

Armor of God

September Family activity

DUE: September 29, 2020

Student signature: _____

Parent signature: _____

Belt of Truth

Read Ephesians 6:10-19 in your Bible.

This month we are focusing on the belt of truth. In Ephesians, we learn that we are to stand firm with the belt of truth around our waist. Play this game with your family and talk through the questions below.

Supplies needed:

-**a tunic**- use a heavy bed sheet, pillow case, tablecloth, or any other heavy material you have to make a tunic. It should be long enough to cover your feet.

-**homemade obstacle course**- these could be chairs you have to climb over, crawl under, run around etc. You can use hula hoops, boxes, or other furniture. Use your creativity and have fun designing this!

- **a timer** to keep time

-**belts**- you can use real belts or rope/cords, sashes, anything to tie up the tunic around your waist.

BELT OF TRUTH GAME INSTRUCTIONS:

ROUND 1: Put your tunic on **WITHOUT** the belt. Run around the obstacle course and make sure the tunic is hanging down to your feet. Have your parent time you and see how long it takes you to complete the course.

ROUND 2: Put your tunic on **WITH** the belt. Run around the obstacle course and make sure your belt keeps the tunic off your feet. Again, have a timer going to see how long it takes you the second time around.

Answer these questions as a family. (see back of page)

1. What was the difference between the first round and second round? _____

2. Did the belt help you complete the course faster or better? _____

3. What did the belt do that make it easier to complete the course?

4. Some translations use the phrase “gird your waist with truth.” What do you think “gird” means? (If needed, look up the definition of gird.) _____

5. Why is it important to gird your waist with truth and how can you do that?
