



THE

HELMET OF SALVATION

Putting Our Inheritance Into Action

This week's armor is the Helmet of Salvation. Roman soldiers wore tight helmets made of iron and bronze to protect their heads, neck, and shoulders. The Helmet of Salvation protects the mind, the control center for all our thoughts.

KEY VERSE: "Take the helmet of salvation." Ephesians 6:17

- Together read Ephesians 6:17 to introduce the armor for this week.
- "Why do you think this piece of armor is important?"
- "How did this armor protect a soldier?"

BIBLE STORY PASSAGE: Genesis 25:29-34; 26:1-5

- Read today's Bible story together in Genesis 25:29-34; 26:1-5

Q1: What was a birthright? How do you think Esau felt about his birthright?

A1: *A birthright was special rights given to the firstborn child, who would receive more inheritance. Esau did not think his birthright was important. (Gen. 25:34)*

Q2: What did God promise to Isaac, Jacob & Esau's father?

A2: *That he would be blessed with lands and many generations of offspring (Gen. 26:3-4)*

Q3: Which brother received the birthright and God's promises? A3: *Jacob*

Q4: What do you think God wants us to learn from the story of Jacob and Esau?

A4: *As Christians, we also have an inheritance from God—salvation. We cannot give it away. It is what makes us Christians, and it is God's gift to us.*

Parents!

RFCC Kids will not be meeting on April 9th, or April 16th. We will have this time off to enjoy our families during Spring Break and EASTER! Please remember to have your child bring in a donation for Ruthe. We want to make sure we meet our goal even with our time off. Be on the lookout for information about our new series!

Q5: How can Christians use the Helmet of Salvation?

A5: *We can know that salvation is God's gift to us. Salvation makes us grow to be more like Jesus; the Helmet of Salvation helps us honor Christ.*

PRAY AND JOURNAL

Have you ever been bullied by a mean kid? Have you ever been laughed at by a classmate? Have you ever felt like not one loved you?

Satan likes to use these kinds of negative things to keep believers from reaching their full potential, the best Christ has for them. Satan likes to remind you of those bad feelings in your mind and make you feel bad.

The good news is that when you trust Jesus as Savior, not only does Jesus take away your sin, but He also gives you a rich inheritance. One way to keep Satan from messing with your mind is to think often about what God has given you.

Read the following verses. Take note of what God says about believers. When you finish, spend time thanking God for you inheritance!

1. John 1:12
2. Colossians 1:14
3. Jeremiah 31:3
4. 1 John 5:18

ACTIVITY

Make Careful Thinking Reminders:

- Find and discuss Philippians 4:8. Have your child count the things listed for Christians to think about.
 - Discuss what each of them mean.
 - Print on notecards different ways to remember the things listed in the verse. Decorate the notecards. Ask your child to tape the notecards in places around the house where she will see them often.
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