

Be Bold 20 Week 7

How Do I Stand Up to Satan?

Bold Bible Truth: God is all-powerful.

(1 Chronicles 29:11)

Tip for Children's Ministry Director:

If you're sending this lesson to families, send it as is! If you're recording a video, either pause for the discussion questions or tell families to pause the video while they share.

Bold text is spoken text.

Supplies

Bible, deck of cards, paper, pencil, 1 adult-sized coat per preteen, and 1 pillow per preteen

Question of the Week

Challenge everyone to create the tallest tower possible using a deck of cards. You can build on any surface you want—the floor, a towel, a tabletop, whatever—but you can't bend cards, glue, or stick cards together.

When you're ready to move on, admire and applaud everyone's building efforts then set aside the cards.

Say: If Jesus treats Satan as real, and the Bible says Satan as real, we can't pretend he isn't real. And if Satan's out to wreck our friendship with God, to get between God and people, then we can't ignore him, either.

If Satan is out to wreck our friendship with God, then a question we have to ask is this: How do I stand up to Satan?

It's tough to stand firm when something—or someone—is trying to knock you

flat. What helps—a lot—is picking a firm foundation. If we're building a card tower we want to stand, it needs a firm foundation. If we're building a life we want to stand strong, it needs a firm foundation, too.

Point out that a card tower built on a bath towel would have had a better foundation than on a slick floor.

Say: Being grounded makes all the difference. So, since we know that Satan wants to topple our faith and pull us away from God, let's talk about where—and how—to get grounded so we can stand against him. And we don't need to worry about Satan's power, because God is all-powerful and we're on his team!

Strategize Against Satan

Have everyone open their Bible to Ephesians 6. **Say: Today's lesson is about a battle. And not just a battle that was fought a long time ago in the Bible—a battle that we're in every day!**

- **If you were fighting a battle, how might you trick or trap your enemy? For example, maybe you'd plan a sneak attack when they're sleeping or try to get the commander of the enemy army alone. Let me hear some strategies!**

Say: Thanks for those ideas. You had some tricks up your sleeve! The enemy we're fighting is tricky, too. Satan tries to make wrong things sound right, and bad things sound good. He's quite a liar. But we have a secret weapon on our side. Listen to this.

Have someone read aloud Ephesians 6:10.

Say: How about that? We can be strong because of our God's mighty power! God is all-powerful, and he's on our side.

With God's strength, we can stand up to this enemy! Let's explore what strategies our enemy uses and how we can fight them by putting on God's armor.

First, let's find out a little more about this enemy.

Have someone read aloud Ephesians 6:11-12.

Say: Yikes! An evil, unseen enemy! Sounds scary. But remember: God is all-powerful! God has power over evil. Let's see how God helps us fight Satan's tricks. Listen to this.

Have someone read aloud Ephesians 6:13.

Truth and Righteousness

Say: The first strategy Satan uses is temptation. He tries to trick us into doing wrong things. Let's think of wrong things he might tempt us to do.

Have everyone write various temptations, each on a separate piece of paper, and then crumple them into paper wads. Explain that no one will see what anyone else writes. Allow about one minute.

Have a preteen read aloud Ephesians 6:14.

Say: The Bible tells us that to defend our hearts from the enemy's temptation, we can wear the belt of truth and the body armor of God's righteousness.

Righteousness is knowing the truth and making the right choices. God is completely righteous; he's perfect and true, so with God's help, we can make right choices! Let's see how that works.

Have everyone put on an adult-sized coat and explain that it will be their body armor.

Say: Now you're ready for battle! When I count to three, pick up those crumpled temptations and throw them at each other. For solo preteens, have a parent or sibling throw the temptations. **One, two, three!**

Allow about 30 seconds for throwing the paper wads, then call time.

- **How did your body armor protect you?**

Say: The enemy will go straight for our hearts, but God is all-powerful. We can wear his righteousness as body armor and his truth as a belt. That means when temptations come, we can turn to God to find out the truth and what's right for us to do—so we can say no to the temptation. God's armor of righteousness and truth protects us!

Walk on Worry

Say: Another strategy the enemy uses is to fill our lives with worry. God wants us to have peace no matter what's going on. But the enemy wants to steal our peace and give us worry instead.

Have everyone spend about a minute creating a path of Legos. For each Lego placed, name a worry, such as worry about whether people will like us or whether we'll be smart enough to pass a test. Have everyone take off their shoes.

- **What might happen if you walked across the path of worries right now with no shoes?**

Say: **When we go into battle barefoot, the enemy's worries can hurt us! That's why we need another piece of armor.**

Have someone read aloud Ephesians 6:15.

Say: **We can wear the shoes of peace—the peace that comes from knowing the good news of Jesus. That means our peace doesn't come from what's happening in our lives; it comes from knowing that Jesus loves us and forgives us.**

- **When is a time you feel worried and need peace?**

Say: **Let's see how peace helps us with our worries.**

Have everyone put their shoes back on and walk on the Lego worries.

- **What difference did the shoes of peace make when we walked on worries?**

Say: **Worrying may seem like a normal part of life. But God wants to give us peace that comes from him instead of from our circumstances. Don't let the enemy steal your peace!**

Fiery Arrows

Say: **Let's see what other armor God has for us.**

Have someone read aloud Ephesians 6:16.

Say: **The enemy uses doubts as a strategy—and those doubts can feel like fiery arrows. The enemy wants us to doubt God instead of having faith in God. But we don't have to be afraid of doubts—God's love is bigger than our questions.**

Have everyone write doubts such as "God isn't real" or "God doesn't care about me" on a piece of paper. Again, assure everyone that no one will see what's written. Then have everyone fold their papers into airplanes.

Say: **The Bible says we can be strong by holding up the shield of faith. Let's see how faith can protect us from doubts.**

Have everyone take turns holding up a pillow and use it to block the "fiery arrow" paper planes that others throw toward them.

- **How can faith be like a shield in our lives?**

Say: **Having faith doesn't mean we'll never have questions about God.**

Questions are good! But when questions and doubts keep us away from God,

that's the enemy trying to trick us. Don't let him win! Hold up your shield of faith and commit to believing in God, even when you don't understand him. God is all-powerful, and we can be strong in him when we hold up our shields of faith.

Helmets of Salvation

Say: Here's another strategy of the enemy: Satan makes us believe we're bad people. But when we ask Jesus to forgive us, he forgives everything we've ever done wrong! Salvation means accepting that Jesus loves and forgives us. It's knowing that we're forgiven.

Have someone read aloud Ephesians 6:17.

- **Who are some people who wear helmets today, and why do they wear them?**

Say: Lots of people wear helmets—bicyclists, football players, construction workers, firefighters, soldiers, and factory workers. And they all wear them for one good reason—to protect their heads!

We can put on the helmet of salvation to protect our minds from believing that Jesus couldn't forgive our sins. The enemy loves to point out our weaknesses and remind us of all the things we've done wrong. He tries to make our sins the most important thing about us. If we believe Satan and focus on our sins and how bad we've been, we can never fully enjoy how much God loves us.

- **How does it make you feel to know that God loves you so much that he sent Jesus to take the punishment for your sins? Think of a few words that describe your reaction to that good news.**

Say: Salvation is like a helmet because it protects our minds from the idea that God could never forgive us. When we ask God to forgive us, he does!

Defeat Lies

Say: The last strategy of the enemy we'll look at today is lying. The enemy lies to us all the time! He lies about God, he lies about the Bible, and he lies about us. But God gives us an awesome weapon to fight lies: The Bible itself is our sword!

Have someone read aloud Ephesians 6:17 again.

- **How is the Word of God (the Bible) like a sword?**
- **How does it feel to have power over lies because of the Bible? How can**

that help you in life?

Say: The Bible is a great offensive weapon against the enemy. The more we know the Bible, the better we'll be able to hold on to the truth and fight the enemy's lies. God is all-powerful, and his Word is an amazing weapon against the enemy.

- **Satan goes after all of us with temptations. Which temptation does he use most often with you or someone you know well?**
- **Having these truths nearby doesn't matter much if they don't sink deeply into your heart and mind. What can you do to make these truths a part of who you are?**

Say: Thanks for sharing. Today we discovered that God is all-powerful, and when we stick with him, we can stand up to Satan's lies and temptations!

Pray

Pray: Jesus, you know what it is to be tempted because Satan tempted you, too.

We praise you for never giving in.

Please be with each of us as we deal with the temptations we hold. Thank you for the truth of your Word that helps us stand strong. We rely on your strength, Lord. And we love you.

In your name, amen.