


Junior

— STUDENT GUIDE —



 Complete the word search.

admit
armor
battle
believe
belt
breastplate
faith
gospel
helmet
kingdom
receive
shield
sword
truth

S	F	W	E	L	T	T	A	B	S	A	X
Q	O	V	H	B	E	L	I	E	V	E	S
B	X	U	T	Q	O	V	K	K	T	N	S
Z	G	V	U	G	V	J	A	A	P	L	W
F	J	Q	R	A	K	L	L	P	Z	Q	O
H	F	H	T	P	E	P	G	Y	K	F	R
C	B	C	G	P	T	Q	A	A	J	C	D
L	G	T	S	S	T	R	Q	I	V	G	V
K	M	O	A	L	M	D	S	S	U	M	T
I	G	E	E	O	R	Q	H	J	T	O	I
N	R	B	R	E	C	E	I	V	E	D	M
B	J	B	M	W	H	P	E	W	M	G	D
R	V	P	F	T	E	E	L	Q	L	N	A
K	R	B	O	C	X	P	D	F	E	I	V
F	A	I	T	H	G	L	L	X	H	K	X

Veritas Verses

TODAY'S VERSE

Be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

Ephesians 6:10–11

TOMORROW'S VERSE

Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness.

Ephesians 6:14

CHALLENGE: Practice getting both physically strong and spiritually strong at the same time. Set a timer for one minute. See how many jumping jacks or other exercises you can do in that minute. At the same time, see if you can say the memory verse at least once without mistakes.



Go and Do

- 1 Can you think of 10 things you can thank God for? Make a list, remembering that every good thing is given to us by God, the ruler of the good kingdom.
- 2 How many sit-ups or push-ups can you do in one minute? Time yourself and record how many you do. Do you think you could do more if you practiced every day? Exercise done regularly makes you physically strong. What is one thing you can do regularly to be strong in the Lord?
- 3 Play a game of opposites with a friend or family member or by yourself. How many kingdom opposites can you think of in one minute? Set a timer and see! (Examples: light, dark; all-powerful, limited power.)
- 4 Check AnswersVBS.com/keeperkids for more fun information!

ASK YOURSELF THESE QUESTIONS:

Which kingdom wins? Which kingdom do I want to be part of?



OF TWO, ONLY ONE IS TRUE!

The Belt

NAME

Today, we're learning why there are two kingdoms. Satan chose to disobey God and then he tricked Eve into eating the forbidden fruit. When Adam sinned, he joined Satan's bad kingdom. Sadly, we are all born into this kingdom. But Jesus died and rose from the dead so we can become part of God's good kingdom when we repent of our sins and believe in him!



Follow the path from the bad kingdom to the good kingdom. Fill in the blanks below with each letter you pass.



Admit our _____ and
ask _____ to _____ us.



Veritas Verses

TODAY'S VERSE


Stand therefore, having
fastened on the belt of
truth, and having put on the
breastplate of righteousness.

Ephesians 6:14

TOMORROW'S VERSE

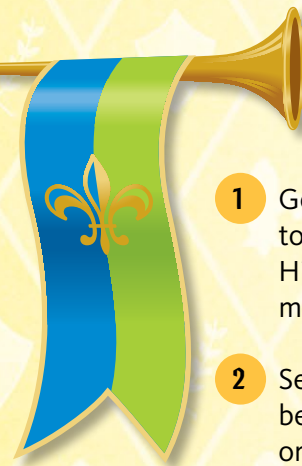
And, as shoes for your feet,
having put on the readiness
given by the gospel of peace.

Ephesians 6:15

 **CHALLENGE:** See how many times you can
say the whole verse correctly in the time it
takes you to put on a real belt.



Go and Do

- 
- 1 Go on a treasure hunt through your house to find the one book that is completely true. Hint: One name for it is God's Word! How many can you find?
 - 2 Search your home for belts. What kinds of belts did you find (e.g., dressy, practical, large, or simple belts)? Which belt fits you best? Put it on and remind yourself that God's Word is true from cover to cover.
 - 3 Tell someone what God's Word means to you.
 - 4 Check AnswersVBS.com/keeperkids for more fun information!

ASK YOURSELF THESE QUESTIONS:

Do I have an unshakable trust
in the Bible? (Pray and ask God
to help you to!) Do I want to be
known as a person of truth?



WILY THE FOX

DECIDE YOUR SIDE!

The Breastplate & Shoes

NAME

Onward, knights! On this day, we're learning how to put on the breastplate of righteousness and shoes of peace. In the Bible, the account of King Josiah's life (ruler of Judah) provides a good example of what it means to obey God and do right in God's sight.



Circle the correct answer to each question.

1. What piece of armor do we put on after the belt of truth?



breastplate

or



skirt

2. Which king wanted to follow God's commands?



Manasseh

or



Josiah

3. How old was Josiah when he became king?



or



4. What did Josiah want to repair?



the school

or



the temple

5. What did Hilkiah the priest find?



comic book

or



book of the law

6. When Josiah heard Shaphan read the book of the law, how did he feel?



sad

or



happy

7. Which piece of armor helps us stand firm?



sword

or



shoes

8. Which piece of armor helps us to live rightly with God?



sword

or



breastplate

9. Which piece of armor helps us share the good news about Jesus?



shoes

or



belt

10. Finish the rhyme: Do right in God's _____!



or



Veritas Verses

TODAY'S VERSE


And, as shoes for your feet,
having put on the readiness
given by the gospel of peace.

Ephesians 6:15

TOMORROW'S VERSE

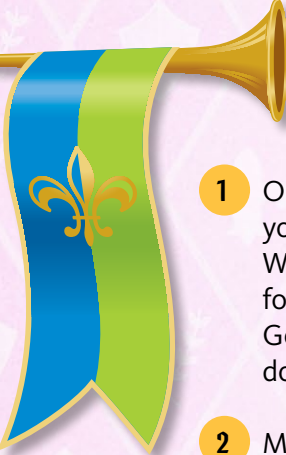
In all circumstances take up the
shield of faith, with which you
can extinguish all the flaming
darts of the evil one.

Ephesians 6:16

 **CHALLENGE:** Put on a pair of running shoes and jog for one minute while saying your verse. How many times did you say it correctly?



Go and Do

- 
- 1 One way to do right in God's sight is to obey your parents with a good attitude (Ephesians 6:1). What have they asked you to do that may be hard for you to obey right away and with a smile? Ask God to help you obey and commit yourself to doing it.
 - 2 Make your own King Josiah costume (paper crown, royal scepter, etc). Josiah decided to do right in God's sight as a boy. What right thing can you do today?
 - 3 Decorate a sign to put near your shoes that says "Shoes of Peace." Add today's memory verse. When you put your shoes on, think about and pray for people who need to hear about Jesus.
 - 4 Check AnswersVBS.com/keeperkids for more fun information!

ASK YOURSELF THESE QUESTIONS:

Am I at peace with God? Have I talked about Jesus to anyone lately?



**GRIMWALD
THE DRAGON**

DO RIGHT IN GOD'S SIGHT!

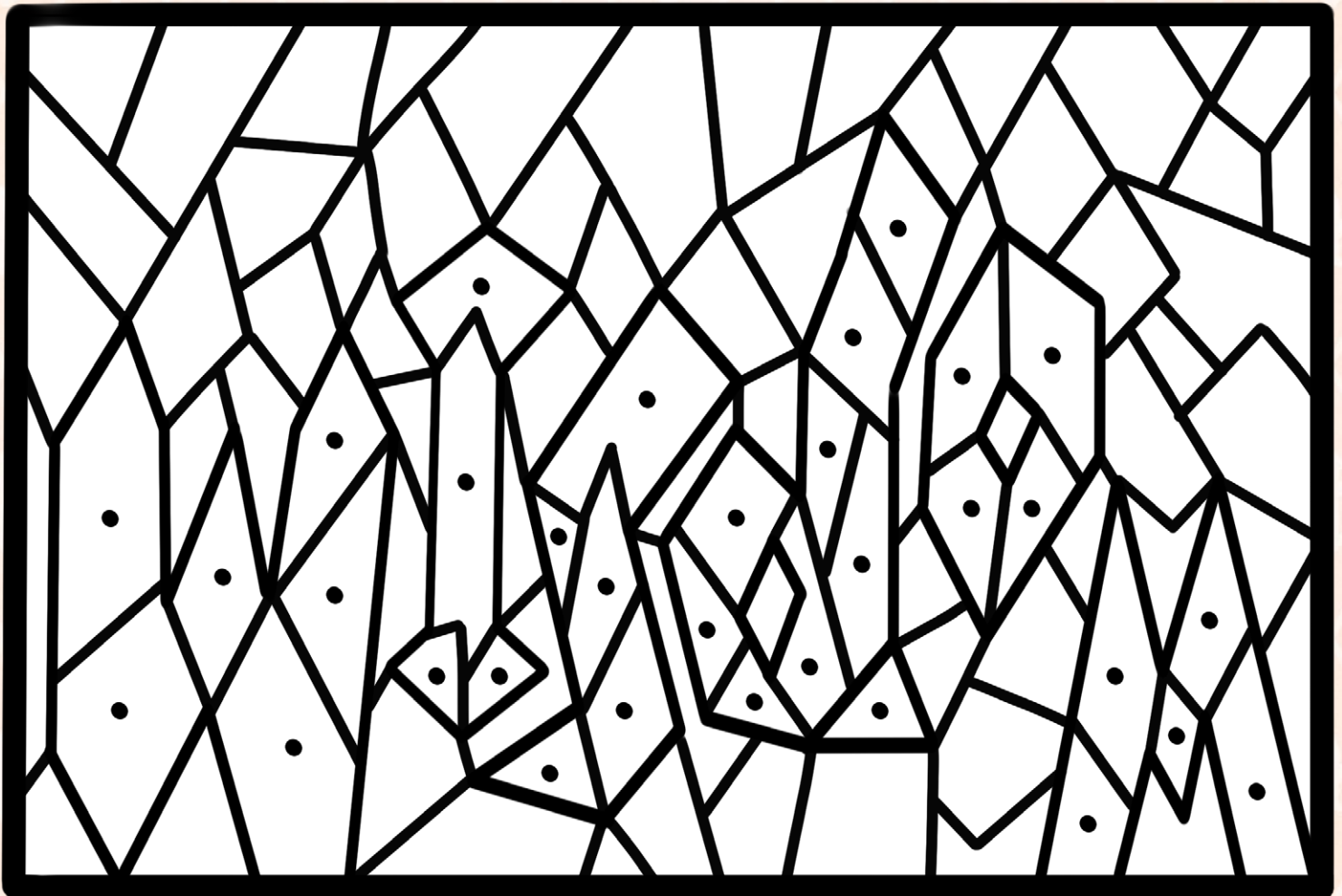
The Shield & Helmet

NAME

Good day, citizens! On this day, we're discovering the importance of putting on the helmet of salvation and holding up the shield of faith. These pieces of armor protect us from the darts (arrows) of the enemy. It's important that we know the Word of God so we can block these darts and stay strong!



Color in the shapes with dots to reveal the hidden word. Then unscramble the words below to complete the sentence.



GOD GAVE SOLOMON GREAT _____, BUT HE LET HIS
 miwsod
 GUARD DOWN. HE DID NOT WEAR THE SHIELD OF _____
 ifhta
 AND _____ OF SALVATION.
 leemht

Veritas Verses

TODAY'S VERSE

In all circumstances, take up the shield of faith, with which you can extinguish all the flaming darts of the evil one.

Ephesians 6:16

TOMORROW'S VERSE

And take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit.

Ephesians 6:17–18a

CHALLENGE: Get a paper plate (“shield”) and some paper wads (“fiery darts”). Have someone throw paper wads at you while you use your shield. At the same time, say your memory verse.



BYRON THE IRONCLAD BEETLE

Go and Do

- 1 Make a temple building with LEGO bricks, blocks, or cardboard boxes and tubes. Look in 1 Kings 6 for a description of the temple. What precious metal did King Solomon use throughout the temple?
- 2 Go on a hat hunt around your house. How many hats can you find? Which hat is the funniest? Which hat would provide the most protection (e.g., large sun hat, bike helmet, sports helmet)? Remember that the helmet of salvation protects your mind from bad influences.
- 3 Draw a big heart and write out Philippians 4:8 inside it. Ask God to help you use that verse to decide whether to watch or listen to something (or someone).
- 4 Check AnswersVBS.com/keeperkids for more fun information!

ASK YOURSELF THIS QUESTION:

Am I hanging out with or watching or listening to anyone who is leading me away from God?



LEARN TO DISCERN!

The Sword & Prayer

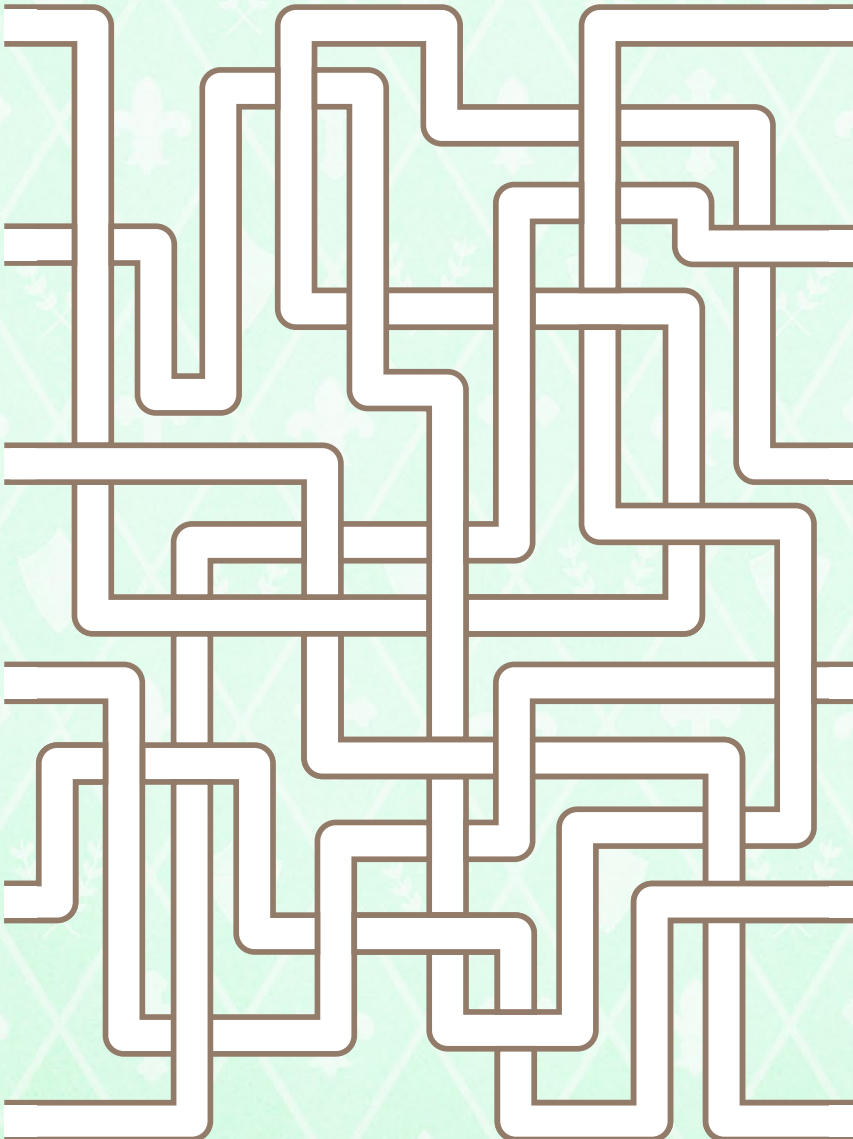


NAME

Good morrow, friends! With your last pieces of armor in place, you're ready to stand strong in the battle for truth! Take up the sword of the Spirit (God's Word) and pray for God's help in the battle. Keep your guard up by training your brain: read, study, and memorize God's Word. Follow Jesus' example to use the sword of the Spirit to stand strong against the enemy's temptations. (Check out Matthew 4:1–11.)



Follow the paths to match the armor of God to its description. Fill in the blanks.



The belt of _____ reminds us to love God's Word and tell the truth.

The sword of the _____ is another name for the Bible.

The _____ of salvation protects our minds from thinking wrong ideas.

The shield of _____ gives us courage to block the arrows of lies and bad ideas.

The shoes of _____ help us stand firm in God and his Word.


The _____ of righteousness reminds us to do right in God's sight.

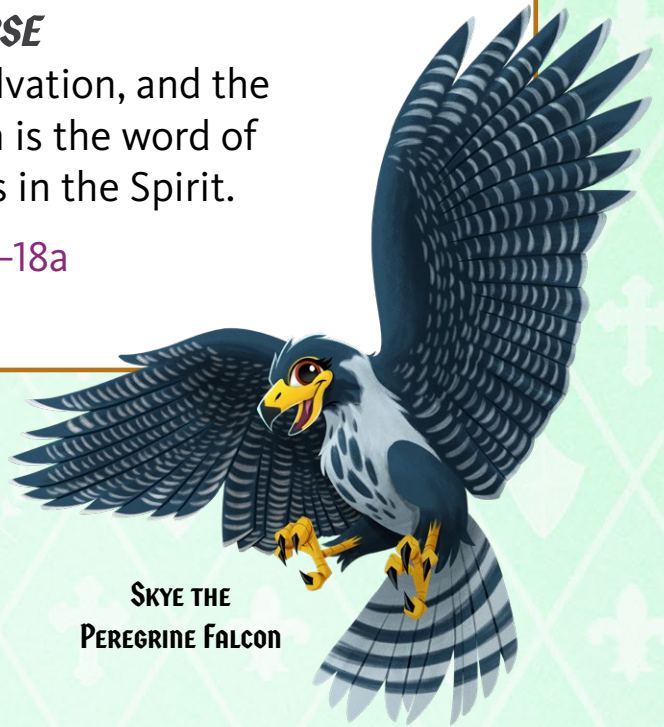
Veritas Verses

TODAY'S VERSE

And take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit.

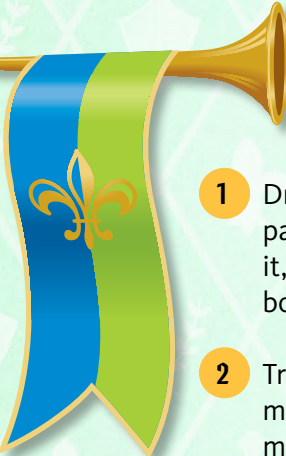
Ephesians 6:17–18a

 **CHALLENGE:** Try to say the whole week's verses in order. You may want to make up motions to symbolize each armor piece to help you remember the order.



SKYE THE
PEREGRINE FALCON

Go and Do

- 
- 1 Draw a knight's sword on a piece of sturdy paper and write "Sword of the Spirit" on it, then color and cut it out. Use it as a bookmark in your Bible.
 - 2 Train your brain to know God's Word. How many verses from VBS can you say by memory? Pick a Bible verse from the Bible and memorize it!
 - 3 It's important to pray. If you're a child of the King, pray now and thank God for giving you the armor of God. Ask him to remind you to wear it every day.
 - 4 Check AnswersVBS.com/keeperkids for more fun information.

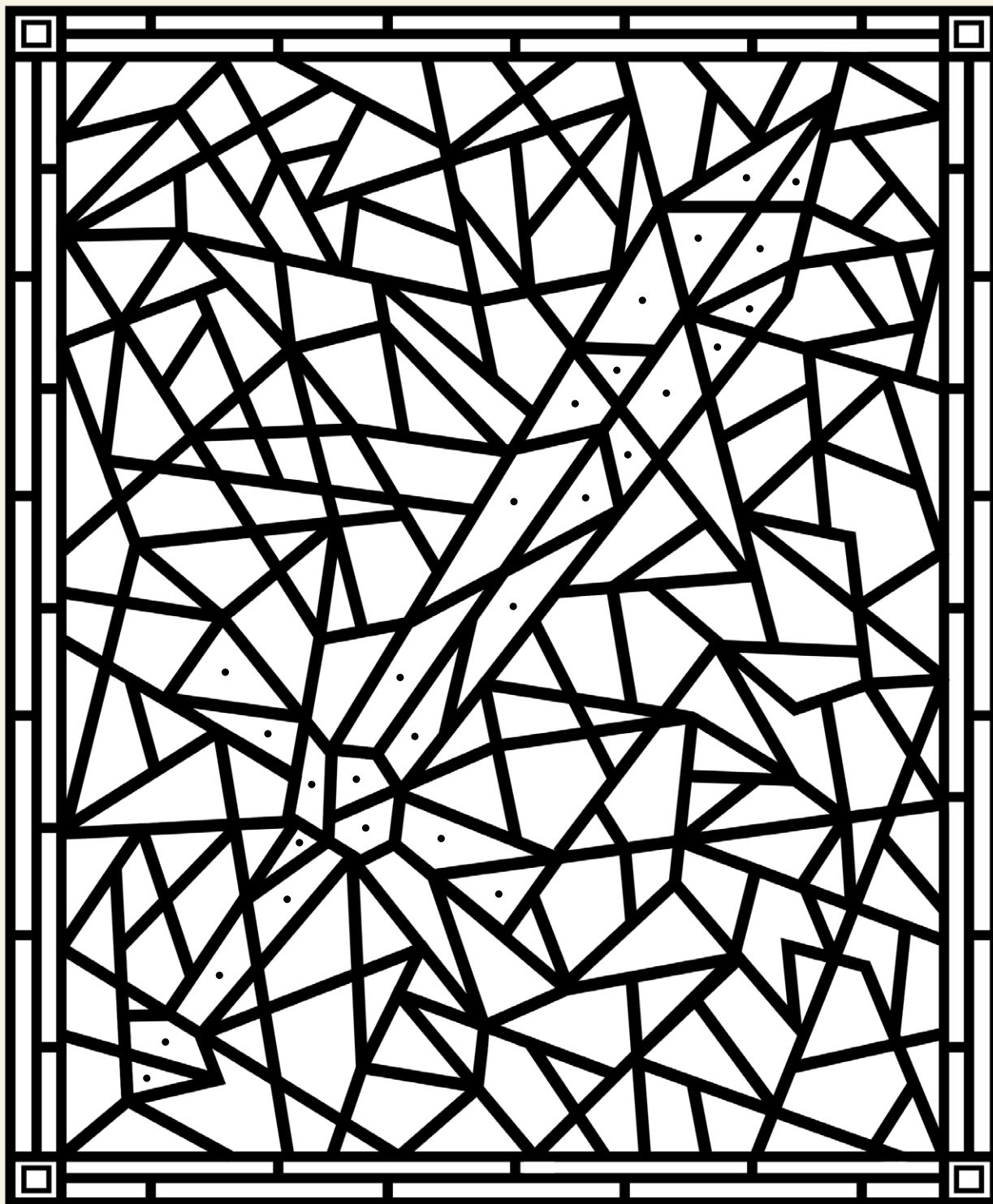
ASK YOURSELF THESE QUESTIONS:

How often do I open God's Word?
Do I have a plan?



TRAIN YOUR BRAIN!

✠ Color the stained glass window below. What did Jesus use to fight Satan's lies? Color the pieces that have a dot to find out! What is another name for this piece of armor? Write it here:



Ephesians 6:17-18



For more exciting
games and fun info, visit:
AnswersVBS.com/keeperkids