



PSO Value Lessons
Spring 2022
The Armor of God

PSO Devotions

SPRING 2022

Season Theme: The Armor of God – Getting in the Fight

Dear coaches and devotion leaders:

One of the great privileges of participating in the PSO leagues is the opportunity we have to build not only the physical, but the spiritual lives of the boys and girls on our teams.

To help you intentionally speak truth into the lives of our kids and build their ideals and character, we put together this devotional packet. There are lessons for each week.

Each lesson has a picture for a visual aid and an outline for your devotion. Before each game, print out the two pages for that week and paste them back-to-back. Show the picture to the kids as you look at the outline on the backside and use it to organize your thoughts. Feel free to make any changes so that the words and message come from you and are tailored for the needs of your teams.

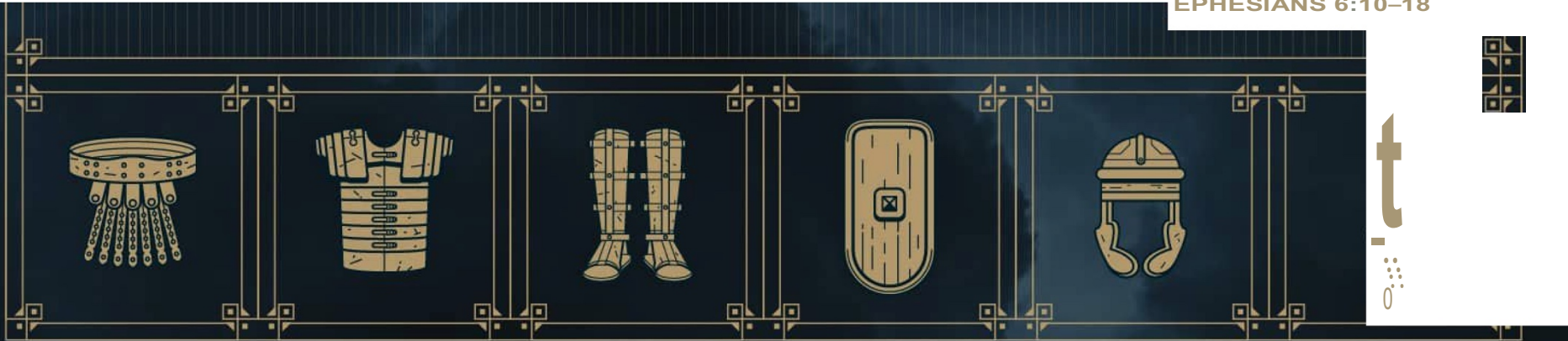
We recommend that the home team devotional leader call both teams to the center of the field to “take a knee” together as a sign of unity and sportsmanship. Home teams are responsible for bringing the devotion. Away teams should be prepared to bring the devotion, just in case.

Please be intentional about taking part in these devotions. Each week’s lesson builds on the previous ones and are meant to inspire our kids to grow and mature with God’s good gifts.

Thank you all for your commitment to our kids. May God Bless you and your words to our teams.

THE ARMOR OF GOD

EPHESIANS 6:10-18



Week 1 – Get in the Fight

Have you ever seen a fight? Have you ever been in a fight? Is it ever OK to fight?

What if I told you we are in a fight right now? Truth is, we're not just in a fight. We're in a war! Wars are the worst kind of fights – there is massive destruction and damage. People are seriously wounded, and many, many die.

So, if we're in a war, why don't we see bombs falling or people shooting at each other? The cause this war is invisible – it's unseen – it's a battle between the forces of God and the forces of evil. This spiritual war goes on around us every day. You don't believe me? Well, you can actually see this war's side effects all around us: crime or murder or stealing or lying. Greed, anger, bad words, bad thoughts. All of these things are evidence of the invisible war raging every day around us.

The Bible talks about this war – ***“We’re not fighting against flesh and blood enemies, but against evil rulers of the unseen world, mighty powers, evil spirits in heavenly places.” — Ephesians 6:12 (NLT)***

Are **you** ready to fight? What things does a soldier in battle need? All sorts of things are needed to protect him or her, and the Bible tells us what we need. Armor is what you might call it. The Bible calls it the “whole armor of God.” That's what we're going to talk about this season: putting on the whole armor of God.

Let's pray: “Dear Lord, open our eyes to the invisible battle around us and help us, by Your Spirit, to put on our armor and get in the fight. Amen.”



THE BELT OF TRUTH



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Week 2 – The Belt of Truth

Does anyone remember what we're talking about this season? Getting in the fight between God's forces and the forces of evil. But we need some things to protect us. What do we call it? The "whole armor of God."

The first piece of armor is one of the most important. It's your belt. You might say, "How can a little belt be important?" Well, a soldier's belt doesn't just hold up his/her pants. In a battle, you must move and run, and everything you need has to be with you at all times. This is a picture of a modern-day soldier's belt. What sorts of things do you see? (*gloves, pistol, first-aid kit, utility knife, compass, ammunition*) The soldier needs all these things to keep fighting.

It was the same in the time of Jesus – soldiers' belts in those days kept everything together. It held their tunic so they could run. It carried their sword and dagger. It held food on it, and it supported the heavy weight of their armor.

The armor of God also has a belt. It's called the Belt of Truth. Why truth? Because God's truth holds everything together. In a war, the enemy will try to fool you with lies. They will try to trick you into not fighting back. They will try to confuse you so you can't resist. Jesus said, "***I am the Way, the Truth and the Light. No one comes to the Father except through Me.***" —John 14:6 (NLT)

We have to put our trust in God's one truth if we're going to be able to fight for Him. This truth is in the life of Jesus and the Word of the Bible. When we know God's truth through His Son, Jesus, we can stand strong against the lies the Enemy tells us. We learn truth from the Bible – so we read and study it. The Word holds everything together for a soldier in God's army. Let's pray. "Dear Lord, help us to know truth through Jesus. Amen."

THE BODY ARMOR OF RIGHTEOUSNESS



Week 3 – The Body Armor of Righteousness

Does anyone remember what we're talking about this season? Getting in the fight between God's forces and the forces of evil. But we need somethings to protect us. What do we call The whole armor of God. What piece holds everything together? The Belt of Truth. The next piece is our body armor.

Which body part keeps your blood flowing? Your heart! Show me where it is. That's right. When you're in battle, the enemy is going to try to pierce your heart. If they get to your heart, you're through.

Soldiers need body armor. It covers the heart and all the other important body parts that keep you alive. Today's body armor can stop a bullet. It covers you in front and back. It was the same in Jesus' day. Body armor stopped swords and spears.

The Bible calls this part of our armor the Body Armor of Righteousness. What is righteousness? It's living right in God's way: knowing and telling the truth, obeying God's commands, loving the right things, and keeping your heart pure. The Enemy wants to destroy your heart by getting you to live the wrong way. God's righteousness, that comes from Jesus, protects our hearts from evil. That's why we ask Jesus to come and live there – in our hearts – to stop the attacks of the Devil.

Have you given Jesus your heart? First, you just admit that you can't live a perfect life on your own – that you sin. You believe in your heart that Jesus died for your sins, so you don't have to, and that He rose again to give you new life. Then you tell Him that you now choose to live for Him and let Him help you live right – you accept His righteousness. When you do that, you're putting on the Body Armor of Righteousness! **(Romans 10:9–10)**

Let's pray. "Dear Lord Jesus, we need You in our hearts. Please forgive our sins. Help us to accept Your righteousness. Give us the courage to accept Your free gift that makes us right with You. Amen."

THE SHOES OF THE GOSPEL OF PEACE



Week 4 – The Shoes of the Gospel of Peace

Does anyone remember what we're talking about this season? Getting in the fight between God's forces and the forces of evil. But we need some things to protect us. What do we call The whole armor of God. What piece protects our heart? The Body Armor of righteousness. The next pieces of our armor are our combat boots.

What kind of shoes are you wearing now? (*cleats or basketball sneakers*) Right. These special shoes help you play sports. It's the same for soldiers. They wear special shoes called combat boots to help them stand strong during a battle. Just like your shoes, combat boots keep you from slipping. It was the same in the time of Jesus. Soldiers would drive nails through the soles of their shoes to keep them from slipping or getting pushed backward.

The armor of God also has special shoes we wear – but instead of combat boots, we have Shoes of the Gospel of Peace. Why would any soldier wear shoes for peace? Well, no soldier ever wants a war to last. Every good soldier only fights so there can be intimate peace. As fighters in God's army, we also seek peace – the peace that the Good News of Jesus – also known as The Gospel – brings.

The Bible says, ***“How beautiful on the mountains are the feet of the (soldier) who brings good news, the good news of peace and salvation. The news that the God of Israel reigns!”*** Isaiah 52:7 (NLT)

When we tell others the Good News that Jesus saves us from our sin, we're fighting against the Enemy who wants to keep people from God. We're helping people who were enemies with God, to come back and be friends with Him. So, wherever the shoes of the Good News of Jesus take us – we fight against evil when we help people know Jesus' love.

Let's pray. “Dear Jesus, help us to tell Your story to bring peace between our friends and You.”



THE SHIELD OF FAITH



Week 5 – Shield of Faith

Does anyone remember what we're talking about this season? Getting in the fight between God's forces and the forces of evil. But we need some things to protect us. What do we call that protection? The whole armor of God. What do we wear on our feet? The Shoes of the Good News of Peace. The next piece of armor is the Shield of Faith.

If someone were shooting bullets or arrows or flaming darts at you, what would be the best thing that you'd do? Sure – you'd hide behind something. That's why soldiers have shields. A shield protects you from the things your enemy is shooting at you.

The Devil is shooting invisible flaming darts at us every day: fiery darts that make us doubt God's Word, darts that try to make us afraid, darts that try to make us angry or selfish. What does God give us to protect us from those darts? The Shield of Faith.

It is believing that God always keeps His promises. The Bible tells of many people who had faith. It says that their faith made them right with God. The Bible says faith is ***“being fully convinced that God is able to do whatever He promises.”*** —Romans 4:21 (NLT)

When we put our whole trust in God's promises to save us from sin, adopt us into His family, and be with us through thick and thin – we can withstand any fiery dart the Devil shoots our way. When we put our **whole** trust and faith in God's promises for us, that faith is able to protect us from any lie, hard time, or bad situation the Devil brings our way.

So, when a flaming devil-dart is headed your way, the best thing you can do is to put up your Shield of Faith. Stand behind God's promises for you. The Bible is full of God's promises for you. You show your faith when you believe in those promises, no matter what lies or difficulties the Devil brings your way. Let's pray: “O Lord, help us know Your promises and stand behind them. They protect us. Amen.”

THE HELMET OF SALVATION



Week 6 – The Helmet of Salvation

Does anyone remember what we're talking about this season? Getting in the fight between God's forces and the forces of evil. But we need some things to protect us. What do we call that protection? The whole armor of God. What do we stand behind? The Shield of Faith. The next piece of armor is the Helmet of Salvation.

Can anyone name any people who need to wear something to protect their heads? (*soldiers, football players, motorcycle riders, firemen, construction workers, bicycle riders*) Why do they need helmets? To protect their heads.

Why is the head so important? That's what controls everything! What we think. What we see. What we hear. What we say. Our head is just about as important as our heart when it comes to keeping us alive. And, if we can't think, see or hear straight – we can't do what we need to do.

It's the same for our spiritual lives. God has given us the Helmet of Salvation to protect our minds as we fight the invisible battle. When we keep our minds fixed on the Good News of salvation that Jesus brings, we will live. The Bible says: ***“Letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.”*** Romans 8:5–6 (NLT)

We remember and always keep in mind that Jesus has once-and-for-all saved us from sin and death – our thoughts and minds will be protected from anything the Devil sends our way. We will not only have peace – but the Bible says *perfect* peace.

“You will keep in perfect peace all who trust in you, all whose (minds) are fixed on you!” — Isaiah 26:3 (NLT) Let's pray: Dear Lord, help us to always keep Your Good News in our mind.”



THE SWORD OF THE SPIRIT (THE WORD OF GOD)

Week 7 – The Sword of the Spirit: The Word of God

Does anyone remember what we're talking about this season? Getting in the fight between God's forces and the forces of evil. But we need some things to protect us. What do we call that protection? The whole armor of God. What protects our mind? The Helmet of Salvation. Our last piece of armor is the Sword of the Spirit – the Word of God.

What do soldiers fight with? Maybe a rifle, a missile or a sword. These are all weapons. All the armor we've talked about up until now is used to protect us – for self-defense. Today's piece of armor is for *offense*. We use it to fight back. The one weapon that God has given us to fight His battle is the Sword of the Spirit – The Word of God.

The Bible tells us that all the words written in it were ***“breathed out by the Spirit of God”*** **2 Timothy 3:16**. That means we can use every word in the Bible to fight for God!

Did you know that God's Word is the most powerful thing in the universe? The Bible tells us that all God had to do was speak and the whole universe was created (Genesis 1). The Bible tells us that Jesus Himself is God's Word (John 1).

The Bible also tells us that in the final battle between good and evil it will be Jesus, God's Word, who wins the final victory: ***“And I saw heaven opened, and behold, a white horse, and He who sat on it is called Faithful and True, and in righteousness He judges and wages war.... His name is called The Word of God ... (and) from His mouth comes a sharp sword, that with it He may strike down (all His enemies).... (They all) were killed with the sword which came from the mouth of Him who sat on the horse.”*** —Revelation 19:11–21 (NLT)

To fight the Devil when we speak out God's words from the Bible, when we tell the story of Jesus. When we speak and pray and think and share God's Word, we are wielding the powerful Sword of God's Spirit. We will win the battle between God and evil when we know and rightly use His Word. This is the sword He's given us to fight our battle. Let's pray: “O God – put Your Word inside of us and help us use it well to fight Your battles. Amen.”

THE ARMOR OF GOD

EPHESIANS 6:10-18



**THE BELT OF
TRUTH**

**THE SHOES OF THE
GOSPEL OF PEACE**

**THE HELMET OF
SALVATION**

**THE BODY ARMOR OF
RIGHTEOUSNESS**

**THE SHIELD OF
FAITH**

**THE SWORD OF
THE SPIRIT –
THE WORD OF**

GOD

The Last Word

n't forget. We are in a battle. God has given us amazing armor to protect us and to help win.

n't forget what that armor is:

THE BELT OF TRUTH

THE BODY ARMOR OF RIGHTEOUSNESS

THE SHOES OF THE GOSPEL OF PEACE

THE SHIELD OF FAITH

THE HELMET OF SALVATION

THE SWORD OF THE SPIRIT – THE WORD OF GOD

ese are the tools God has given us to fight His battle with Him. Are you ready to fight?