Lesson 7: Fitted Feet  
July 16/17

Bible Point: We can be ready to tell others about God’s peace  
Key Verse: “And with your feet fitted with the readiness that comes from the gospel of peace.” Eph 6:15

| Pre-Activity | 5 min | ICEBREAKER:  
As you start off the service and are waiting for children to arrive, play a quick game on the topic of shoes. Feel free to be as creative with this as possible. Today is going to be all about fitting our feet with the proper wear to do a proper job. So start off by having kids make a list of every kind of footwear they can think of. Older kids can take turns going up to the board and adding their own idea to the list. Younger kids can call names of shoes out. Suggestions: sandals, snow boots, cowboy boots, running shoes, cleats, swim fins, water shoes, high heels, ballet shoes, slippers, rock climbing shoes and so on.  
If you still need more time have everyone talk about their favorite pair of shoes they own and why they are their favorites.  
One further idea if time is needed- have kids pick partners at random and switch just one of their shoes. Have them talk about how comfortable or uncomfortable it is. How easy would it be to wear someone else’s shoes? Would you be able to work well in these shoes? |
|---|---|---|
| Worship | 10 min | WORSHIP:  
Worship Leader (WL): Welcome children and state the lesson title and bible point. Open in prayer. Begin worship by getting kids excited! (perhaps some stretches to prepare for dancing!)  
Worship:  
1.  
2.  
3.  
Tithing:  
When songs are completed, have the kids sit in their small groups with their leaders. It is important that while we give our voices to God, that we give our money and possessions to God. If you have brought money today as a part of worship then put it in the tithing bucket. |
| 20 min | TEACHING:  
Select a few kid volunteers to come up front. Give each of them one of the pictures provided of different kinds of shoes. Have each kid share with the crowd what kinds of shoes they have and how these shoes would help them do a certain activity. For example, “I have snow boots, and these shoes would protect my feet from the cold and keep them from getting wet in the snow.” Or “I have ballet shoes and these shoes would let me go on my tip Black crepe paper, tape Prepare ahead |

|  | | |
toes for dancing.”

LGL: Then ask each kid to answer the following question- “What would happen if you were trying to do these activities and you didn’t have these shoes?” After discussing the difficulties this would create, etc. let the kids sit down.

LGL: Have you ever put on a pair of new shoes and felt that you could run faster and jump higher? Shoes make a difference! A football player would never run onto the playing field wearing sandals, and a basketball player would never jog down the court wearing cleats. Instead, athletes wear shoes that support them and make them ready to play the game ahead. Shoes help us to be ready for different activities. They protect our feet, give us support and make it possible for us to do things like climbing rocks, running and so on. Ephesians 6:15 tells us to have our, “feet fitted with the readiness that comes from the gospel of peace.” The footwear that God provides as a part of his body armor make us ready as well-ready to share the good news of Jesus Christ with others.

LGL: Lets read from the Bible about a couple of people who had to have their feet fitted in order to share the gospel with people all over. The Bible tells us in Acts 16 about two men who were always read to tell others about God and the peace that comes from knowing God. Let’s retell their story.

Choose children to play the roles of Paul, Silas and the jailer. Have the remaining children form two groups- one will be the crowd, and the other group will be prisoners. Explain that as you tell the story you’ll indicate actions for the kids to do. Everyone should be sitting on the floor to start.

LGL: Once there were two men named Paul and Silas. Let’s meet them now. Have Paul and Silas stand and wave.

LGL: Paul and Silas loved God very much, and traveled around telling people about God. They were always ready to tell about God’s love and the peace that comes from knowing God. Let’s watch as Paul and Silas walk around our group, smiling, shaking hands, and saying, “God loves you.”

Allow a moment for Paul and Silas to this, then say, “Not everyone was happy about the words and actions of Paul and Silas. One day, they healed a girl who was a slave. Her owners were not happy about this. So they grabbed Paul and Silas and brought them to the rulers. A crowd gathered.

Have the crowd gather closely around Paul and Silas. Say, “The crowd murmured with anger. They shook their fists. They accused Paul and Silas of trying to cause trouble. So the rulers said that Paul and Silas should be severely beaten.- and that’s what happened. And then they were thrown into jail. Have Paul and Silas get under the table and into the jail cell you’ve created. Have the other prisoners join them.
The jailer was ordered to guard Paul and Silas carefully, so he put them in an inner cell and locked their feet up in stocks. Then he lay down to sleep. You would think that Paul and Silas would be angry, or afraid, or crying in pain. But instead, they did something very surprising. They started to sing and pray! The other prisoners listened to them. Let’s listen too!

Have Paul and Silas hum for a moment. Suddenly there was a violent earthquake! Everything started shaking and rumbling and rolling! The doors of the jail flew open and all the chains came loose. The jailer woke up. He thought all the prisoners had escaped, so he drew his sword to kill himself. But Paul shouted, “Don’t harm yourself! We’re all here!”

The jailer rushed over to Paul and Silas, fell before them, and asked, “What must I do to be saved?” Paul and Silas were ready to tell him exactly what he wanted to know. They told him, “Believe in the Lord Jesus and you will be saved.” And that’s just what happened!

Have actors return to their seats.

You see, Paul and Silas had on those shoes of readiness we talked about. They were excited and motivated to tell the jailer about God’s peace and love. They were prepared to walk through the task that God presented them.

Let’s pray and ask God to be completing our armor so that we have feet that are fitted with readiness!

**Small Groups 25 min**

**SMALL GROUPS:**

**SGL (Small Group Leader):** Let’s talk about the story for a little bit before we do an activity.

1. Why do you think Paul and Silas were able to have such peace and joy even when they were beaten and in prison?
2. How do you think they got to the point where they were ready to tell others about God, even during such difficult circumstances?
3. How did peace come to the jailer’s life because Paul and Silas were ready?

**Activity:**

In today’s activity you’ll be making a giant hopscotch with encouraging scripture on today’s topic. Depending on the number of children you have you can pair them up if needed. List the following verses on the board and then assign the children to open up their Bibles and copy their verse onto their sheet of paper. When they are done, they bring their paper to you and you make a giant hopscotch board. When the board is created then children take turns rolling the dice. They hopscotch down the paper the number of dice they rolled. Whatever sheet their foot lands on they read the verse aloud. Continue as long as the children would like to play.

**Verses:** Romans 16:20a, Colossians 3:15, John 16:33, Psalm 29:11, Psalm 17:5, Psalm 37:23, I Peter 2:21, Isaiah 52:7a, Romans 10:15b, Isaiah 40:29,
Phil 4:7, Eph 6:15

Take Home:
The last activity today will be a sheet that the kids can take home with them. Have them each take the shoe outline with them. Each of them should write today’s verse at the bottom of the sheet. And then they should select a verse from today’s activity that they especially liked and write it on the inside of the shoe. They can then spend time decorating the sheet as they would like.

Close in a group prayer.