

Daily Practice: Helping Your Child "Suit Up"

Here are simple, practical ways you can encourage your child to put on the Armor of God each day:

Morning Routine: "Suit Up!" Challenge

As your child gets dressed, walk through the armor together:

- **Belt of Truth** – "Let's speak only what's true today."
- **Breastplate of Righteousness** – "Let's choose what's right, even when it's hard."
- **Shoes of Peace** – "Let's walk kindly and bring peace wherever we go."
- **Shield of Faith** – "Let's trust God no matter what happens."
- **Helmet of Salvation** – "Remember: You belong to Jesus!"
- **Sword of the Spirit** – "Let's read or remember a verse today."

Use motions or pretend to "put on" each piece as you say it.

Family Devotion Time (5–10 min)

Pick one piece of the armor each day to read about and talk through at breakfast or bedtime.

Example:

"Today we're talking about the Shield of Faith. Can you think of a time when you trusted God even if something felt scary?"

Worship & Music

Play the **Armor of God song** or any upbeat worship songs while getting ready or driving to school. Music helps kids internalize truth!

Suggestions:

- *Armor of God Song* – Group Publishing
- *I'm in the Lord's Army* – Kids Version

Visual Reminder

Hang a printable armor poster or drawing on the fridge or bedroom wall. Let kids point to each piece before leaving the house.