

## **Armour of God – Shoes of the Gospel**

God has given you His whole armour, to protect you from head to toe. We have looked at the belt of truth and the breastplate of righteousness. This week let's look at the shoes of the gospel.

Read Ephesians 6:11-15

Put on all of God's armour so that you will be able to stand safe against all strategies and tricks of Satan. For we are not fighting against people made of flesh and blood, but against persons without bodies—the evil rulers of the unseen world, those mighty satanic beings and great evil princes of darkness who rule this world; and against huge numbers of wicked spirits in the spirit world. So use every piece of God's armour to resist the enemy whenever he attacks, and when it is all over, you will still be standing up. But to do this, you will need the strong belt of truth and the breastplate of God's approval. Wear shoes that are able to speed you on as you preach the Good News of peace with God.

### **Have a chat**

- Before you sit down to chat get together some shoes e.g. trainers, flip flops, dance shoes, wellies, any you have around.
- Look at each pair and talk about where you wear each type of shoes:  
Trainers – sports, playing out  
Flip flips/sliders – by the pool, on the beach  
Wellies – snow, mud
- Which would you wear to school, to work?
- Are there special types of shoes for different activities – dance, safety boots, golf, football, bowling, climbing
- What would happen if you wore the wrong shoes for the occasion e.g. flip-flops in the snow, boots to golf, high heels to bowl - you could get frostbite; you could get sore feet and blisters; you could fall and hurt yourself
- What do shoes do for our feet?  
They give us protection, protect us from sharp objects, the cold, water, dirt, make us perform (do things better) for example football, golf, dance, running.  
They can be a fashion statement
- What do your favourite pair of shoes look like?
- Are you wearing shoes today? If you are not already you probably will do so you can run around and not hurt your feet.
- Why do you think shoes are included in the Armour Of God?
- Can a soldier fight well without shoes/boots?
- No, a soldier needs shoes to protect his feet and also to fight well. It's hard to stand firmly without shoes and it's hard to go without shoes.
- Have you ever been late for something because it was time to go, but you couldn't find your shoes? You weren't prepared.

### **So what are the shoes of the gospel?**

We have to be prepared—ready—at all times, and have the shoes of the gospel of peace on our feet. What is the gospel? the “good news” of Jesus' life, death, burial, and resurrection)

The shoes of the gospel make us ready to walk the road and tell others the good news about Jesus.

If someone was to tell you that they were an amazing footballer or an amazing dancer. The footballer can score a goal from the midway line

The dancer can do a triple pirouette and then leap at the same time. Would you believe them if they didn't show you they could do it? No

It's the same for us. If we say that we love God but then tomorrow we start saying unkind things to others, or doing things that are wrong then no one would believe us.

We need to be willing to show others that we walk with God by the way that we live our lives.

### **Song**

Song to Heads, shoulders knees and toes

Sing it through , then remove one piece of armour at a time; last time sing it with all the armour back in and really fast

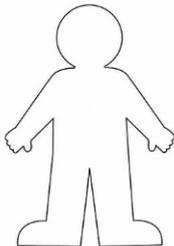
Now work on adding actions for each of the pieces of armour

Belt, breastplate, shoes and shield,  
Helmet and sword,  
Belt, breastplate, shoes and shield,  
Helmet and sword,  
This is the armour of our Lord,  
Belt, breastplate, shoes and shield,  
Helmet and sword.

### **Craft**

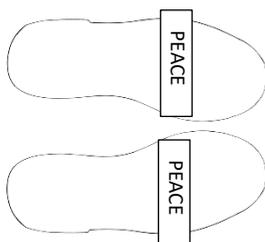
If you have a roll of spare wallpaper draw around someone and each week draw on a piece of God's armour

Or draw an outline like the one below and draw on the armour each week



### **Make shoes of the gospel**

1. Draw round both of your feet.
2. Cut them out and decorate.
3. Cut out strips of paper to go over the top of the shoe. The strip should be long enough to tuck under the cut out of the foot. Write PEACE on the strip and then tape the strip to the bottom.
4. Remember, these shoes are for decoration, and not really for real use.



**Prayer**

Pray that God will help you remember that the armour is there and what it's used for so you can fight the bad with the good. That we will look after our feet, follow the gospel and tell others the good news about Jesus. Amen