

**Here's what happens...**

In a letter to Christians who live in Ephesus, Paul instructs them on how to be strong. He tells them to put on God's armor, including a helmet of salvation, a shield of faith, and a sword—God's Word. God gives us everything we need to stand strong!

**Bible Point:**  
God is strong, and we're strong in him.

*"A final word: Be strong in the Lord and in his mighty power" (Ephesians 6:10).*

**Through the Week**

- Gather the family together and have everyone draw a suit of armor to hang by his or her closet or dresser. (Intimidated by drawing a whole suit of armor? Just draw a shield or a sword instead.)
- Whenever you get dressed this week, your picture will remind you to put on God's armor, too! Pray that you'll stand strong in his armor.
- You can also remind each other to put on God's armor when you're leaving home...and at home, too!

**Talk About This...**

- What's one thing you're strong enough to do?