

— TRUTH TALKS IN THE KEEP —

JUNIOR



TEACHER GUIDE



Course Overview

	Day 1	Day 2	Day 3	Day 4	Day 5
Title/Bible Content	The Two Kingdoms	The Belt	The Breastplate and Shoes	The Shield and Helmet	The Sword and Prayer
Bible Passages	Creator King and Prince of Darkness John 18:37-38; Ephesians 6:10-14	Savior King Genesis 1-3; Gospels; Ephesians 6:10-14	King Josiah 2 Kings 22-23; Ephesians 6:14-15	King Solomon 1 Kings 2-11; Ephesians 6:16-17a	King of Kings vs. Prince of the Air Matthew 4:1-11; Ephesians 6:17-18a
Lesson Focus	We're in a battle between two kingdoms.	Each child of the King needs to fasten on the belt of truth.	Put on the breastplate of righteousness and the shoes of peace.	Take the shield of faith and the helmet of salvation.	Take the sword of the Spirit, and pray.
Apologetics Content	Absolute truth is true for <i>all</i> people, for <i>all</i> times, for <i>all</i> circumstances.	Build a biblical worldview to stand strong in the truth.	Put on what's right (Jesus' righteousness), then do right.	Guard against false teachings and temptations.	Be ready to give an answer for the hope that is in you.
Veritas Verses	Ephesians 6:10-11	Ephesians 6:14	Ephesians 6:15	Ephesians 6:16	Ephesians 6:17-18a
Rhyme Time	Of two, only one is true!	Decide your side!	Do right in God's sight!	Learn to discern!	Train your brain!
Animal Pals	Winifred ("Winnie") the Warhorse	Wily the Fox	Grimwald the Dragon	Byron the Ironclad Beetle	Skye the Peregrine Falcon
Kieran's Crafts in the Courtyard	Castle Catapult Juggling Balls	Suncatcher Cross Fox and Geese Board Game	Breastplate Tin Punch Dragon Sock Puppet	Faith Shield Necklace Wordless Book	Train Your Brain Card Caddy Mini Sword
Kieran's Science in the Courtyard	What's Up? Light and Dark	Newton's Cradle Goin' in Circles	Force Field Pom-pom Launcher	Spring Thing Balloon Jousting	Tests of Strength Battering Ram
Griffin's Games on the Green	Capture the Flag Jumpin' Jesters	Bucket Brigade Belt Bonanza	Dragon Dash Royal Games of Skill	Defend the Castle Hat Stack	Knights' Obstacle Course Sword Tag
Tessa's Treats in the Town	Kingdom Cookies Be Strong Barbells	King's Cups Fox Faces	Dragon Munchies	Mini Pizza Shields Cracker Shields	Moat Floats Banana Swords
Cool Contests	Guess the Cannonballs	Team Tournaments	Royal Dress-Up Day	Design a Helmet	Mission Money Mania



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JUNIOR TEACHER GUIDE

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Project Coordinator: Stacia McKeever

Writers: Randy and Barb Witt

Assistant: Amy Quinn

Content Editors: Roger Patterson, Dr. Georgia Purdom

Editor: Evonne Krell

Interior Design: Diane King

Cover Design: Jon Seest

Illustrator: Paul Agner

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For more information, write:

Answers in Genesis

PO Box 510, Hebron, KY 41048

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Handy Helps

Huzzah!

Hooray! It's time to charge into medieval times—a world brimming with breathtaking castles, regal kings and queens, fire-breathing dragons and brave knights, and epic battles.

Amid the pages of *Keepers of the Kingdom: Standing Strong in Today's Battle for Truth*, your knights will learn how to be part of God's kingdom and wear the armor of God. Our Royal Majesty's kingdom is under attack, and we must prepare for battle!

Day 1: The Two Kingdoms—We will discover there are just two kingdoms—the kingdom of light versus the kingdom of darkness. One is ruled by the good King, Creator God. The other is ruled by the enemy, Satan.

Day 2: The Belt—We must decide our side. Those who become citizens of God's good kingdom need to wear the armor of God daily, starting with the belt of truth that helps us have an unshakable trust in God's Word, along with helping us live as truthful people.

Day 3: The Breastplate and Shoes—The breastplate helps God's children put on Christ's righteousness and grow in right living. The shoes show us we can be at peace with God, which helps us stand firm in our Christian convictions and share Jesus with others.

Day 4: The Shield and Helmet—The shield and helmet protect us from the enemy's attacks—wrong thinking, discouragement, and deception. We will learn to discern!

Day 5: The Sword and Prayer—The sword of the Spirit is the Word of God, which helps us train our brains to know, memorize, love, and obey God's Word. And as we battle, we must pray!

Excitement and adventure await from the first minute of each day when kids meet in traveling troupes. The troupes gather at the **Apprentices' Assembly in the Great Hall**, a high-energy beginning that includes wacky intros, lively songs, a missions moment, and prayer.

Then they're off to rotate through five fun sites:

Truth Talks in the Keep, where God's Word is taught in hands-on ways.

Kieran's Science and Crafts in the Courtyard, where kids are bedazzled making special craft and science creations of their own.

Tessa's Treats in the Town, where kids can feast on tantalizing treats and eats.

Griffin's Games on the Green, where there are plenty of old-world games with new fun twists.

Minerva's Missions, Music, and Memory Verses at the Manor, where kids can sing songs, learn their memory verses with fun games, or go in-depth with the mission moment featuring Children's Hunger Fund and the Wild Brothers.

Finally, everyone heads back to the **Apprentices' Assembly in the Great Hall** for the closing, where there's more singing, contest results, and the highly anticipated daily drama. This is situated in the royal chambers and features some regal (and not so regal) characters who are engaged in a classic battle between good and evil.

So prepare to step back in time, embark on the journey, and partake in one royally fun time!

OUR GOAL

We are so thankful for how God has chosen to use the Answers VBS programs over the past years! But why did we decide to embark on such an undertaking in the first place, and why are we still at it, by God's grace?

Our primary goal has always been to bring God glory by boldly and unashamedly proclaiming him to a strategic group—young people! From both a biblical and statistical point of view, young people are a big deal. They're not only awesome—we love 'em!—but they're also dearly cherished by our Lord and tend to be softhearted toward spiritual things. Researchers generally agree most people become Christians when they're children, so it's apparent this age group is a huge mission field!

Children are loved by their Creator, and Jesus said to let them come to him (Luke 18:16). We want children to come to Christ and not be hindered in any way from doing so. To that end, we combine a biblically rich VBS with off-the-chart, irresistible fun. In a day and age when content sometimes suffers, we don't want to sacrifice rich teaching. But it's also crucial that the most exciting book in the world not come across as boring or irrelevant. We want to reflect our creative, inspiring, joy-giving God who made laughter and fun.

So why do we do it? We want kids around the world to hear about and personally meet our awesome God and understand how they can receive eternal life through repentance and faith in Christ Jesus. We believe VBS is a great way to introduce them to God, as it is one of the biggest outreaches of the year for most churches.

We pray you will find that every prayer prayed, every minute invested, every dollar spent, and every word spoken will bring God glory as you reach kids for Christ.

Just remember—VBS is worth it. May God richly bless your VBS. We're praying for you!

Your Role

Your role as the teacher is outlined in the following pages and includes planning and preparing the daily lessons, enthusiastically engaging in teaching the lessons, and praying over all aspects of your job.

Read this guide carefully and prayerfully, using our suggestions combined with the ideas the Holy Spirit brings to your mind.

So get ready! Get set! Get excited! God is about to use you and your church to impact lives.

Frequently Asked Questions

The content of *Keepers of the Kingdom* may be new to you. For a list of helpful articles on the topics covered in this VBS program, please visit AnswersVBS.com/keeperfaq.

Terms to Know

Throughout the VBS curriculum, various terms will be used. Here is a list of some of the most common terms to know.

Traveling Troupes: Groups of children (individual classes) named after people of the Middle Ages, such as Jesters, Bakers, or Troubadours.

Troupe Leaders: Group leaders who lead the traveling troupes from place to place during VBS. No teaching is required of this position.

Truth Talks in the Keep: Bible and apologetics lesson time in the most fortified part of the castle—the keep.

Royal Trainers: Teachers of the Truth Talks.

Kieran's Science and Crafts in the Courtyard: Rotation site where crafts are made and science experiments are explored.

Tessa's Treats in the Town: Indoor or outdoor location where snacks are served.

Griffin's Games on the Green: Indoor or outdoor site (outdoor is preferred) for recreation time.

Minerva's Missions, Music, and Memory Verses at the Manor: Rotation sites where kids can spend additional time learning songs, memory verses, and missions.

Veritas Verse: Daily memory verse. (*Veritas*, a good medieval word, means "truth is mighty and will prevail" and "true, trustworthy.")

Animal Pals: Our friendly animal mascots that remind us of the main themes of each day.

Toddlers: 2–4-year-olds.

Pre-Primaries: 4–6-year-olds, or children ages 4 through those who have completed kindergarten.

Primaries: 6–9-year-olds, or children who have completed grades 1–3.

Juniors: 9–12-year-olds, or children who have completed grades 4–6.

For multi-age K–6 traveling troupes, we recommend using the material for the Primaries.

Top 20 Teaching Tips for Teachers

1. Ephesians 6:10–18 teaches about a real battle between two kingdoms. Take seriously the need to pray and study God’s Word as you prepare amid this battle. God has entrusted you with the awesome privilege of opening his Word and sharing it daily with the children. Stand firm!
2. Read through all your lesson plans well in advance and become familiar with the resources on the Resource USB or at AnswersVBS.com. Begin to pray and plan now, and continue to pray during and after VBS.
3. In this guide:
 - » Teaching Tips are marked with a ✖.
 - » Materials for each activity are listed next to the activity.
 - » The “teacher says” portion is bold.
4. You may want to assign the task of gathering supplies for all the teachers to one person, or have the teachers divide up the supply list, with each being responsible for multiples of certain items. It’s also helpful to get all the supplies ready in a box or bag ahead of time rather than gathering them day-by-day the week of VBS.
5. See Decorating Decisions for a picture and description of the teaching set. Also, when setting up the room, you may want to clear away tables and chairs, depending on the room size and number of children expected.
6. Attend the Teacher Workshop and the Gospel Workshop. Be prepared to share the good news of salvation!
7. Dress as if you are living during medieval times. At least one day, wear medieval era clothing, depicting either royal or peasant attire. Check Costume Considerations for ideas. Also, check the VBS catalog for a cool T-shirt and hat.
8. Take on a persona to bring lessons to life. You may want to make up a fun name, dress in character and talk in first person, adopt an accent, or add something new to your “costume” each day. Teach in a way that makes you feel comfortable.
9. Call the children by name. Name tags help with this.
10. Make sure to keep eye contact as you share the lessons, helping each child sense your warmth and care.
11. Children will be at various levels of spiritual comprehension. Pray for the Lord to take the message and do with it as he wills: plant seeds, bring to salvation, or strengthen and grow those who are already believers.
12. Have Bible passages from the lessons bookmarked ahead of time, and use your Bible throughout the lessons at the appropriate times. Show through your facial expressions and your actions the importance of the Scriptures.
13. Show love. All children, regardless of age or appearance, need to be loved. Greet them warmly each day, and always be ready with smiles, encouraging words, and appropriate hugs.
14. Be aware of your church’s safety protocols and appropriate touching policies. Check the Resource USB or AnswersVBS.com for more info.
15. Be all there. Try to leave behind whatever is currently going on in your life, and focus your attention on the children under your care.
16. When kids are sitting on the floor for drawing or writing activities, give them a firm surface (clipboards, old magazines, or books) to use underneath the papers. Cut corrugated cardboard or coroplast sheets into 9x12-in. pieces, and add a binder clip for inexpensive clipboards.
17. Notice the good. Children want attention and will sometimes resort to acting up in an effort to receive attention, even if it is negative attention. Be proactive by noticing and praising the things they do right. Be an encourager.
18. Children like order. Think through potential trouble spots in your day, and decide on a firm, loving discipline strategy. Ask for help from experienced individuals.
19. Children generally rise to the level expected of them, so challenge them to work on memory verses and their take-home student guides and challenges. Some may even want to try the bonus memory passage, which adds in the rest of the Ephesians passage to make it all of Ephesians 6:10–18.
20. Have fun! Teaching should be a joy for you. “Rejoice always, pray without ceasing, give thanks in all circumstances” (1 Thessalonians 5:16–18).

Tips for Managing a Group of Kids

Kids are fun, and kids have energy! Prepare to confidently lead them using the following strategies.

ATTENTION-GETTERS

Call and Response—The teacher will teach the kids that when she says something, they should reply with something else. Practice the following ideas so they know your expectations for responding to them.

- **Teacher:** Huzzah!
Kids: Hooray!
- **Teacher:** Hooray!
Kids: Huzzah!
- **Teacher:** Jeepers creepers!
Kids: We are the keepers!
- **Teacher:** Good morning!
Kids: Good “knight!”
- **Teacher:** Turkey leg, turkey leg
Kids: Can I get a roasted egg?
- **Teacher:** Keepers (clap, clap)
Kids: Of the Kingdom (clap, clap)

Rhythm Claps—The teacher claps a little rhythm and the kids clap the exact rhythm back. Vary the clapping patterns.

Countdown—Hold up five fingers and start to count down from five to one. By the count of one, they need to be completely quiet.

Soft Talk—Start talking about something important very softly or in a whisper. They will often get quiet to hear what you are saying. Or say, “If you can hear me, clap once.” Continue softly with other commands.

Flash the Lights—This is a good signal to listen up.

LINING UP TO WALK THROUGH THE BUILDING

If You . . .—Say different categories for lining up in fun ways, such as the following:

- “If you’re wearing red, line up. Now, if you’re wearing blue, line up.”
- “If your birthday is during the summer, line up. Now, if your birthday is during the school year, line up.”
- “If you have a dog, line up. Now, if you have a cat, line up. Now, if you have no pets, line up.”
- “If your first name starts with A–L, line up. Now, if your first name starts with M–Z, line up.”
- “If you are quiet, line up.”

PROACTIVE TIPS

Be Prepared—One of the best ways to ward off discipline problems is to be prepared. Think through and organize

your day, leaving no downtime. Keep things moving! This takes more effort on your part, but it’s worth it.

Active Participation—Keeping kids actively engaged in the lesson is perhaps the best thing you can do to keep the class from getting rowdy. The lessons are written to be creative, fun, and full of active participation. Play the games, act out the Bible accounts, and do the other ideas listed. Occupy kids’ minds and attention with good stuff!

Helpers—Involve the kids. Let them be helpers. Some kids just want to feel needed, so giving them a responsibility is a way to show you trust them. Try putting them in charge of a simple task like helping others learn memory verses, passing out papers, or holding a poster for the teacher. Sometimes a simple task can keep them busy and make them feel important!

Use Humor—Kids of all ages love to laugh! Have fun together. If you see a situation is getting tense or a child getting upset for some reason, try thinking of a way to lighten the mood with humor.

CALMING ROWDINESS

Don’t Yell—Kids may respond at first if someone yells, but they eventually dismiss it. Try some of these other ideas instead.

Separate Kids—Separate kids who misbehave around each other but encourage problem-solving when possible. “What are some things we could do to help you and ___ get along?”

Give Choices—Avoid power struggles by giving choices. If a child is resistant to doing something you’ve asked, try your command another way. “You can either sit with the rest of the group and listen or sit with ___ (leader’s name) at the back of the room.”

Praise in Public, Correct in Private—If someone does need correction, be careful not to embarrass him in front of his peers. If you need to talk to a child about a misbehavior, pull him aside while the rest of the group are distracted. Kids will be less defensive if they don’t feel they have to “save face” in front of their peers—and if they feel you really care and aren’t just coming down on them.

Know Church Policies—Know your church’s policy for severe behavior issues. Do you take the child to your VBS director? Do you alert the child’s parents? Do you involve other staff members? Be prepared.

Age-Level Characteristics

Kids are awesome! Each one is unique and is a special creation from the hand of our amazing Creator. With all their uniqueness, however, they also share some common characteristics. That doesn't mean every child always exhibits the following characteristics at the suggested age, but these guidelines can be a benchmark to use when looking at characteristics of children as a whole. Understanding how God has wired different age groups can help us be more effective in teaching and interacting with them.

First, you'll see general characteristics of children and then specific characteristics of Juniors (ages 9–12 years).

Characteristics of Children

Children have some common characteristics.

- They are born sinners.
- God has given each a conscience, and they (generally) want good to win over evil.
- God has shown himself to all children through his creation, making it obvious to all that there is a Creator.
- Children enjoy active learning—moving around, seeing things, touching things, smelling and hearing things, and being involved.
- Children need to be loved, encouraged, and praised.
- Children are rapidly growing and changing.
- Children trust the adults who are responsible for them.
- Children can get discouraged with criticism and failure.
- Children are eager to learn and are curious about the world and about God.

Characteristics of Juniors

PHYSICAL CHARACTERISTICS

Juniors can vary widely as they grow, with some having a growth spurt that launches them into puberty. (This can make them get tired easily.) Height, weight, and physical maturity can be all across the board. They're continuing to grow in physical abilities. Some are becoming known for athletic abilities. Juniors enjoy going places and doing interesting things. They enjoy games and competitions.

Takeaways for Us

- Don't comment on physical appearance, such as how tall someone is. Juniors can feel sensitive and awkward about their bodies.
- Make sure to help each child realize how special and uniquely created by God he or she is. Some have giftings/talents physically, some musically, some

academically, etc. They need to be assured that they are God's masterpiece, created exactly as they are for a special purpose.

- Some love being active, and some don't, but it's good to keep them involved and moving.

EMOTIONAL/SOCIAL CHARACTERISTICS

Juniors can't wait to grow up. They look up to teenagers/young adults. They like challenges and may develop interests and hobbies, although they're self-conscious about their abilities and failures. They're becoming more independent and can handle responsibilities. They enjoy small group discussion with peers and close friends. They're greatly influenced by their friends and want to be accepted. They look to friends for information and advice on issues. They like humor and jokes but may use sarcasm. As they head into puberty, they may experience mood swings.

Takeaways for Us

- Make sure the teens and young adults in their VBS world are good role models.
- Don't tear down Juniors or resort to sarcasm. Be an encourager, be a good listener, and be patient with them.
- Incorporate small group discussion into learning, and do things that allow groups or pairings.
- Be careful to walk worthy—act and speak in godly ways.

SPIRITUAL/MENTAL CHARACTERISTICS

Juniors are beginning to think abstractly and are asking many questions, which they want good answers for. They have a much longer attention span than younger children. Their reading and memorization skills are improving. They're developing their views on current issues and often want to associate themselves with their parents' belief system. They spot inconsistencies in what people do versus what they say. Juniors enjoy serving and caring for others.

Takeaways for Us

- Ask thought-provoking spiritual questions. They are thinking and like to talk. Be there for them as a safe person to bounce thoughts and ideas off of.
- Listen well, and pray with them.
- Some children read better than others. Be careful about asking children to read out loud unless they volunteer or you know they can read well.
- Allow them to sometimes act out lessons. Most Juniors enjoy this active involvement.
- Give them opportunities to be involved in mission/serving projects.

- Challenge them to ask God to help them grow in their love for God and his Word. Help them set up Bible reading plans, and encourage them to memorize passages of Scripture.
- Make sure to walk the walk and not just talk the talk. They can spot inconsistencies, so it's important to walk worthy.
- Show interest in each child, helping them know you care.
- Be careful to speak accurately and truthfully, show care and respect for your Bible, and help them see your love for it and for the Lord.

Special Needs

The *Special Needs Teacher Supplement* (12-0-053) can help you accommodate and modify these lessons for those who need it, either in your regular classroom or in a self-contained classroom.

Truth Talks in the Keep

The keep is the part of a medieval castle that is the strongest, most fortified spot. As we open God's Word in our keep, we will learn how to stand strong and be fortified in the Lord.

The lesson time is written as a 35–40-minute period, divided into three sections.

Introduce It! (5–10 minutes): Each day, the kids will head to the keep and have a lively intro to get the lesson going.

Teach It! (25–30 minutes): The Bible teaching and apologetics content is presented during this time in creative, appealing ways.

Apply It! (Remaining class time): This is the memory verse review and practical application time.

The lessons are jam-packed, so try to be organized and keep things moving. Ideas are written into each lesson to

help you adapt if you have a longer or shorter lesson time than 35–40 minutes. Because of the content-rich lessons, a little extra time is great if you can swing it! But if not, there are lots of options, so you may want to shorten or skip some activities.

The lesson format is written for a two-person team. One person serves as Teacher One and the other as Teacher Two or the Teaching Assistant. The lesson format can also work if teaching alone. If you are team teaching, decide ahead of time who will be responsible for what. If you are teaching alone, simply find someone (e.g., a staff person or teen volunteer) to help on any day you can use an extra set of hands.

Below is a sample schedule of a typical day at VBS. Check with your director for a copy of the schedule and room assignment for your VBS.

Sample Schedule

Time	Group One	Group Two	Group Three
9:00–9:15	Apprentices' Assembly in the Great Hall—Opening: Large Meeting Area (Everyone Together)		
9:20–10:00	Truth Talks in the Keep	Kieran's Science and Crafts in the Courtyard	Griffin's Games on the Green and Tessa's Treats in the Town
10:05–10:45	Griffin's Games on the Green and Tessa's Treats in the Town	Truth Talks in the Keep	Kieran's Science and Crafts in the Courtyard
10:50–11:30	Kieran's Science and Crafts in the Courtyard	Griffin's Games on the Green and Tessa's Treats in the Town	Truth Talks in the Keep
11:35–Noon	Apprentices' Assembly in the Great Hall—Closing: Large Meeting Area (Everyone Together)		

Memory Verse Songs

We have partnered with Seeds Family Worship (contemporary, ESV) and Majesty Music (traditional, KJV) to create songs for each of the memory verses. They feature the full verses. (Pre-Primaries and Toddlers are taught condensed versions of these verses.) Singing Scripture is an excellent way for children to learn their Bible verses easily. You can use the songs (either video or audio) during the memory verse time in each lesson. The Music Resource USB, which

contains audio and videos, comes with the purchase of a Super Starter Kit and can also be purchased separately (12-0-057). You can also purchase and download the songs individually from our online store (answersbookstore.com) for use on a handheld device. Student CDs in packs of 10 are available if you would like each student to have a copy of the songs (12-0-061 or 12-0-062).

Student Extras

Check with your VBS director, and choose one or more of these fun optional materials to give to your students so they can take home a review of the daily lesson content.

Also, decide with your director when it will work best to give out the various items: at the beginning of the day, during lesson time, during snack time (a good time to review), or at the end of the day (a good time to pass out student guides, bookmarks, and other items that need to make it home safely).

Armor of God Sticker Sets: Use these sticker sets as a fun, daily review of each armor piece.

- 12-0-078, pack of 10

Student Guides: These age-appropriate guides feature a lesson review on the front of each daily take-home paper, as well as the memory verse, verse review game suggestion, and “Go and Do” section on the back that parallels the Apply It! part of the lesson. You can either go over these during class time or send them home to be completed with a parent or caretaker, which is what our test churches do. If you send the guides home, motivate the kids to do them because they are full of good stuff! Give them to the troupe leaders to pass out at the end of the day. Then have them check with the kids the following day to see how they did, and consider asking your VBS director to give contest bonus points to the individuals and teams for their hard work.

- Junior ESV—12-0-071, pack of 10
- Junior KJV—12-0-132, pack of 10

Royal Adventure Guide: These fun, interactive booklets feature the daily memory verses, animal pals, stickers, and a place to stamp (12-0-093) for attendance. Check with your VBS director to find out when he or she would like to give these to the kids. They can receive them at any time during the first day. You can review them with the kids during the Apply It! section of the lesson, if you have time, or they can be stamped as the kids arrive at VBS.

- Junior/Primary ESV—12-0-091, pack of 10
- Junior/Primary KJV—12-0-137, pack of 10

Guardians of Truth Game Board: A large poster is used during class to play this game, but you may also have your children play in small groups or pairs using smaller game boards (11x17), which are available to purchase.

- 12-0-068, pack of 10

Bookmarks: These can be passed out at the end of class or at the end of the day.

- Gospel—12-0-076, pack of 10—Day 2
- Armor of God—12-0-077, pack of 10—Any day

Exploring God’s Word: This little booklet encourages your students to continue discovering God’s Word for weeks after VBS has finished. It features a daily question and answer found in the Scripture verse. You or the troupe leaders can pass one of these to each student on the last day of class at dismissal.

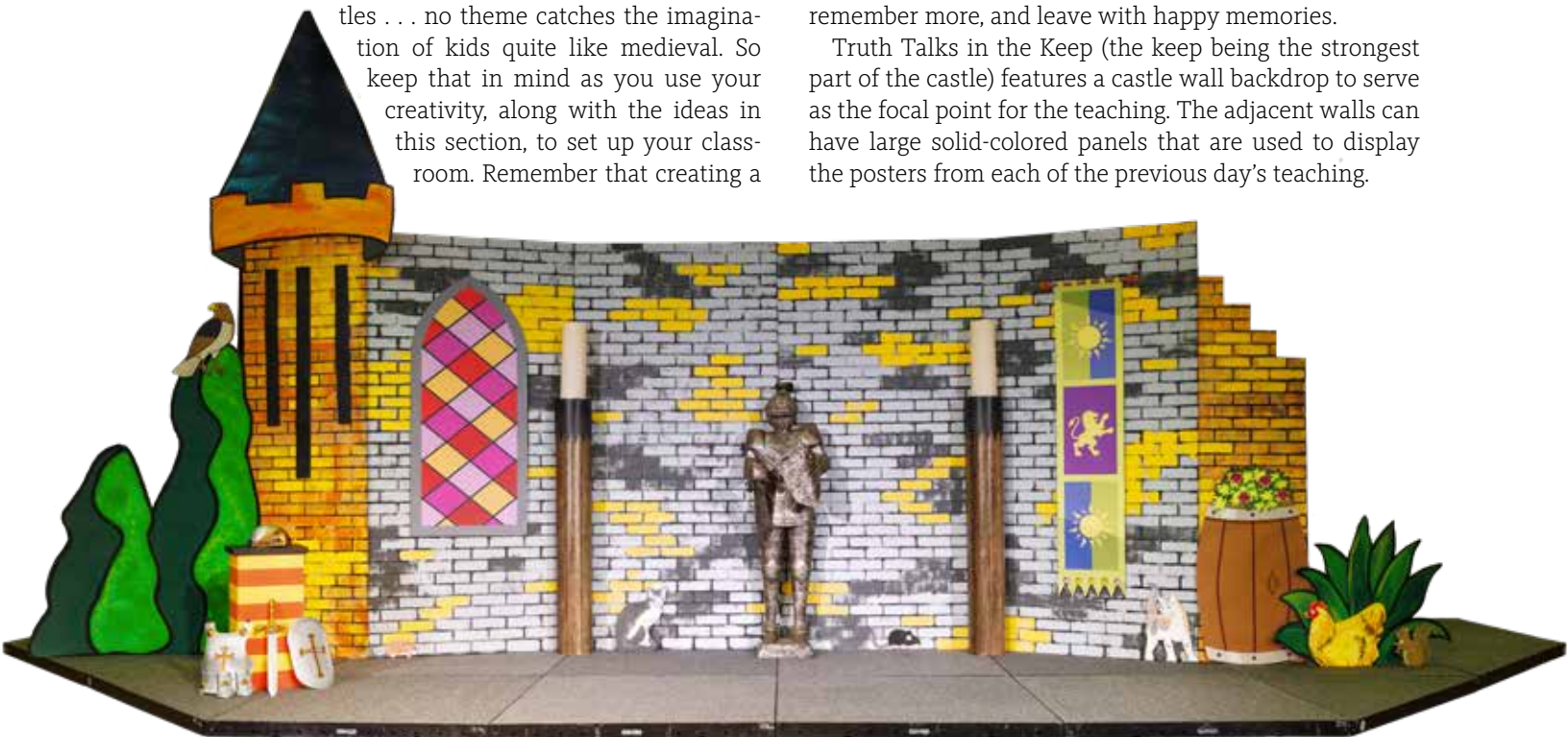
- 12-0-075, pack of 10

Decorating Decisions

Kings, queens, knights, and stone castles . . . no theme catches the imagination of kids quite like medieval. So keep that in mind as you use your creativity, along with the ideas in this section, to set up your classroom. Remember that creating a

fun and exciting environment helps children learn better, remember more, and leave with happy memories.

Truth Talks in the Keep (the keep being the strongest part of the castle) features a castle wall backdrop to serve as the focal point for the teaching. The adjacent walls can have large solid-colored panels that are used to display the posters from each of the previous day's teaching.



Key Decorating Elements

CASTLE WALL BACKDROP

Your backdrop should be made out of a rigid material such as foam board or corrugated cardboard. Check party supply stores and websites for patterned backgrounds or scene setters for castle walls, or paint your own. Add a stained glass window or archer's window on one side of the wall that opens and closes to serve as the puppet stage. Add a banner or coat-of-arms on the other side. See the Resource USB for various banner and window design clip art images. Consider making a castle turret on one or both sides as well. If you are using corrugated cardboard, apply one coat of paint to the back of the backdrop to minimize curling. Your backdrop should be braced from behind with wooden supports (jacks) and weighted down with bags of sand or rock salt. If necessary, you can further secure it by running thin strands of wire to the ceiling. Check YouTube.com/AnswersVBS for how-to videos on building a jack.

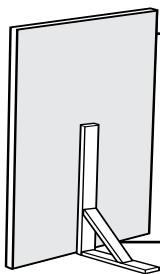
TRUTH TALKS SIGN

A Truth Talks in the Keep sign can span the center section of your backdrop. A clip art image of the sign is available on the Resource USB. Use an overhead projector to enlarge and transfer the image onto a rigid material such as foam board or corrugated cardboard, then paint the sign with bright colors, such as yellow letters on a vivid purple background.

NOTE: The Truth Talks sign should not be confused with the Truth Talks rotation sign (12-0-020). Although you can use the rotation sign on your backdrop, it is better suited as a door sign or hallway directional sign because of its size.

POSTER DISPLAY PANELS

Four large colored panels on the walls adjacent to the backdrop are used to display the resource posters from each of the previous day's teaching. At the end of each day,



Prop up your set, and any free-standing decorations, with wooden jacks made from 2x4, 2x3, or 2x2 boards. Smaller decorations will need smaller jacks and larger decorations will need larger ones. If necessary, jacks can be weighted down with bags of sand or road salt.

move the posters from the backdrop to a colored panel. Use roll paper or purchase inexpensive rectangular plastic tablecloths for this purpose. To dress them up, cut them into banner shapes. You will only need four panels because the last day's posters will remain on the backdrop.

RESOURCE POSTERS

Contained in the Teacher Resource Pack are the daily teaching, animal pal, and memory verse posters. These are important visuals for the kids and should be mounted in an organized fashion.

OTHER PROPS AND DECORATIONS

Embellish the area in front of your castle wall backdrop with various items, such as a high-back chair; a large, old-fashioned Bible on a stand; artificial trees, plants, and vines; floor candelabras and fake flickering candles; tapestry rugs; wall torches made from paper towel tubes and colored tissue paper; a treasure chest; and assorted castle animals like mice and cats. Search for items made from wrought iron, dark wood, silk fabrics, velvets, and gold/silver. You may also want to put the Guardians of Truth game board on a large easel and prop up pieces of the armor against your treasure chest. An armor of God playset (26-1-049) can be purchased from the **ANSWERS VBS RESOURCE CATALOG**.

CLIP ART IMAGES

Check the Resource USB for clip art images, including the Truth Talks sign. These are an important part of your decorations. Use an overhead projector to enlarge and transfer the images onto paper, poster board, or rigid materials such as corrugated cardboard.

HOW TO ENLARGE AND TRANSFER CLIP ART

1. Photocopy the clip art onto transparencies.
2. Place roll paper or a rigid material against a wall.
3. Using an overhead projector to enlarge the clip art, shine the image onto the paper or rigid material, adjusting it as necessary for the size desired.
4. Trace the image outlines onto the paper or rigid material.
5. Paint the image and cut it out.

CLASSROOM SCENE SETTER

A castle keep scene setter is available for purchase (12-0-126) from the Resource Catalog. Simply mount the panels to cardboard or foam insulation sheets using double-sided carpet tape, clear packing tape, or staples and prop it up with wooden supports (jacks). Or, you can attach it directly to the wall with mounting putty or Mavalus tape.



CHECK OUT [Pinterest.com/AnswersUBS](https://www.pinterest.com/AnswersUBS) FOR COLORFUL PHOTOS OF DECORATIONS FROM OUR TEST CHURCHES!
VISIT [YouTube.com/AnswersUBS](https://www.youtube.com/AnswersUBS) FOR HOW-TO DECORATING VIDEOS!

Costume Considerations

*A medieval theme begs for cool costumes!
Watch a favorite medieval-era movie for costume ideas,
then check out the simple directions below.*

Guys

Wear black pants and shoes as a base. (Brown can also work.) Put together one of the following for the top.

1. For a peasant look, wear a long-sleeved, puffy white shirt either alone or with a suede vest over it. Add a small leather pouch or a ring of large keys attached to a belt. Hint: Check out a thrift store to buy a puffy-sleeved shirt that's a couple sizes too big for you. Believe it or not, ones with lace work, too!
2. Make a simple tunic with a strip of rectangular material that will go from your shoulders to your knees. (Old bedsheets, tablecloths, or oversized T-shirts with the arms and neck cut out can be used for this. Solid-colored material is best.) Fold it in half and cut a hole for the head. Put it on and belt it with a leather belt or belts. Or crisscross belts to make a belted X across it. The puffy white shirt looks good under the tunic.
3. For a knight look, wear a silver or gray long-sleeved T-shirt, silk pajamas, or silver material as a base. Make a tunic as suggested above out of gray material and add a red felt cross emblem hot-glued onto the front. To make a headpiece, buy silver material that has the look of chain mail. Sew into a round tube. Put the tube over your head and wear bunched around your neck. (Or use a gray or black hoodie or a gray ski mask with the face part cut out.)
4. Another option for a shiny knight look is to buy bright silver sun reflectors at the dollar store and cut them to make tunics and other accessories.
5. For a king/prince look, buy or make a crown and a cape. Royal purple or red look particularly good. Old bedsheets or tablecloths can work for this. Once again, this can go over a base of black pants, black T-shirt, and black shoes.
6. For a jester look, make or buy full pajama-style pants that have elastic around the ankles and waist. Bright, crazy-patterned material is good. Couple these with a coordinating, bright-colored, solid T-shirt and jester hat. You can buy jester hats online or at costume shops, or look online to learn how to make one.

Gals

1. For a peasant look, wear a long, solid-colored skirt and plain white blouse. These are easy to find at thrift stores. Top it with a vest or shawl.
2. For a queen/princess look, some styles of old prom gowns can work as period costumes. Crushed velvet or satin are popular fabrics. Consider adding ribbon or gold rickrack to dress them up. Or make a wide fabric belt and crisscross gold ribbon on it. If the dress is too long, duct tape the hem at the desired length.
3. Sandals, ballet flats, or black flats all work for shoes.
4. Garland wreaths or tiaras work in the hair.
5. Gold jewelry and large, fake gemstone rings and necklaces can add flair.

Kids

1. Use ideas from above as possibilities, adjusting to kid sizes.
2. For tunics, use old pillowcases with the sides slit and a hole cut out for the head.
3. To make knight helmets, spray-paint either fast-food chicken buckets or empty milk jugs with a metallic spray paint. Cut them so the face of the child will mostly show, with the exception of a section that hangs down between their eyes, as the helmets of old were designed.
4. To make crowns, check the *Craft Guide* on Day 1 for instructions.
5. Ask around to gather children's princess and knight/armor of God costumes. Armor of God playsets (26-1-049) are also available for purchase from AnswersVBS.com.



— DAY 1 —

The Two Kingdoms

BIBLE PASSAGES

Creator King and Prince of Darkness
John 18:37–38; Ephesians 6:10–11

APOLOGETICS CONTENT

Absolute truth is true for *all* people, for *all* times,
for *all* circumstances.

VERITAS VERSE

Be strong in the Lord and in the strength of his
might. Put on the whole armor of God, that you
may be able to stand against the schemes of the
devil. Ephesians 6:10–11

RHYME TIME

Of two, only one is true!

LESSON FOCUS

We're in a battle between two kingdoms—God's
good kingdom that is based on truth and the
enemy's bad kingdom that is based on lies.

ANIMAL PAL

Winifred (“Winnie”) the Warhorse

Today's Lesson at a Glance

- Introduce It!
Which Side of the Castle?
- Teach It!
Part 1: Two Kingdoms Contrasted
 - » Option 1: Small Group Session
 - » Option 2: Two Kingdoms GamePart 2: Guardians of Truth Game
Part 3: Animal Pal Review
- Apply It!
Part 1: Veritas Verse
Part 2: Go and Do

Preparing for the Lesson

- Read John 18:37–38 and Ephesians 6:10–18.
- Read this lesson several times and prepare the materials.
- For more information on absolute truth and the two kingdoms, visit AnswersVBS.com/keeperfaq.
- Pray.

Devotion 1: The Two Kingdoms

Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. Psalm 51:6

When Pilate questioned Jesus about the charges the Jews were leveling at him, Jesus replied, “You say that I am a king. For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth. Everyone who is of the truth listens to my voice.”

Can you hear the cynicism and sarcasm in Pilate’s voice as he asks dismissively, “What is truth?” and hands over Jesus to the Jews for crucifixion (John 18:37–38)?

Throughout the ages, people have echoed Pilate’s question, in sincerity as well as skepticism. In fact, the battle over truth is as ancient as the original sin. Take a look at the lies Satan told himself and those who rebelled with him against their Creator:

“How you are fallen from heaven, O Day Star, son of Dawn!
How you are cut down to the ground, you who laid the nations low!
You said in your heart, ‘I will ascend to heaven;
above the stars of God I will set my throne on high;
I will sit on the mount of assembly in the far reaches of the north;
I will ascend above the heights of the clouds; **I will make myself like the Most High**’” (Isaiah 14:12–14, emphasis added).

Satan knew the truth—that there is none in heaven like the Creator God—but he exchanged the truth of God for the lie, and in the process became the father of lies (John 8:44). His first temptation of Adam and Eve was a continuation on the theme. He introduced error into God’s words (“Did God actually say, ‘You shall not eat of any tree in the garden?’” Genesis 3:1) and then blatantly lied about what God had said (“You will not surely die,” Genesis 3:4).

For the past six thousand years, we’ve been floundering, trying to find our own way and denying that truth comes from God and his infallible Word. Thankfully, God has called his children into his kingdom through the sacrifice of his Son. In his infinite grace, God has given us the armor we need to stand strong in this battle for truth and boldly serve our Creator.

This week as we examine the pieces of armor God has provided, ask yourself this: Where am I in the battle? Am I asking “what is truth?” along with Pilate, or do I know the difference between truth and error based on God’s Word?

“Truthful lips endure forever, but a lying tongue is but for a moment” (Proverbs 12:19).

Introduce It!

WHICH SIDE OF THE CASTLE? (10 minutes)

Prep: Prepare your costumes. Cut the **CASTLE KEEP/GARGOYLE POSTER** in half. Print the **COLORED JEWEL PATTERNS** on four different colored papers (red, yellow, blue, and purple), cut them in half, fold so the jewel is on top, and hide one of each around the room so just a tiny bit is showing. (Share the jewels from the other half of the sheets with another teaching room.) Print the **HIDDEN GARGOYLE PATTERN** and hide it as well. Bookmark the Scripture passages in your Bible for the whole lesson. Place a masking tape or painter's tape line down the middle of the room.

Teacher 1: Huzzah! They answer, "Huzzah!" Welcome to Keepers of the Kingdom. I'm __, the trainer here at the castle. We'll be meeting each day in this room called the keep. The keep is the strongest and most fortified spot in the castle. It looks like this. [Show the CASTLE KEEP POSTER](#). When you're in the keep, you're in the safest spot and the one that can best ward off enemy attacks. Did you know there are all kinds of attacks we can experience in life—even some that are spiritual? Because of that, we need to learn how to be strong not only at this castle but also in the Lord.

Teacher 2: Good morrow! I'm __, and I'm excited to open God's Word and share about some special armor God has given us to wear in these spiritual battles. Let's get our training started with a game!

Teacher 1: When I say to get up, everyone needs to move to this middle line. Then I'll state two opposite choices. You'll go to whichever side of the keep (left or right) that represents the choice you like more. Okay, let's line up!

Go through the following and have them go to the left side of the keep if they prefer the first choice or the right if they prefer the second. Point in the correct direction as you say each choice. Have them go back to the middle line after each one.

- Eating salty treats (left side) or sweet treats (right side)
- Walking fast or slow
- Experiencing winter or summer
- Sitting in the front or in the back
- Celebrating birthdays or Christmas
- Owning a big animal or a small animal
- Packing lunch or buying lunch
- Playing in the basement or in the attic
- Reading or doing math
- Going to the mountains or to the beach
- Having a busy life or a quiet life

Teacher 2: Okay, everybody can sit back down. [Do so](#). Now, I have a question for you. Do you think one choice was the right answer and one was the wrong one? For instance, is it right to like going to the mountains more than going to the beach? Are the beach lovers wrong? [Take responses](#). Yeah, there weren't any right or wrong answers in the game we just played—just people's preferences. Maybe you say "toe-MAY-toe" (tomato) and I say "toe-MAA-toe." Or you say "Awwwnt" (Aunt) and I say "Ant" (Aunt). One isn't true (right) and the other false (wrong). They're just someone's preference.

Teacher 1: But did you know there *are* ideas and behaviors that really *are* either absolutely true or absolutely false? Right or wrong? Truth or error?

Teacher 2: That's right. There's something called absolute truth, which is truth that never changes. It's true for *all* people, for *all* times, for *all* circumstances.

Teacher 1: Sometimes people wonder how they can know what really is the truth. It's been a question asked through time. Even Jesus was asked about it by the Roman governor Pontius Pilate. Listen to this: [Read John 18:37–38](#). There are lots of voices out there in the world telling you different, often opposite, things about what's really true. So how can you tell what's truth?

Teacher 2: Well, there's a source of truth we can absolutely trust 100% of the time. I've hidden four jewels in this room that tell us about that source of truth. Without

- ☐ Castle Keep/Gargoyle Poster
- ☐ Colored Jewel Patterns (4)
- ☐ Hidden Gargoyle Pattern
- ☐ Bible
- ☐ Medieval costumes for teachers
- ☐ Mounting putty or tape for posters
- ☐ Red, yellow, blue and purple cardstock (1 sheet each)
- ☐ Masking tape or painter's tape



✦ Think of fun names for yourselves: Crispin of the Woods, Princess Katherine the Curly-Haired, Lady Betty of Boston, Gwendolyn the Glad, Maid Mary, Albert the Silly, etc.

✦ The Bible is listed just once daily in the supply list but is used throughout, so keep it handy and marked at the correct passages.

✦ Be familiar with the lesson, but don't memorize it. Place it on a clipboard to use as a reference.

✦ If working as co-teachers, decide daily which parts of the lesson each of you will be responsible for teaching. Both plan to dress in costumes.

✦ Mounting putty or tape is listed just once daily, but will be used whenever you hang up posters. Hang them up as you talk, or just hold them up while teaching and hang them up after class.



- ☐ Good Kingdom/Bad Kingdom Poster
- ☐ Day 1 Rhyme Time Poster
- ☐ Two Kingdoms Contrasted Handout (1 per group)
- ☐ Teacher Reference Sheet
- ☐ Large paper or dry erase board and marker for sample chart
- ☐ Poster board (1 piece per group)
- ☐ Markers (1 or more per group)



moving, see if you can first find a red jewel. They look and point to it when they see it. Pick it up and read it. (Or have a volunteer get it and read it). It will say God the Father and have a supporting Bible verse. Do the same with the other jewels—the gold (yellow) for God the Son, blue for God the Holy Spirit, and purple for the Bible.

Teacher 1: God—Father, Son, and Holy Spirit—is the source of perfect truth. God *cannot* lie (Titus 1:2), so every word he says will always be 100% true. You can bank your life on it.

Teacher 2: And because the Bible is God's words to us, it's 100% true, too. God and his Word provide truth for all people throughout all times and in all circumstances. That will never change.

Teacher 1: Now, I have one more opposite thing hidden around the keep to show us the source of lies. You won't be looking for a beautiful jewel, but an ugly gargoyle. Do you know what a gargoyle is? Show the **GARGOYLE POSTER**. Without getting up, look for the hidden gargoyle. Do so.

Teacher 2: Pick up the **HIDDEN GARGOYLE PATTERN** and read the source of lies—Satan—and the supporting verse.

Teacher 1: Yes, the Bible tells us Satan (also known as the devil) is called the father of lies (John 8:44).

Teacher 2: The Bible tells us how God and the enemy, Satan, are in a cosmic battle that's between two kingdoms. God's good kingdom is based on *truth*, and the enemy's bad kingdom is based on *lies*. And the super awesome news is that God wins the battle!

Teach It!

PART 1: TWO KINGDOMS CONTRASTED

Two options follow this short intro below. The first is a powerful small group session. This is great if you have enough time. The second is a quicker, fun game option that covers the same information. Choose whichever one fits your needs best.

Teacher 1: Okay, so who's the leader of the good kingdom? (God.) And who's the leader of the bad kingdom? (Satan, the enemy.)

God and Satan are *not* equal, and God's kingdom and the enemy's kingdom aren't equal. God is, well, God! He's in charge. He's good, kind, and loving. He can do anything! Satan, on the other hand, is bad and has limited power. He's not equal to God but is an angel who was created by God and then rebelled against him. His kingdom includes the fallen angels who also rebelled against God in the beginning. He can't be everywhere, seeing and knowing everything like God can.

Option 1: Small Group Session (15 minutes or more)

Prep: Organize the supplies for each group.

Teacher 2: We're going to divide into small groups and compare these two leaders and their kingdoms using the Bible. Your group will make a chart of your findings. You'll have ten minutes, so let's see which group can get the most done in that time. There are many examples, so they won't have time to do them all. You can use the **GOOD KINGDOM/BAD KINGDOM POSTER** at any point or after you have finished.

Divide into small groups and give each troupe leader a poster board, a marker, and a **TWO KINGDOMS CONTRASTED HANDOUT**. Kids will read verses to contrast God's kingdom with the enemy's kingdom. They will make a chart of their findings on the poster board.

After ten minutes, have each group finish and tack their chart on the wall or have it in front of them for reference. Then gather as a large group. As time allows, briefly chat about their findings, making a chart based on your discussion. Refer to the **TEACHER REFERENCE SHEET** for the answers. A sample chart follows. Then finish by showing the **DAY 1 RHYME TIME POSTER** and going over today's rhyme: Of two, only one is true! Have everyone say it together.

Good Kingdom	Bad Kingdom
Ruler: God (Psalm 47:7–8)	Ruler: Satan (1 John 5:19; John 12:31)
Kingdom of light (1 John 1:5)	Kingdom of darkness (Ephesians 6:12)
Always tells the truth (John 14:6; John 7:28)	Tells lies (John 8:44; Acts 5:3)
For us (Romans 8:31)	Against us (Matthew 13:39)
Creator/Protector of life (Genesis 1:1)	Destroyer of life (John 10:10)
Promise keeper (2 Corinthians 1:20; 1 Kings 8:56)	Promise breaker (Ephesians 5:6a)
Good (Psalm 25:8)	Evil (Matthew 6:13)
Love (1 John 4:8)	Hate (John 3:20)
Godly (Colossians 3:12–15)	Ungodly (2 Timothy 3:1–4)
Omnipresent (Psalm 139:7–10)	Not omnipresent (Job 1:6–7)
Unlimited power (Jeremiah 32:17)	Limited power (Matthew 4:10)
The only God (Psalm 86:10)	Not a god (a fallen angelic being), so not God's equal (Luke 10:18)

Option 2: Two Kingdoms Game (10–15 minutes)

Prep: Cut the cards and arrange so half of the **GOOD KINGDOM CARDS** (random ones) and half of the **BAD KINGDOM CARDS** are mixed up in the chalice. Keep the rest organized and ready to use. Cut the **GOOD KINGDOM/BAD KINGDOM POSTER** in half and hang each section so the cards can go under them.

Divide the kids into two teams—boys vs. girls. Explain that someone from their team will come up and pull a card out of the chalice. Their team has to decide together if they think it belongs to the Good Kingdom or the Bad Kingdom. All the team members (or one representative team member) should either move to the Good Kingdom side of the room or the Bad Kingdom side to show their answer. (Or, have team members turn to the right or left.) Tell them if they are correct, and put the card on the wall under the correct kingdom poster. Then the other team gets a chance to tell what they think the opposite would be that would go in the other section. If they are right, put that card in the correct spot and talk about that particular contrast by reading the accompanying Bible verses on the **TEACHER REFERENCE SHEET**.

For example, the girls start and pull out the “Promise keeper” card. One or more of them move to the Good Kingdom side of the room, which is correct. They receive points for this correct answer (roll dice, spin a spinner, or draw point total cards). The boys then get a chance to tell the opposite. If they say something like “Promise breaker,” they receive points, and that card is put under the Bad Kingdom section, directly across from the “Promise keeper” card. You then read the accompanying Bible verses and make any brief comments.

It's then the boys' turn to draw a card and decide which side of the board it goes on, with the girls getting a chance to say the opposite. Continue going back and forth until time is up. At the end of time, see who has the most points. They should get most of these right.

Use the **DAY 1 RHYME TIME POSTER** to bring home the point that only one of these kingdoms is good: Of two, only one is true! Have everyone say that together.

Part 2: Guardians of Truth Game (10 minutes)

Prep: Make the **GUARDIANS OF TRUTH GAME BOARD** by mounting the two posters side-by-side on a large piece of corrugated cardboard or foam core board. For a larger group, put it on a large easel and poke two pushpins in at the start space. For a smaller group, gather around it on the floor.

Print the **QUESTION CARDS** and the **COLOR CARDS** on white cardstock and cut apart. Print the **TEACHING EXPLANATIONS** and have them ready.

- ☐ Good Kingdom/Bad Kingdom Poster
- ☐ Day 1 Rhyme Time Poster
- ☐ Good Kingdom/Bad Kingdom Game Cards
- ☐ Teacher Reference Sheet
- ☐ Plastic chalice or cup
- ☐ Dice, a spinner, or point total cards (see text)



✘ Note: If a team guesses incorrectly, they don't get a point. Put the card in the correct space and explain why it should be there.



- ☐ Guardians of Truth Game Board (2 posters)
- ☐ Guardians of Truth Color Cards, Question Cards, and Teacher Explanations
- ☐ Large piece of corrugated cardboard or foam core board and tape
- ☐ 2 pushpins of different colors for game pieces
- ☐ Optional: large easel for game board or smaller game boards



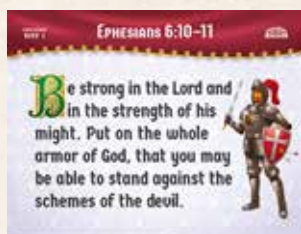
- ☐ Day 1 Animal Pal Poster
- ☐ Armor of God Sticker Sets (12-0-078)



✦ Gospel opportunity: The gospel will be presented in detail on Day 2; you may want to briefly mention how a child can trust in Jesus for salvation here.

✦ The front page of each day's student guide is a review of today's lesson. The back page matches this section in the teacher guide.

- ☐ Theme and Day 1 Memory Verse Posters
- ☐ Optional: Student Guides and supplies



Lead the children in playing a round of Guardians of Truth. Explain that a guardian is a keeper of truth. In this game, they will try to figure out if the statements are truth or errors. Explain that an error is something that goes against God's Word. The enemy tries to get us to fall for tricks, lies, and anything contrary to God's ways. This game is designed to train their brains to think well so they know God's Word and are not easily tricked.

How to Play: Divide into two teams. These can stay the same all week or can change daily. Quickly decide on team names (Jesters vs. Jugglers, Kings vs. Queens, etc.) and which team goes first. Read a question. Have the team decide together if they think it's a true statement or an error. If they're correct, they pick a color card and move to the corresponding color. Follow the directions on the game board. Play then moves to the other team. Go back and forth between the two teams, playing as long as time permits and making sure each team gets the same number of turns. Play as an ongoing game that is continued where you left off, or start a fresh round daily.

As an alternative to the large game board, you may have the children play the game in small groups or pairs using smaller game boards (11x17), which are available to purchase (12-0-068, pack of 10).

Allow time each day to play this game if possible. It's a fun, quick, and content-rich way to develop a biblical worldview in your kids. It's important to share the brief explanations to each question (on the **TEACHING EXPLANATIONS SHEET**) regarding why each statement is true or false.

PART 3: ANIMAL PAL REVIEW

Share the **DAY 1 ANIMAL PAL POSTER** to summarize the teaching of the day. Pass out the Armor of God sticker sets (available to purchase from AnswersVBS.com), one set (child and armor stickers) per child. This week, children will add armor pieces as they learn about them. For now, have the children put their name on their papers and then return them to you.

Some knights rode into battle on warhorses like Winifred here. These horses were bred for strength and endurance. Winnie reminds us that we're in a battle between two kingdoms: God's good kingdom and the enemy's evil kingdom. Although the knights trusted that their horses would carry them faithfully through battle, our trust needs to be in our Creator God, who made us and takes care of us.

Apply It!

In the remaining class time, complete one or more of the following ideas. These are also on the back of the *Junior Student Guides* and can be done at home with a parent or caretaker if you are out of time. If you send them home, motivate the kids to do them because they are full of good stuff! Have the troupe leaders check with the kids tomorrow to see how they did on them, and consider giving contest bonus points to the groups for their hard work.

Supplies for this section are not included in the supply list on the back cover since they will vary depending on the activities you choose, so decide what you will do and add them to your supply list accordingly.

PART 1: VERITAS VERSE

Today's Verse: Be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. Ephesians 6:10-11

Note: The word *veritas* means "truth is mighty and will prevail" or simply "true, trustworthy." It was a word used in the Middle Ages and is still used today. Share the meaning with the students so they know that every Bible verse is true, trustworthy, and mighty, and all verses will forever prevail (win, prove more powerful than opposing forces).

Practice these verses a couple times using the **THEME MEMORY VERSE POSTER** and **DAY 1 MEMORY VERSE POSTER** as references, then try the challenge.

For display, you may want to put the **THEME VERSE POSTER** at the top and add each new **MEMORY VERSE POSTER** under it every day to build the passage.

Challenge: Practice getting both physically strong and spiritually strong at the same time. Set a timer for one minute. See how many jumping jacks or other exercises you can do in that minute. At the same time, see if you can say the memory verse at least once without mistakes.

Tomorrow's Verse: Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness. Ephesians 6:14

Say the new verse together several times and try the challenge again.

PART 2: GO AND DO

1. Can you think of 10 things you can thank God for? Make a list, remembering that every good thing is given to us by God, the ruler of the good kingdom.
2. How many sit-ups or push-ups can you do in one minute? Time yourself and record how many you do. Do you think you could do more if you practiced every day? Exercise done regularly makes you physically strong. What's one thing you can do regularly to be strong in the Lord?
3. Play a game of opposites with a friend or family member or by yourself. How many kingdom opposites can you think of in one minute? Set a timer and see! (Examples: light, dark; all powerful, limited power.)
4. Check AnswersVBS.com for more fun information!

Ask yourself these questions: Which kingdom wins? Which kingdom do I want to be part of?