

# VACATION BIBLE SCHOOL 2023

## “ Be Strong in the Lord”

### Youth Lesson



# 1. Stand Firm

**Lesson Summary:** Using the example of Timothy, students will see that God can use them just the way they are right now to make a difference in the world around them as He empowers them to be His heroes!

**Key Take Away:** God can use us right now and help us stand firm for Him.

**Focal Scriptures:** 2 Timothy 2:15; 2 Timothy 1:9-11

Armor of God - [Stand Firm Lesson Plan](#)

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# 2. Jesus Our Commander

**Lesson Summary:** This armor of God Bible study lesson focuses on Jesus as our commander. It points out three points of focus:

1. He was...Jesus is God and has always existed.
2. He is...Jesus arose from the grave and still lives.
3. He always will be...Jesus will come again.

**Key Take Away:** Jesus has already won the war! If we have Jesus, we are more than conquerors too!

**Focal Scriptures:** 2 Timothy 1:12; Revelation 5:8

[Jesus Our Commander Lesson](#)

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### 3. Our Enemy - Satan

**Lesson Summary:** This lesson emphasizes the important battle strategy of knowing our enemy while also realizing Satan is NOT greater than Jesus!

**Key Take Away:** Opposites are NOT always equal. Satan is NOT an equal opposite of God. "Greater is He Who is in us (Jesus) than he (Satan that is in the world." 1 John 4:4

**Focal Scriptures:** Ephesians 6:10-13; 1 John 4:4

[Satan - Our Enemy](#)

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### 4. The Belt of Truth

**Lesson Summary:** The first piece of the Armor of God is the belt of truth. God gives us His Truth to protect us from Satan's lies. The more we strengthen our core with God's truth, the better we will be able to stand firm and not trip over Satan's lies & schemes.

**Key Take Away:** With God's Truth as our center, Satan's lies will not cause us to fall.

**Focal Scripture:** Ephesians 6:14

[Armor of God Bible Study #4 - The Belt of Truth](#)

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## 5. The Breastplate of Righteousness

**Lesson Summary:** This lesson views two different aspects of the breastplate of righteousness. First we wear it and are protected by putting on the righteousness of Christ. Secondly we bear it as we obey and walk in God's commands; living a life of righteousness protects us and helps us stand firm in Christ. Make sure to note we are not saved by works of our own righteousness, but because we are given Jesus' righteousness, good works should naturally be a part of our new life in Christ.

**Key Take Away:** Being right with God keeps our heart from being dirty with sin.

**Focal Scriptures:** Ephesians 6:14; Proverbs 4:23; Romans 13:14

[Armor of God Bible Study #5 - Breastplate of Righteousness](#)

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## 6. Shoes of the Gospel of Peace

**Lesson Summary:** This armor of God Bible study lesson demonstrates how when we wear God's peace like a pair of shoes, it digs in and helps us keep standing even when trouble or tragedy come in life. It also helps us move forward and share the Gospel with others.

**Key Take Away:** God's peace helps us to stand firm in life and also move forward to share it with others.

**Focal Scriptures:** Ephesians 6:15

[Armor of God Lesson #6 - Shoes of Peace](#)

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## 7. Shield of Faith

**Lesson Summary:** The shield of faith can help us extinguish Satan's fiery darts of doubt. Have student look at several Bible verses that can be "doubt extinguishers" to build their shield of faith (trust) in God.

**Key Take Away:** The better we know God, the more we trust Him and the less we doubt.

**Focal Scriptures:** Ephesians 6:16; Hebrews 11:1

Armor of God Bible Study [Lesson #7 - Shield of Faith](#)

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## 8. Helmet of Salvation

**Lesson Summary:** A helmet protects a soldier's head, brain, mind. It also helps him focus ahead and not be distracted. Salvation does the same spiritually by protecting our thoughts and also keeping us focused on the eternal.

**Key Take Away:** Salvation protects and directs our thoughts toward hope in Christ.

**Focal Scriptures:** Ephesians 6:17; 1 Thessalonians 5:8-9

Printable Lesson #8 - [Helmet of Salvation](#)

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## 9. Sword of the Spirit

**Lesson Summary:** Using the example of Timothy, students will see that God can use them just the way they are, right now to make a difference in the world around them as He empowers them to be His heroes!

**Focal Scriptures:** 2 Timothy 2:15; 2 Timothy 1:9-11

**Preparation:** 1) Print & cut apart the Memory Match cards for first activity. 2) Bring a real & fake plant (or similar item) for object lesson. 3) Make sure to have Bibles for “fitness test”. 4) You will need a pool noodle for “swordplay” game.

Armor of God Bible Study Lesson #9 - [Sword of the Spirit](#)



## 10. Prayer

**Lesson Summary:** Prayer is what empowers God's Armor as we put each piece on. Share the Who, What, When, Where & How of prayer along with actual prayer time using creative prayer stations.

**Time:** With a group of about 15 4th-6th graders, this Bible study on prayer lesson took about 1 hour. Actual teaching time took about 20 minutes and we allowed 30-40 minutes for prayer stations. Some parts can be deleted if you don't have that much time.

**Preparation:** Set up four prayer stations with materials as called for in each. Bible study on prayer printables are included for you to copy.

**Focal Scriptures:** Ephesians 6:18-19a

*"With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, **19** and pray"*

[Bible Study on Prayer - Lesson #10](#)