word that we are at war right now. Not this country with another country, but Christians are at war with the Devil. Even each one of you. So if we are at war, what should we do to prepare for a new battle every day? Read our Bibles, pray, go to church.

But did you know that God has told us about a way we can protect ourselves from attacks from Satan? In the book of Ephesians in the Bible, Paul writes about the armor of God. This is a metaphor. We can't go to a store and buy spiritual armor, but they are still real tools that God wants us to use to fight for Him. He wants us to be warriors for Him, so he gives us six pieces of armor to wear. This week we will learn about all six of them and how to put them on and wear them every day.

What the first piece of armor is in Ephesians?

Right, it's the Belt of Truth. What do belts do? They hold up your pants, don't they? In Roman times when the book of Ephesians was written, the Roman warrior's belt held all their weapons and tools. If their belt was on wrong, or not on at all, then they would not be efficient warriors. The belt of Truth represents what we know about God. This knowledge of God that we have helps to keep all the other pieces of armor together. It's our storage place for knowledge of God. If you don't know the truth about God, then how will you be able to put on a helmet of Salvation? Today we will discuss the importance of the Belt of Truth and we will learn how to wear it every day.

#### **Music Worship**

Log onto <https://youtu.be/nWaT6wfdSKU> and watch and sing along to the music video.

## **Game: Leaps and Bounds**

Materials:

- True or false questions and answers (at the end of this packet)
- Tape or chalk to mark a starting line and a finish line some 10 feet away. (Enough to challenge the kids, but not to frustrate anyone.)

Process:

- Break up into your small group platoons.
- Tell the children that you will ask them a series of true or false questions about the Bible. For each question they get right, they take one giant leap towards the finish line. If they miss a question, they stay where they are. The first one to cross the finish line wins.
- Have them line up at the starting line.
- Ask the child closest to you the first question.
- Continue in game play until every child has crossed the finish line.

## **Game Discussion**

Discuss Scripture and how the game applies to the Belt of Truth.

Say: So did you all have fun with today's game? What do you think it had to do with today's lesson? (Allow time for students to respond.) You had to know the answers to the questions in order to win the game. You had to know if what I was telling you was true. Can you think of a situation in your life where you might need to know if what someone is telling you is true or not? (Allow time for students to respond.) What if someone said to you, "Jesus isn't the only way to get to Heaven," what would you say? (Allow responses.) A Bible verse we'll look at today is John 14:6 where Jesus says, "I am the way, the truth, and the life. No one comes to the Father except through me." We know that this is the truth. So through reading our Bibles every day, we learn how to put on the Belt of Truth. If we put on the Belt of Truth and get to know the Bible really well, it will be harder for Satan to lie to us.

## **Workbook Packet**

Complete the workbook pages for day one that are appropriate for your child's level.

## **Closing Prayer**

Dear God thank you for letting us have fun and spend time with you today. I pray that we would remember to put on the Belt of Truth every day so we can fight against Satan's lies. Please bring us all back here safely tomorrow. Amen.

## Leaps and Bounds Questions

1. True or **false**: Polar bears live in the Amazon.
2. **True** or false: Jesus was born in Bethlehem.
3. True or **false**: Birds live underwater.
4. **True** or false: Genesis is the first book in the Bible.
5. True or **false**: The Bible was originally written in Latin.
6. True or **false**: Moses built the ark.
7. **True** or false: In the painting of Mona Lisa, she has no eyebrows.
8. True or **false**: It took God a month to create the Universe.
9. **True** or false: Jesus Christ died for the sins of the world.
10. True or **false**: It always snows in the summer.
11. True or **false**: Halloween is when we celebrate the birth of Christ.
12. **True** or false: The sky is blue.
13. True or **false**: Jesus isn't the only way to get to Heaven.
14. True or **false**: Libraries are where you buy groceries.
15. **True** or false: Disney characters Pluto and Goofy are both dogs.
16. **True** or false: Koalas have fingerprints.
17. **True** or false: Almonds are part of the peach family.
18. True or **false**: Albuquerque is the capital of New Mexico.
19. True or **false**: Las Angeles, California is the capital of the USA.

20. **True** or false: A cockroach can live a week without its head.
21. True or **false**: Elephants have no sense of smell.
22. **True** or false: Camels can walk 100 miles without drinking water.
23. True or **false**: The Bible was written by Moses.
24. **True** or false: In some countries, it is illegal to own a Bible.
25. True or **false**: Roses are always red.