



# Morning Prayer: The armour of God

## Leader's guide

### Activity aims:

- To reflect on the SVP Summer Sleep
- To teach the children how we protect our hearts and minds each day by putting on 'the armour of God'
- To create their own 'armour of God' to fix to their templates

### What you will need:

- Opening and closing prayer (1 per child)
- Pens, pencils, paints and decorations
- The 'armour of God' worksheet and cut-outs (1 per child)

### Procedure:

- This session can be delivered the morning after the SVP Summer Sleep, either with a group or with an individual child
- Begin with the opening prayer. Read the prayer out loud together

### Opening Prayer:

*Heavenly Father,*

*We give you thanks for the new day you have given to us. A fresh start so we can look to see where help is needed and think about how we can show kindness to others. Thank you for watching over us during the SVP Summer Sleep. Continue to protect our hearts and minds as we step out to continue our mission of 'see, think, do.' We pray that those who are homeless receive the help they need to live life to the full and know that you are with them in all that they do.*

*Amen.*



- Explain to the children that they are going to find out all about the 'armour of God' and what it means to put that on at the start of every day.

Question: What sports/activities require special equipment/clothing?

Answer: Football/rugby- shin pads, mouthguard; cycling- helmet; sailing- lifejacket.

Question: Why is it important to make sure we wear these things before we do these activities?

Answer: So we are protected. Think about soldiers, firefighters and police officers. All of them wear protective clothing whilst they do important work. As Christians, we must protect our hearts and minds from all that is not good. We don't have a real suit of armour to put on, but God gives us what we need to protect ourselves, and we can imagine what that might look like as we get ready in the morning.

## See

- Elicit from the children the different parts of armour that a soldier would have put on. Get the children to cut out these items and stick them on their worksheet.
- Read the descriptions together and get the children to label each item. To memorise each of the parts of the 'armour of God', you could write the items on a board, repeat them as a chant, and rub out the words as you go.

## Think

- For each item of armour, get the children to think about the importance of these pieces. For example, why is it important that we protect our hearts and minds?

## Do

Challenge the children to a call to action for each item of the 'armour of God'. See what they come up with themselves, or use some of the following ideas:

- Helmet of salvation: Write a prayer to help people who are anxious, especially those who are homeless.
- Breastplate of righteousness: Write down three things you are thankful for today.
- Sword of the spirit: Choose a short Bible verse to memorise today.
- Belt of truth: Look in the Bible to find one fact we learn about what God is like.
- Shield of faith: Find three promises that God makes to us in the Bible.
- Shoes of the gospel of peace: Choose one thing to do for another person today to share God's love and peace with others.

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## Closing prayer

Close your session by all saying the prayer of St Francis. This can be shared with the children to colour in and take home to pray with their family.

### **Prayer of St Francis—Make me an instrument of your peace**

Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

Amen.