Gear Up!
Series at a Glance for Elevate

ABOUT THIS SERIES
God wants us to follow Him every day, but there are a lot of things in our world that try to pull us away from Him and His best for us. So how can we protect ourselves and keep God as our focus? We can put on the full Armor of God! God gives all believers special armor to wear that will help us live our lives for Him, but we have to make the choice to put the armor on. During this series, we are going to learn about the Armor of God and hear how we can use the Armor in our lives every single day. We hope you will join us!

MEMORY VERSE
Ephesians 6:13 - So put on all of God’s armor. Evil days will come. But you will be able to stand up to anything. And after you have done everything you can, you will still be standing.

WEEKLY OVERVIEW

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May 21/22 – Belt of Truth

To kick off this series, we are learning about the Belt of Truth. The Belt of Truth can help you learn right from wrong and know the difference between truth and lies. We are lost without God’s truth, so put on the Belt of Truth today!

May 28/29 – Breastplate of Righteousness

This weekend, we’re learning about the Breastplate of Righteousness. On our own, we are not able to stand firm against the many temptations that come our way, but when we wear the Breastplate of Righteousness that Jesus gives us, we can make the wise choice when things don’t go our way because we have spent time learning how God wants us to live.

June 4/5 – Shoes of Peace

God gives His followers special coverings which we call the Shoes of Peace. They provide calm when times get tough, but these special shoes are also for holding our ground by telling people about Jesus as well as inviting others to church. We will learn this four-word question: “Wanna come to church?”

June 11/12 – Shield of Faith

An important piece of armor to defend against an enemy is a shield. As believers, God gives us the Shield of Faith to use each and every day. Trusting in God and believing in His Son, Jesus, can give us strength no matter what is thrown our way!

June 18/19 – Helmet of Salvation

All of us have an opportunity to wear the Helmet of Salvation because of what Jesus did on the cross. With the Helmet of Salvation secured tightly on our heads, we can know our identity is found in Jesus. So put on your Helmet today!

June 24/26 – Sword of the Spirit

As we close this series, we’ll learn about the importance of using the Sword of the Spirit. The Sword of the Spirit is God’s book for us—the Bible. We can trust that the words and stories we read in the Bible are true, so use this Sword to guide your way!
What You Need to DO and KNOW Each Week

Opening

**Do This:** Encourage everyone to gather near the stage, and have FUN! Give high-fives, welcome the kids by name, dance to the music, and let kids know we’re going to have fun today! Interact with the crowd! Create a buzz about what is going to happen.

**Know This:** This is intended to be a fun time! You as the leader need to set that standard so kids can feel comfortable. If you’re not willing to open up and be silly, they won’t either. It’s ok if some kids are shy or stand-offish, but YOU should model what we’d like to see!

Welcome

**Do This:** Greet the kids with enthusiasm without being overwhelming.

**Know This:** During this time you are working to gain the kids’ trust. Something as simple as telling them what is going to happen during the hour can help relieve some anxiety that they may have. We will also gain their trust by showing them that this is a place that is not weird or different from what they see in other places.

Worship

**Do This:** Perform the provided actions to the songs and demonstrate enthusiastic worship for kids. Encourage kids to join in, but don't force them to participate. Read aloud any verses that are on the screen (unless the song features a voice over). Direct the kids' attention towards God. Call out upcoming lyrics when appropriate and help the kids engage in singing.

**Know This:** It’s okay if some kids don’t sing or do actions to the songs. They may worship by just reflecting on the lyrics and listening. Our music set is generally made of high-energy songs to help kids get engaged in worship.

Media

**Do This:** Sit or stand to the side of the screen (s). Watch the media and appear engaged with appropriate non-verbals.

**Know This:** Although this is a good time to catch your breath and gather your thoughts, you are still technically “on.” Kids may be looking at you to see if you are watching the videos, and if you don’t look engaged, they may not choose to engage either.

Prayer

**Do This:** Ask the kids to be respectful and quiet; you will pray out loud, while they pray quietly in their hearts and heads. Sit or crouch down and engage the kids as you pray.

**Know This:** We want the kids to learn how to pray by seeing you model this. Feel free to say your own prayer – this one is simply a suggestion.

Bible Verses & Memory Verse

**Do This:** Read any verses from the side screen aloud. Make the memory verse fun! After you’ve read it, do something silly like challenge the boys to be louder than the girls, jump up and down, add actions, or have the kids recite the verse using different voices.
# GEAR UP!
## Lesson Outline for Elevate

### Lesson 3: Shoes of Peace

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Opening Song 2:00

(Roll when directed) Elevate Opener

Hey everybody! It’s time to get started, so please clean up your areas, turn off the games, and if you have popcorn, throw it away. If you are ready for a great day, give four people a thumbs up.

Do This: Go into the audience and give thumbs up throughout the audience.

(Watermark) Elevate Slide and Underscore

Welcome 3:00

Welcome to Elevate everyone! My name is ________ and it is so good to see you all here today. If this is your first time, thanks for coming! We have a great day lined up for you. We’ll learn some things, do some singing together, and have a great time together.

We like to start out our time with a question of the day from one of our friends named Booger. Let’s catch up with Booger right now.

“Would You Rather”

(Auto advance) Lindsey Question Slide

Do This: Emcee as the kids are sharing their answers. If time allows, you can ask a couple of kids to share their examples with the larger group.
Do This: If the worship team did not do the welcome, the teacher should invite them to the stage at this time.

We are going to spend some time worshipping God. Worshipping God is a way we can connect with Him and show how much we love him. We are going to sing a song that talks about how every move we make is for Him. God created every hair on your head. He created the world, and the skies, and the sun and moon! He is so awesome and deserves our praise. So please sing it out with me!

Song 1: “Every Move I Make”

That was really great singing and moving. Let’s continue singing about how great our God is. This song celebrates how incredible and big our God is, just like we talked about. If you know this song, please sing along. If you don’t, that’s okay too!

Song 2: “Our God”

The part where the song says, “And if our God is for, then who can be against us?” is unbelievable! Isn’t it fantastic to know that God is on our team? The God that created
everything loves us, is on our side and never leaves us. That is why we worship him and take time to sing to him and talk with Him. In fact, let’s talk to God right now and pray.

Dear God, thank you for this time. Thank you for loving us. Thank you for being a great big God that loves us. Amen.

**Lesson Intro**

**6:00**

**Do This:** During the bumper video, the teacher comes on stage as the worship team leaves.

- **Bumper Video**

  - **(Auto advance) “GEAR UP!”**

Welcome once again to Elevate! My name is ______ and I am so excited you are here today! We are in our third week of the series called “Gear Up!” and we are taking about how we all need to Gear Up with the Armor of God!

At some point, you may have seen a cartoon or movie that had a knight in shining armor with a castle in the background. Well, hundreds and hundreds of years ago, back in Bible times, they actually put on similar gear as a knight would. But instead of calling everyone a knight, they would most likely be called a soldier. These soldiers would wear protective covering so they wouldn’t get hurt.

- **Picture of soldier**

These soldiers had some pretty awesome gear don’t you think? They had a helmet to protect their head. That huge piece across their chest is called a breastplate. That must be heavy! And then they had shield and sword. If you look at their belt, it actually held the sheath where the sword was placed. As you can see, they would wear boots or shoes that actually had spikes on them too. Soldiers don’t wear this kind of gear anymore, but in Bible times, they would see this gear a lot. When the Bible tells us
about the Armor of God and all the pieces of armor, it made a lot of sense to the people reading about it because they were familiar with and saw people wearing armor.

Let’s take a quick recap on some of the things we have learned so far. First, we learned about the Belt of Truth.

**Do This:** Have a skirted table with the construction belt and catchers chest protector on top. You may reference these as you do the recap.

- Belt of Truth/Booger version

We learned that it isn’t something we actually put around our waist to hold our pants up but it is when we learn right and wrong and truth and lies by reading the Bible and applying truth to our lives.

Last week, we talked about the Breastplate of Righteousness.

- Breastplate of Righteousness/Booger version

We learned that righteousness means “right living.” We also learned that just like a catcher in baseball wears a chest protector, we are really learning that when we spend time getting to know God better, we can make the wise choice when things don’t go our way.

- Gear Up!

Today is another great piece of gear in the series! Would anyone like to take a guess what the next gear we are talking about is?

**Do This:** Have kids shout out answers what they think is the next piece of gear.

Great guesses. Let me help you out a little bit. Have any of you played soccer before? Besides a soccer ball, a player would need their jersey and shorts, and then two more critical pieces of gear… shin guards and cleats! So if you guessed “shoes”, then you guessed correct!
Today we are talking about shoes. The Bible doesn’t actually call them Shoes of Peace. Here’s what the Bible actually says:

“Wear on your feet what will prepare you to tell the good news of peace.” Eph 6:16

The Bible says, “Wear on your feet what will prepare you to tell the good news of peace.” What do you think are things we would wear on our feet?

Shoes, right? So most people refer to that as Shoes of Peace. Speaking of shoes, why do you think shoes are such an important piece of gear for a soccer player?

Do This: Have kids give an answer or example why they are important.

Yes, those are great answers! When you play soccer, it is important so you have solid footing. Take a look at this picture…

Soccer player taking a huge kick at ball.

This soccer player is about to take a huge kick at that soccer ball. She is trying to score and ready to strike that soccer ball with all of her strength. Can you imagine if she were wearing flip-flops instead of cleats?

Same picture with flip-flops.

What would happen here? She would totally slip and fall wouldn’t she? Cleats are critical to soccer players because if they didn’t have them, they would lose their footing. But did you also realize that cleats are worn to help the player advance? Cleats help them run well on the grass. If they didn’t have cleats, they couldn’t move forward quickly or turn around and sprint back.

I know some of you are competitive. When you play a game, everyone plays hoping to win right? As we talk about the Shoes of Peace today, what if I told you that you could
win with a four simple word question? Would you want to know how you could win and what you would win? Today, I will teach all of you a four simple word question that will help you win in our Gear Up series!

Video One

Before we learn that four word question, let’s catch up with Booger and Lindsey and see what they are up to.

Share Your Story

How many of you like peas? Well, I think Booger has something else in mind. I sure hope Booger and Lindsey get that figured out. We’ll get back to them in a little bit.

Have you ever invited someone to something you were excited about? Maybe it was your birthday party and you really wanted someone to come. Maybe it was a special event in your life. I remember when…

**Do This:** Share a 2-minute appropriate, relevant personal story about a time that you were excited someone was coming to an event.

It really meant a lot to have them come! Those are the kind of memories that will stay with me for a long time and I’ll remember that for a long time.
Each series we learn a new memory verse. Last week, we learned that the shortest book of the Bible is the New Testament book of 3rd John and that it has 219 words in it. Does anyone want to guess what the longest book of the Bible is?

Do This: Ask the multiple choice question

What book of the Bible contains the most words?
A) “Jeremiah” by Jeremiah
B) “Charlotte’s Web” by EB White

Yes! The correct answer is A) Jeremiah! The longest book of the Bible is in the Old Testament and is the book of Jeremiah according to the original Hebrew word count! This book has 33,002 words in it! In case you were curious, the second longest book according to word count is the book of Genesis with 32,046 words, and in third was the book of Psalms with 30,147 words. Isn’t that cool? It’s fun to learn new things about the Bible.

Speaking of Bible, now is the time we are going to to practice our Memory Verse of the series. Don’t forget, if you learn this verse you can always tell a leader and win a little prize! Let’s all stand up and practice this together:

(Memory Verse) Ephesians 6:13 “So put on all of God’s armor. Evil days will come. But you will be able to stand up to anything. And after you have done everything you can, you will still be standing.”

We are going to read that together one more time, but this time, we are going to have girls then boys read every other word. Girls, you start with “SO”, boys you will say, “PUT” and we’ll go through this verse together.

Do This: Really encourage kids to get into this and have fun.
Sometimes we do crazy things with the Bible verse because that helps us remember the verse better. It is just a way to help us remember better, and we can have fun and be a little silly doing it.

What does this verse mean? We have already mentioned that we will not actually be putting on or wearing any physical armor. But when the Bible talks about the Armor of God, or God’s Armor, we are talking about ways that we can learn from the Bible so that we know how to have the life the best way possible. This verse tells us that evil days will come. I bet every single one of us have probably had really bad days. Like the kind of day you don’t want to think about and pray never happens again. Maybe you have felt so weak you did not have the energy to walk. But this verse gives us encouragement to be strong and stay standing when those really bad days come. Now, the Bible verse is not saying that we can stand up to anything like a bulldozer or something like that. But this verse is saying we can face anything that happens to us in life. It also tells us that we can really remember what the Bible has to say when we face those days.

Video 2 4:00

Let’s catch up with Booger and Lindsey and see if they figured out what kind of peace they need.

Booger Remix, Pt. 2

Message 10:00

I’m so glad that Booger and Lindsey figured things out with Peace. Booger was correct when he said that the Shoes of Peace help him feel calm when things get tough. When we talk about the Armor of God, helping us feel calm when things get tough is one of the ways we can use the Shoes of Peace. Sometimes, things do not go the way that we
planned, but we know that we can have peace or calm through those times. That is absolutely correct.

There are two other ways we can use the Shoes of Peace. We can stand our ground, and can advance our ground.

Sometimes a soldier would need to hold their position. If a soldier was under attack and they needed to make sure they were not pushed back. In the same way, we can hold our ground if someone asks us if we have made Jesus the leader of our lives. We can tell people that we follow Jesus. That is how we can stand our ground.

A moment ago, we talked about how important it is for a soccer player to wear cleats so they can hold their ground and how silly it would be if they were wearing flip-flops. To have a little fun, I will need a couple volunteers for this next part.

Do This: Select two kids to help out with this mini-game. Tape off a square on the stage or have an object such as a table on stage. The goal is to have the kids flip a flip-flop on the stage and land it on the target. Closest to the target wins.

The concept is simple. Each of us are going to have two opportunities (one per foot) to flip a flip-flop on top of the target. Whoever hits it or gets closest, wins a candy bar. Ready? Go!

That was a ton of fun! Way to go you two! Give them a round of applause!

Do This: Give the winner a candy bar.

Before you leave the stage, was that as easy as you thought, or was that more challenging?

Do This: Let your contestants answer.
While this is simple to do, it isn’t always easy. Our four word question is pretty simple, but it isn’t always easy to ask. We’ll get to that soon.

Let’s get back to the shoe idea. Shoes are for standing our ground and making sure we don’t fall. But remember that the shoes are also for advancing or moving forward. Let’s check out a story that helps us understand what it means to Gear Up with the Shoes of Peace.


Philip was a friend and follower of Jesus. We call him a disciple. Philip was traveling on a desert road when he ran into a very important official. This man had been in charge of a lot of things. He was a big deal. This official was reading out loud the book of Isaiah, which is another book from the Bible. Philip heard him reading this book and ran up to the chariot asking, “Do you understand what you are reading?” But the official did not know. At this point, the official invited Philip to come up into the chariot and sit with him!

Philip read the part of the Bible the official was reading and knew that it was about Jesus! So Philip explained what the Bible was saying and who Jesus was. After Philip had finished explaining, the Official made Jesus the leader of his life!

Stop and think about that for a second. Philip was walking, or advancing forward just like the Shoes of Peace are all about. He was invited to explain who Jesus was. And Philip told the official about Jesus! In the same way, we should invite our friends to church and tell them about the love, joy, and peace we have when we have Jesus in our lives! There are a lot of ways we can talk to our friends and family about Jesus, and one of them is by simply inviting them to come and hang out with us in Elevate! How cool is that?
Earlier I asked if you liked to win, and that I would teach you a simple four word question that would help you win. Can I share with you those four words to win right now? Ready?

“Wanna come to church?”

Wanna come to church? That’s it! Okay, technically it should be “Want to come to church”, but this way is much more fun. That’s how we can win! We are using our Shoes of Peace by inviting our friends to church. Isn’t that incredible? We win because when people come to church, they get to hear about Jesus. They will learn to not only have peace and calm when things get tough, but they will learn how to learn right from wrong and good from bad by coming here to Elevate as we learn more about Jesus. We win because we are helping other people get to know Jesus. We can share what we believe about Jesus with other people or we can invite them to church and let them experience this, or we can do both!

This week, I want to challenge you to find one friend and invite them to church. All you have to do is say, “Wanna come to church?” When they are here, we all continue to talk about and learn more about who Jesus is together. And that, my friends, is better than any shoes out there!

Wrap Up 3:00

If you remember anything as we leave today, I want you to remember that…

We can help others know peace.
Let's pretend for a moment that you don't remember things well. Don't worry, we have you covered! Let me tell you about two things that you will NOT want to forget on your way out.

**Do This:** Hold up the Armor Card and the Family Connection Card.

Sometimes your parents ask, “What did you learn today?” This Family Connection Card is here to help! Hand them this card and they would be able to follow along and read for themselves. You could even work through it together! They can see the Bible story we talked about as well as the Bible verse.

**Gear Up!**

One of the reasons you will want the Family Connection Card is to know how to win the photo contest! As we are learning about the Armor of God, we want to see how YOU would gear up in the Armor of God. Use the Family Connection Card to learn or remember what the gear is, and then make up your own kind of Armor. Then, have your parents or guardian take a picture and put it on social media. If you don’t know what that is, show them the back of this Card so they can read all about it and use the hashtag #ebcgearup. We will have prizes for the best Armor! Can’t wait to see how creative you will be.

This Armor Card is pretty awesome. This week we learned about the Shoes of Peace. There are six total cards to collect, so make sure you don’t miss a week! You’ll have to keep coming back to get more armor cards!

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**Game Time**

We talked about what we called the Shoes of Peace today. It is so important to have the right shoes on. We learned that shoes were for standing our ground as well as moving forward. Today, we are going to end our time with an epic shoe toss!

**Flip-Flop Flip**

**Game Music**
We have 10 total flip flops. Whoever can flip the flop closest to the goal wins!

**Do This:** Select 10 kids of your choice, or 5 at a time. Create a line they have to stand behind. Allow each kid to take a turn and try to get closest to the object or ON the object (table, tape square, etc) as possible.

**Know This:** If you have extra time, you could play extra rounds.

Great job everyone! Let’s talk to God as we finish our time together.

God, thank you for a great day. Thank you for this time where we can learn new things, celebrate you, and have a lot of fun at the same time. We pray for an awesome week. We love you. Amen.

**Do This:** Dismiss however you like best.

**Know This:** If you get done early, you could dismiss to games.