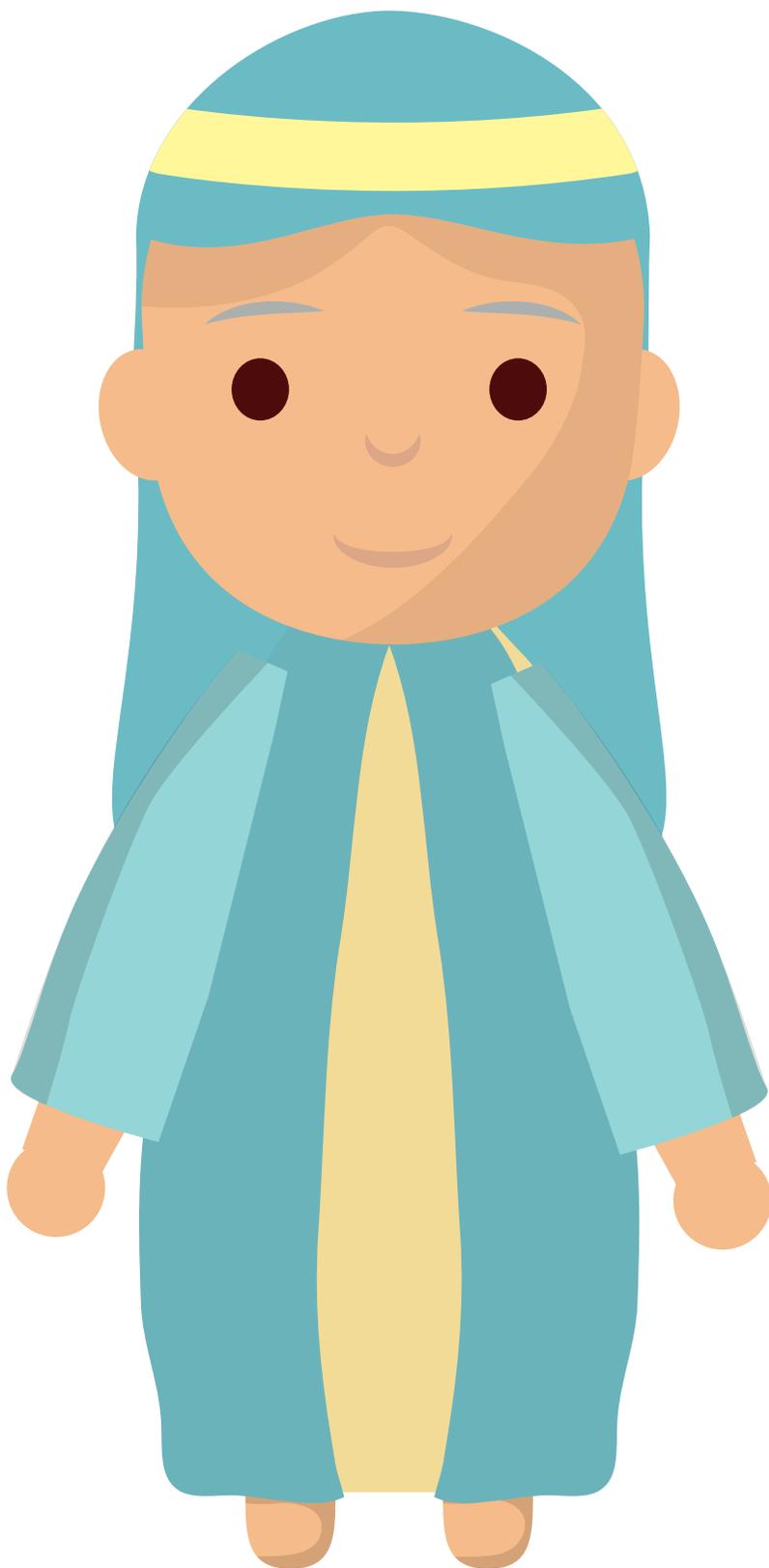


# JAM TIME

## JESUS AND ME

July 19th – July 25th

Bottom line: Use what God has given you to stand strong.



My name is:

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.."

*Philippians 1:6 NIV*

## MONDAY

**WORSHIP:** Worship is celebrating God for who He is and what He has done for us.

**READ:** *Psalm 28:8*

**PRAY:** Take some time to sing to Him, thank Him, dance to your favorite worship song, or draw a picture for Him...whatever you can think of to express love to Jesus!

## TUESDAY

**WORSHIP:** How do you want to give your love to Jesus today?

**READ:** *Ephesians 6:13-14*

When Paul wrote these words, he was under house arrest in Rome and was likely guarded by a Roman soldier in full armor. So, it makes sense that he would write about putting on "God's armor" to stand strong! As followers of Jesus, we don't face an actual enemy army. Our battle is against Satan, the one who wants to turn us away from God. Paul is reminding us of the "armor" we have available so we can face the enemy.

When it comes to confidence, we can stand strong with the **belt of truth** and **breastplate of righteousness!** The belt of truth is what we know to be true about God! He loves us and will help us love and obey Him. The breastplate of righteousness is like covering yourself with godliness. We protect ourselves the most when we choose words and actions that honor God. Loving God and loving others is our best defense against the enemy! \*Every day this week we are going to be adding pieces of armor to your person on the front (add some hair to make him/her look like you!) Today, draw and color the belt of truth around his/her waist. Also draw the breastplate of righteousness on his/her chest.

**PRAY:** Pray today and thank God for giving you what you need to face the enemy.

# WEDNESDAY

**WORSHIP:** Tell Jesus 5 things you love about Him!

**READ:** *Ephesians 6:15*

Paul is reminding us today to cover our feet so we're ready to share the good news about Jesus. He wants us to be ready to talk about Jesus and what He's done for us, everywhere we go, with everyone we meet. The enemy doesn't stand a chance when we choose to stand strong and tell others about Jesus! Draw some "Gospel" shoes on your person.

**PRAY:** Now, thank God for the good news about Jesus and ask Him to give you the courage to share that good news everywhere you go!

# THURSDAY

**WORSHIP:** Make up a song to sing to Jesus today!

**READ:** *Ephesians 6:16*

What do you need in a battle when a bunch of flaming arrows start coming your way? A strong shield. Think about those flaming arrows like untrue thoughts. Have you ever had untrue thought sneak in? **Thoughts like:** God won't love me if I mess up. I'll never be able to do the right thing. I'm not good enough. Strong faith is like a shield that protects us when these wrong thoughts creep in. When you remember God's promises—that He loves you no matter what and that He is with you, always—you can stand strong against the enemy. Time to give your person a shield! Write your favorite promise on the front of it.

**PRAY:** Spend some time thanking God for each piece of armor available to you.

# FRIDAY

**WORSHIP:** Turn on your favorite song about God & sing to it!

**READ:** *Ephesians 6:17*

Today, we read about the last two pieces of armor as described by Paul. We start with the helmet of salvation. That protects our head and our brain. Paul wants us to remember that we can trust in and follow Jesus every single day. When the enemy tries to sneak in lies or negative thoughts, we can block them when we remember what Jesus has done for us! And finally, we need to grab the sword of the Spirit. Soldiers needed a sword to strike down the enemy, to fight back! Our sword is God's word. As we **read and memorize** God's word, we'll be able to defeat the enemy. Time to draw a helmet on your person and give him/her a sword.

**PRAY:** Now, read the entire passage, Ephesians 6:13-17. Touch each piece of "armor" as you read about them. Then, thank God for the reminder that He is with you and that He will help you use what you have to stand strong against the enemy this week.

# SATURDAY

A friendship with Jesus is AMAZING!

I read: \_\_\_\_\_



Draw or write about it here!

# SUNDAY

Let's Celebrate God!

- Play outside together
- Go for a walk and talk about what you see
- Ask each other questions
- Dance and sing
- Create something together