



Circle Up

Use this time to gather together and get everyone talking.

ASK

- What do you think is the yuckiest food ever?
Encourage each family member to take turns sharing.

SAY

Evil is yucky. Just like when we eat a really yucky food that we just want to spit out. No one wants to eat foods they think are yucky. In the Bible, Jesus talked about yuckiness inside people's hearts. And he said we can fight yuckiness with goodness, or righteousness. Righteousness means we have good hearts and we make right choices. God has an evil enemy, but he can never beat God. To fight God's evil enemy, God gives us armor—like a knight. God's armor for us isn't made of metal; it's armor we can't really see. **We fight evil with righteousness.**

Watch

Watch today's teaching video [here](#).

ASK

Your Elementary Schooler:

- * What does it mean to fight evil with righteousness?
- * What would you like [or not like] about wearing body armor all the time?
- * How do we cover our heart in God's goodness?

ASK

Your Prechooler:

- * What's something good you've done for someone lately? What has another person done for you?
- * When has it been hard for you to make a good choice?
- * Have you ever been really dirty and needed to get clean?

Have Fun Together

Use these activities to have fun together while learning about God.

PLAY

Materials Needed: plates, cornstarch, wet wipes, Bible

Take turns sharing about something that was hard to get clean [maybe dirt out of clothes, a stain in the car or slime out of carpet]. Pass around plates of cornstarch. [Encourage everyone to press the palm of a hand in the cornstarch so it's covered.] The Bible calls the wrong things we do sin. Sin sticks to our hearts like this cornstarch is sticking to our hands. Try different ways of getting it off - shaking it off, blowing it off and brushing it off. Our hands may look clean from far away, but they're still not completely clean. I don't think we can get them clean on our own. We have the same problem with our hearts—we can't get the sin out of our hearts by ourselves. We need Jesus to make our hearts truly clean. Give each person a wet wipe for their hands. Discuss that Jesus makes our hearts clean. Some of the leaders around Jesus thought that if they just did good things, their hearts would be clean. But Jesus could see that there was still sin sticking to their hearts. We all need Jesus to get our hearts clean. We can't do it on our own. The Bible tells us that's why Jesus came. *Read Titus 2:14 together.*

READ

Read the following verses aloud as a family together:

Ephesians 6:10-12, 14; Matthew 23

In Ephesians, Paul talks about the spiritual battle we're fighting against evil and tells us to put on body armor of God's righteousness. In Matthew 23, Jesus tells the Pharisees that they may look righteous on the outside, but on the inside their hearts are dirty. True righteousness comes from Jesus' love in our hearts.

SING

The body armor of righteousness reminds us to make good and right choices because of the love and goodness Jesus put inside us. When we do this, we fight evil and win!

Sing to the tune: "The Farmer in the Dell."

We use our righteousness. (pretend to lift a vest over head, onto shoulders)

We use our righteousness. (stomp foot, hands on hips)

We say and do what is right, (nod head)

With God's love in our hearts. (hug self)

PRAY

Dear God, thank you for making our hearts clean. Help us to remember that you alone give us the power to make good choices. We love you.
In Jesus' name we pray. Amen!