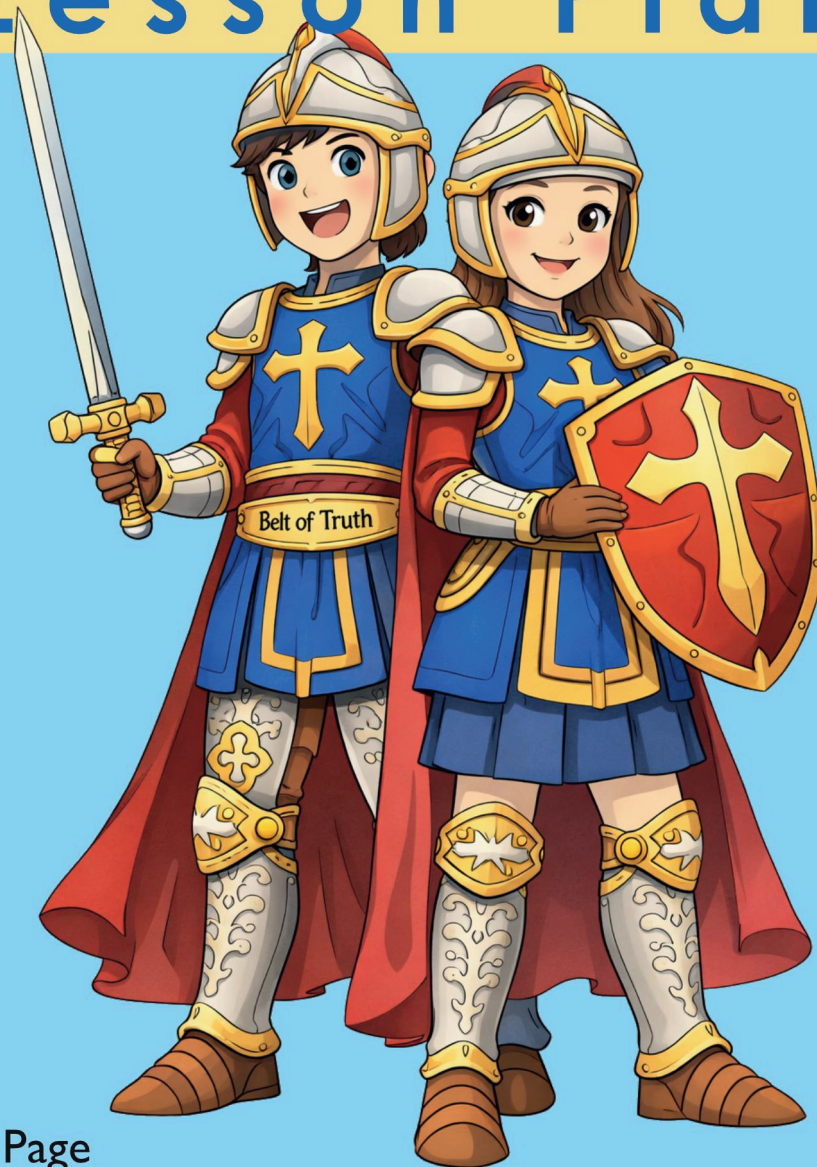


ARMOR OF GOD

CATHOLIC CHILDREN'S CHAPTER BOOK SERIES

Lesson Plan



EXTRAS:

- Book Report Page
- Confession Preparation Guide
- Children's Eucharistic Adoration Guide
- Soldier of Christ Code
- and more

by Theresa Linden

ARMOR OF GOD

CATHOLIC CHILDREN'S CHAPTER BOOK SERIES

LESSON PLANS

by Theresa Linden



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PUBLISHING

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ARMOR OF GOD

CATHOLIC CHILDREN'S CHAPTER BOOK SERIES

LESSON PLANS

Includes:

Reading Plan, Lesson Prompts, and Activity Pages

Target audience:

This lesson plan is designed for Catholic parents, catechists, and educators who want to guide children (ages 6 to 10) through engaging stories that teach virtues, Scripture, Catechism, and the Scriptural Armor of God in a relatable, narrative-driven way.

It benefits children who are developing reading skills while also learning to connect their faith to everyday choices, prayer, and moral decision-making. The structured lesson prompts, discussion questions, memory verses, and activities make it ideal for homeschool families, parish religious education programs, summer break activities, or family faith nights, helping kids internalize lessons from Scripture and the Catechism in a fun, meaningful, and age-appropriate format.

Structure:

1 book per week, plus discussion, Scripture, Catechism, and activities.

WEEK 1

INTRODUCTION TO THE ARMOR OF GOD

Lesson Focus

God gives us spiritual armor to help us choose good and grow in holiness.

Read

Look over all six books in the series. Read the first chapter or two of the first book, *Belt of Truth*, and the Scripture assignment. Explain that spiritual battle is the fight to choose good over evil. We can be strong soldiers of Christ in the spiritual battle when we:

- trust God
- live the virtues
- use God's gifts, especially the sacraments

Scripture

Ephesians 6:10–17

Catechism

The Sacraments of Confession and Holy Communion help us to put on the whole Armor of God. Briefly explain these sacraments or ask older children to help explain them. For example: Confession is telling one's sins to a priest for forgiveness; the priest represents Jesus. Holy Communion is receiving Jesus in the Holy Eucharist (under the appearance of bread and wine). The sacraments draw us closer to Jesus and make us stronger in the spiritual battle.

Discussion

- What kinds of "battles" do children face every day?
- Why do you think God wants us to be strong on the inside?
- Discuss the pieces of armor and the virtues mentioned in Ephesians.

Activity

Have your child draw a knight and label the armor pieces they will learn about. See Ephesians 6:10-17 for the armor pieces. Optionally, use the knight coloring pages.

Copywork / Memory Verse

“Be strong in the Lord and in His mighty power.”

—Ephesians 6:10

Writing Prompt

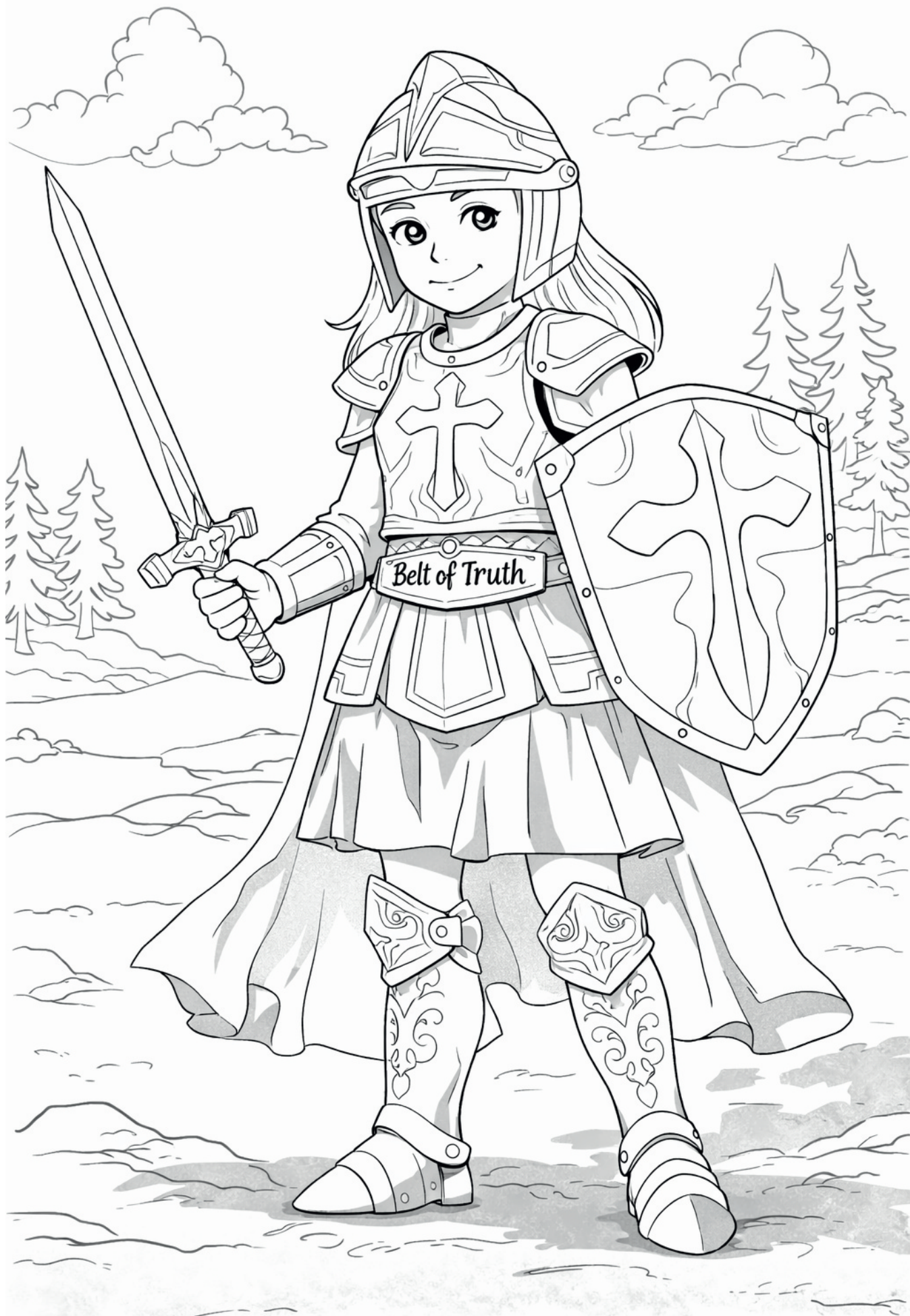
Write (or dictate) one thing that you might enjoy about "knight school."

Prayer

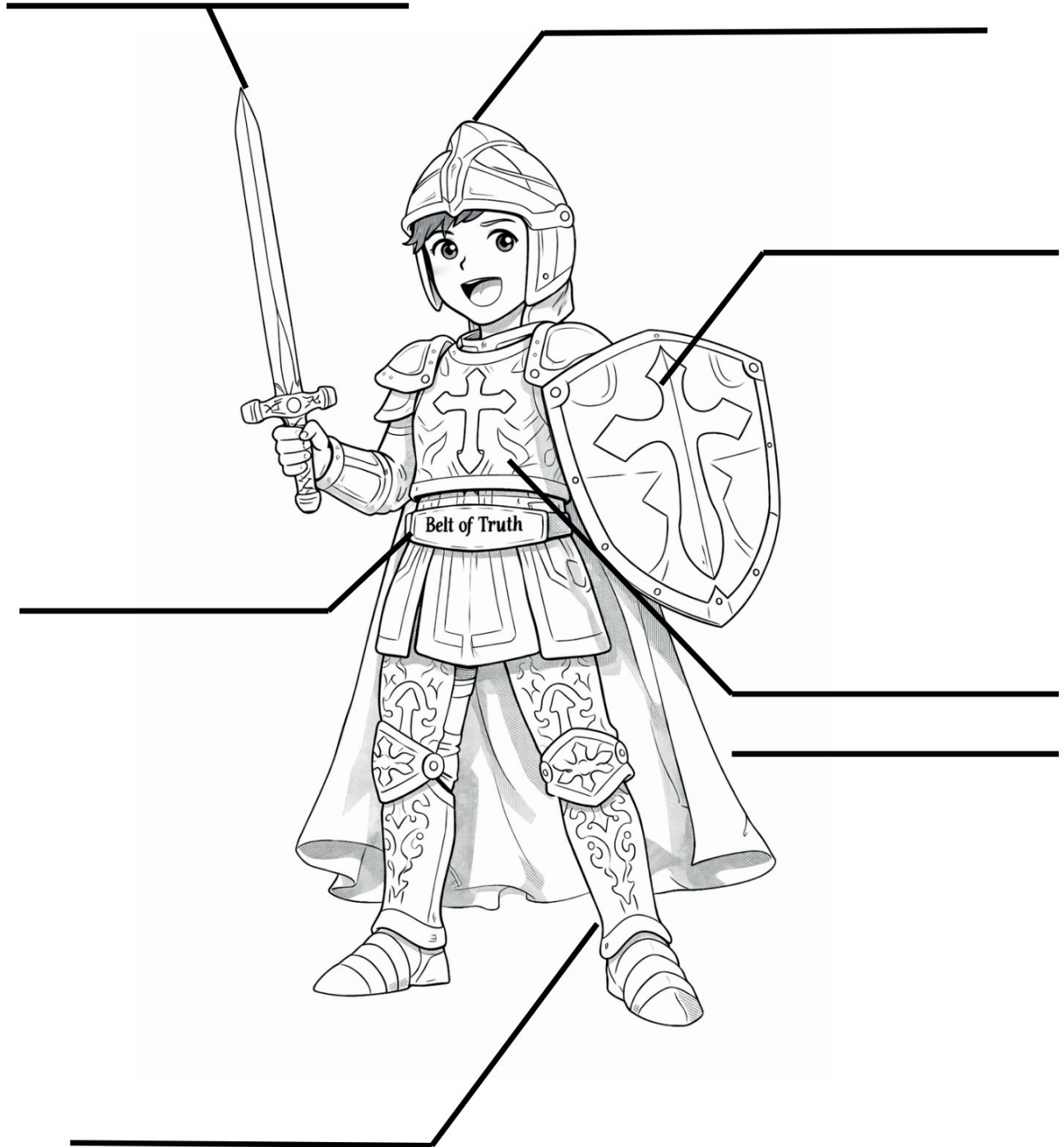
Lord Jesus, help me to grow strong in Your love. Amen.

Be strong in the Lord and
in His Mighty power.





See Ephesians 6:10-17 to label each piece of armor.



WEEK 2

BELT OF TRUTH

Lesson Focus

Truthfulness brings freedom and trust.

Read

Book 1 – *Belt of Truth*

Scripture

- John 8:32
- 1 John 3:18

Catechism

Truthfulness is a virtue. It is a duty we owe to God and to our neighbor. We are called to be honest in both our words and actions, because God is the source of all truth.

Story Review

Why does George tell a lie in the beginning of the story?

Answer: When George's mother will not let him visit his friend, he makes a poor choice. Instead of practicing patience and obedience, George sneaks outside to see his friend. This leads to an accident, and fire damages a special tapestry. To hide his first mistake, George makes a second one by lying about what happened. (A tapestry is a large picture made of thread, woven on a special machine called a loom.)

When does George finally realize the importance of telling the truth?

Answer: When George's younger brother goes missing, George realizes that he must tell the whole truth. He remembers the knight's teaching: "*At all times speak the truth. Virtue is proved when tested.*" George understands that lies often lead to more lies and can become like a net that traps a person. He chooses to be truthful, even when it is hard, and symbolically wraps truth around himself like a belt.

Discussion Prompts

- Why is it sometimes hard to tell the truth?
- How can telling one lie lead to more lies?
- How does telling the truth help others trust us?
- Why is it better to admit our mistakes than to hide them?
- What steps are important for making a good confession?
- How does the Sacrament of Confession help us grow in honesty and truthfulness?

Activity

Role-play:

Act out a simple situation in which honesty is difficult. Students may create their own scenario or reenact a moment from the story, showing how George could have told the truth right away.

Copywork / Memory Verse

“Do not lie to one another, since you have put off the old self with its practices.”

—Colossians 3:9

Writing Prompt

Write (or dictate) one way you can practice honesty this week.

Prayer

**Jesus, help me to always tell the truth, especially when it is hard.
Amen.**

Note

Discussion questions:

Participants may wish to refer to life experience or the story when answering questions. Brother Coll’s Catechism Lessons also provide many of the answers and can be reviewed during discussions.

Do not lie to one another,
since you have put off the
old self with its practices.



Confession Preparation Guide

Before going to the Sacrament of Confession, take a few quiet moments to prepare your heart.

PRAY

Ask the Holy Spirit to help you remember your sins and to give you courage to be honest.



THINK ABOUT YOUR CHOICES

Ask yourself:

Have I told lies or hidden the truth?

Have I disobeyed my parents or teachers?

Have I been unkind or hurtful to others with my words or actions?

Have I chosen what was easy instead of what was right?

BE TRULY SORRY

Tell God you are sorry for your sins because they hurt Him and others, not just because you got in trouble.

DECIDE TO DO BETTER

Make a promise in your heart to try not to sin again and to avoid what leads you to make poor choices.

CONFESS HONESTLY

Tell the priest your sins clearly and truthfully. Remember, the priest is there to help you.

LISTEN CAREFULLY

Pay attention to the priest's advice and the penance he gives you.

COMPLETE YOUR PENANCE

Do your penance as soon as you can, with love and gratitude to God.

THANK GOD

Thank Jesus for His mercy and forgiveness, and ask Him to help you live truthfully.

WEEK 3

BREASTPLATE OF RIGHTEOUSNESS

Lesson Focus

Good choices keep us on the right path.

Read

Book 2 – *Breastplate of Righteousness*

Scripture

Proverbs 21:21

Catechism

The righteous follow God’s commandments and try to make right choices. God gave us free will because He loves us. With free will, we can choose to love God by obeying His commandments, or we can choose to turn away from Him. Prayer and the sacraments strengthen us so that we can choose what is right, even when it is difficult.

Story Review

What challenges does George face in trying to do the right thing?

Answer: George and Henry argue over a set of stilts, and neither boy is willing to give in. The next day, George realizes that he was partly at fault and wants to make things right. Later that night, Henry asks George for help. George wants to repair their friendship, but helping Henry would require sneaking out his window. Instead of disobeying, George asks his parents for permission. When they refuse, George is tempted to sneak out anyway and must decide whether to obey or give in to temptation.

How do the characters earn the Breastplate of Righteousness?

Answer: George, Erik, and Robyn work hard to help repair Henry’s house. Robyn asks permission before taking herbs from neighbors’ yards. Erik helps guide his older brother, George, toward doing the right thing several times throughout the story. George also follows Henry’s father’s request to “*keep Henry on the straight and narrow*,” meaning the path of good and righteous

choices described in the Bible. Remembering the knight's teaching—"A *knight will do all he can to help another do the right thing*"—George bravely encourages Henry to be truthful and admit to his father that he caused the hole in the roof.

Discussion Prompts

- What does it mean to choose what is right?
- Can you think of a time when you made a good choice even though it was hard?
- Who can you turn to when you are unsure about a choice?
- Which two commandments summarize the Ten Commandments?
- In what ways do prayer and the sacraments help Jesus cleanse our souls and strengthen us to choose what is right?

Activity

Good Choices Chart:

Create a "Good Choices Chart" for the week with goals like "help others" "listen to parents" "say prayers" "clean bedroom" "do chores" "share toys" "finish homework" "use patience." Set rewards when so many goals are met per day.

Copywork / Memory Verse

"Whoever knows the right thing to do and fails to do it, for him it is sin."

—James 4:17

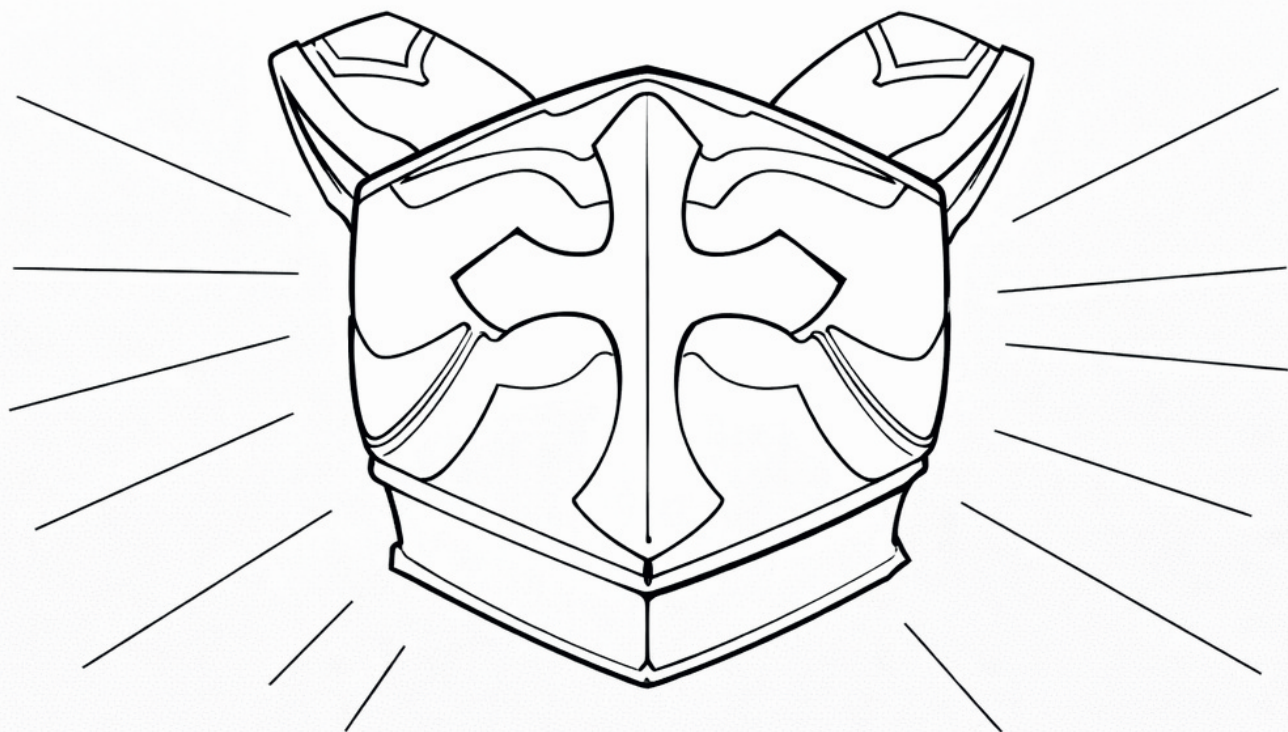
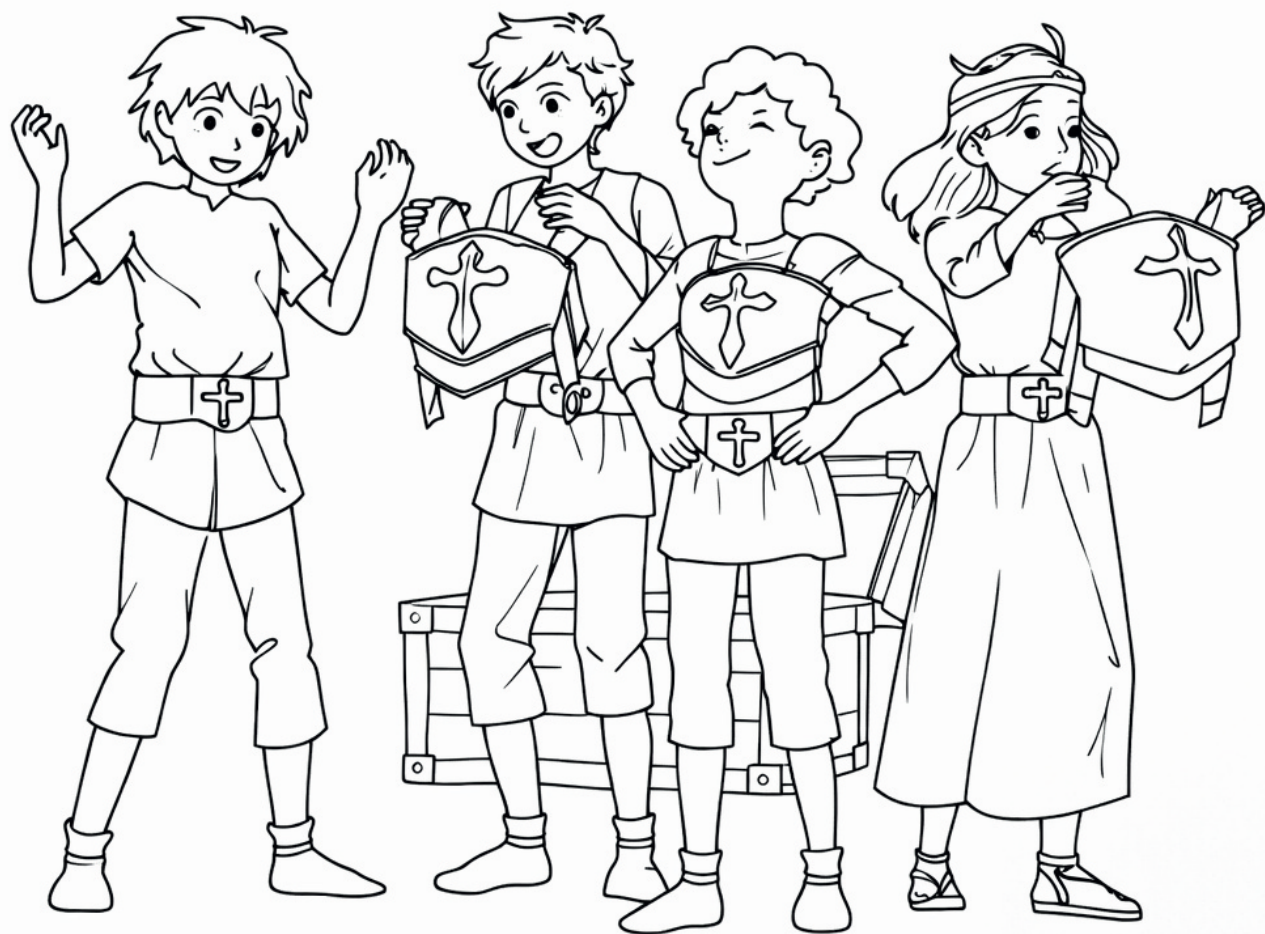
Writing Prompt

Write (or dictate) one idea for helping you to make good choices?

Prayer

Dear Jesus, please help me to always choose what is right. Amen.

Whoever knows the right
thing to do and fails to do
it, for him it is sin.



GOOD CHOICES CHART

Week of: _____

GOOD CHOICE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Help others							
Listen to parents							
Say prayers							
Clean bedroom							
Do chores							
Share toys							
Be kind							
Finish homework							
Use patience							

WEEK 4

BOOTS OF PEACE

Lesson Focus

Peace comes from forgiveness and trusting God in all situations.

Read

Book 3 – *Boots of Peace*

Scripture

- Matthew 5:9
- Philippians 4:6,7

Catechism

After Jesus rose from the dead, He appeared to His Apostles and said, “*Peace be with you. As the Father has sent me, so I send you.*” Then He breathed on them and said, “*Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.*” (John 20:22-23).

In the Sacrament of Confession, Jesus forgives our sins and gives us His peace. Our friendship with God is restored, we receive a fresh start, and we are given grace and strength to avoid sin in the future.

Story Review

What examples of peacemaking can be found in this book?

Answer: The characters break up fights, calm frightened students, and help bring peace to a troubled family. Brother Coll’s catechism lessons offer many examples of peacemaking, such as listening instead of arguing, practicing patience and self-control, trusting God during difficult times, helping others, and forgiving those who have done wrong.

According to Sir Lucian, where does peacemaking need to begin?

Answer: Sir Lucian teaches that peacemaking must begin within oneself. George’s impatience to learn more about the strange rock in the woods causes him to lose inner peace. He realizes that patience and trust in God

protect the heart like armor, guarding against impatience, worry, and anxiety.

Discussion Prompts

- How can we be peacemakers in our families?
- How does forgiveness help heal hurt feelings and restore relationships?
- How does the Sacrament of Confession give us peace?
- Why does God sometimes allow trials and sufferings?
- What can we do to gain peace during times of trial or sufferings?

Activity

Role-play:

Practice making a sincere apology and offering forgiveness. Take turns role-playing situations where someone says “I’m sorry” and the other responds with forgiveness.

Copywork / Memory Verse

“Pray, hope, and don’t worry.”

—Saint Padre Pio

Writing Prompt

Write (or dictate) one way you can be a peacemaker in your home this week.

Prayer

Dear Lord, help me to be a peacemaker in my family, to forgive as You forgive, and to always trust in You. Amen.

“Pray, hope, and don’t
worry.” –St. Padre Pio

BOOTS OF PEACE



SACRAMENTS WORD SEARCH

T N H O S S H E L R L R
 T H M M E O S S E A S T
 S E H E A R T C F P B O
 C R C H U R C H M C A E
 M M S V T Y P P A H P C
 F N R U I P T R T R T I
 V I R T U E S N E I I S
 S F O R G I V E N E S S
 E C N E I C S N O C M E
 R S N O I S S E F N O C
 C O M M A N D M E N T S
 R S T I R I P S Y L O H

WORD LIST

HOLY SPIRIT
 CONFESSION
 HEART
 SORRY
 FORGIVENESS
 CHURCH
 HAPPY
 BAPTISM
 CONSCIENCE
 VIRTUES
 COMMANDMENTS



1. This is the first sacrament a Catholic receives:
_____.
2. Jesus wants us to love Him with our whole _____.
3. Jesus built His _____ to teach us and give us the sacraments.
4. This sacrament is sometimes called Penance or Reconciliation: _____.
5. Jesus gave us 10 of these to teach us right from wrong:
_____.
6. Before a person goes to Confession, he should feel _____ for his sins.
7. When we are truly sorry for our sins, Jesus gives us: _____.
8. The voice inside a person that tells her right from wrong: _____.
9. How a person feels after making a good Confession: _____.
10. Good qualities that we gain from receiving the sacraments often: _____.
11. A person should pray to the _____ for help to know his or her sins.

WEEK 5

SHIELD OF FAITH

Lesson Focus

We are called to have faith in Jesus and all that He teaches through His Church.

Read

Book 4 – *Shield of Faith*

Scripture

- Psalm 56:3–4
- Hebrews 11:1

Catechism

Faith is a virtue. By faith, we believe all the truths that God has revealed—not because we can prove them ourselves but because God has revealed them, and God cannot lie. Jesus teaches these truths through His Church, and we learn them more deeply when we study the Catechism.

Story Review

What does Sir Lucian teach the pages about faith?

Answer: Sir Lucian teaches that faith means not trusting only in oneself. A person with faith chooses hope instead of despair, even in difficult situations. The knight tells the pages, “*A good knight must never lose trust or faith in our good God. Faith is your shield against fear, disappointment, and despair.*”

How are each of the children tested in this virtue?

Answer:

- Robyn is disappointed when she is not chosen to go on the special mission with George and Erik. Instead of giving in to discouragement, she trusts that God has a different plan for her and is later given a task that uses her special skills.
- Erik worries about George, but he chooses to trust God and faithfully complete the task the knight has given him.

- George becomes trapped in the underground tunnels with no one to help him. Remembering the advice of his younger brother, Erik, and of the knight—“*Faith is the light that guides you in the darkness*” and “*Fear can lead to despair*”—George prays for faith and places his trust in God.

Discussion Prompts

- What are some things that make people feel afraid?
- How can we ask God for help when we feel scared or unsure?
- What are some ways we can remind ourselves that God is always with us?
- How can trials and difficulties help make our faith stronger?
- What are some ways we can grow in faith each day?

Activity

Create a paper or cardboard Shield of Faith. Write words such as trust, prayer, faith, hope, and God’s promises on the shield to remind you that faith protects us from fear.

Copywork / Memory Verse

“The testing of your faith produces perseverance.”

—James 1:3

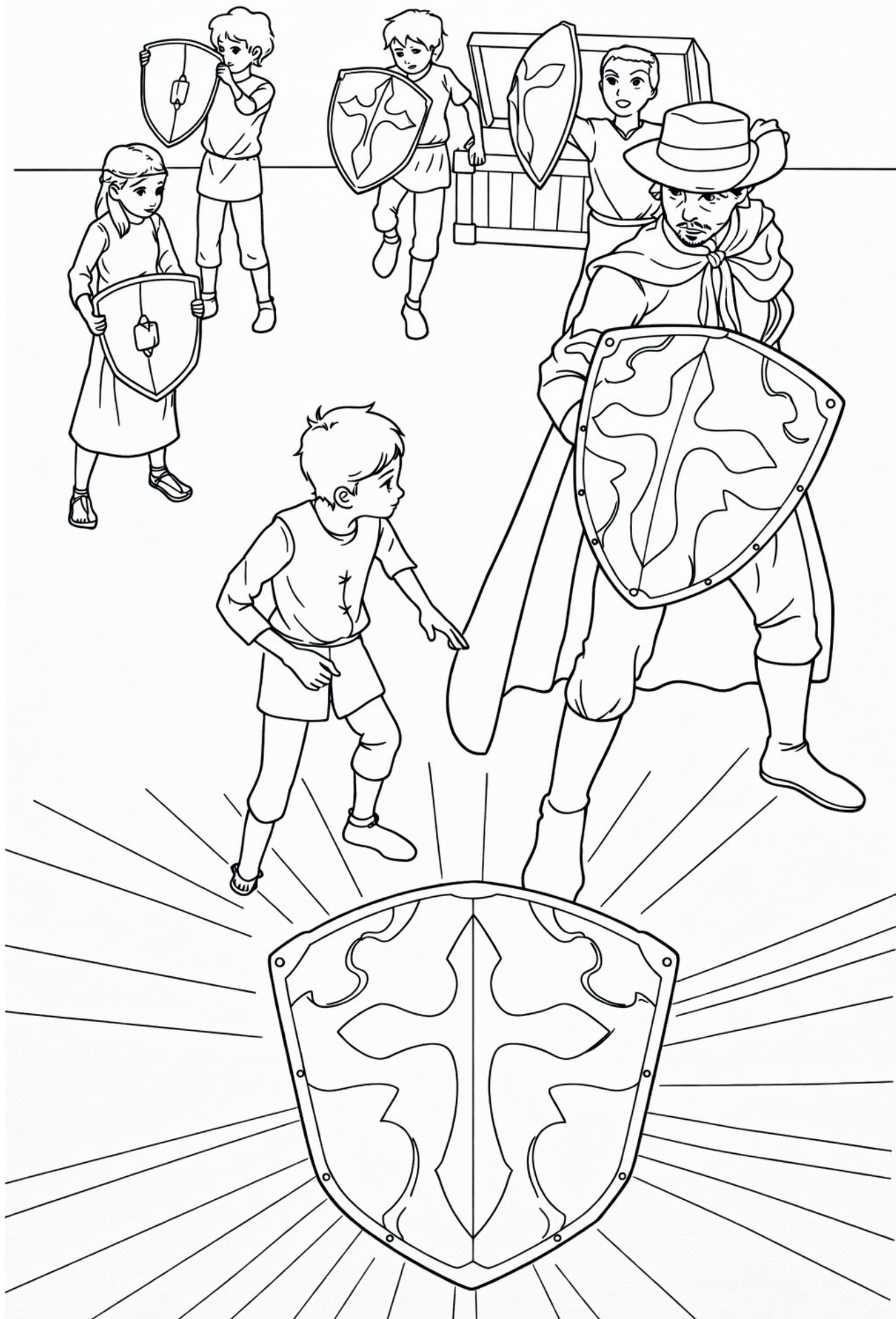
Writing Prompt

Write (or dictate) about a situation in which you would need strong faith.

Prayer

Dear Jesus, thank you for giving Your teachings to the Apostles and for passing them on through Your Church. Help me to grow in faith and to always trust in You. Amen.

The testing of your faith
produces perseverance.



BOOK REPORT PAGE

Name: _____

Date: _____

Book title: _____

Author/illustrator: _____



MAIN CHARACTERS



SUMMARY

Beginning: _____

Middle: _____

[illegible]

End: _____

Illustrate your favorite scene and write a sentence explaining it.

WEEK 6

HELMET OF SALVATION

Lesson Focus

Jesus wants to guide our thoughts and help us follow His will.

Read

Book 5 – *Helmet of Salvation*

Scripture

Romans 12:2

Catechism

We are made in the image and likeness of God. Through Baptism, we became children of God. The Church teaches us how to live and act as God's children. God wants each of us to come to know Him, to love Him, and to serve Him, so that we may be truly happy in this life and in the next.

Jesus remains with us in a special way in the Eucharist. When we spend quiet time with Him—especially in Eucharistic adoration—He helps calm our minds, shape our thoughts, and guide us to understand His will. The Helmet of Salvation reminds us to protect our minds by listening to Jesus and allowing Him to teach us how to think and choose as children of God.

Story Review

How does Sir Lucian explain the Helmet of Salvation?

Answer: Sir Lucian explains that a helmet protects the head. We use our heads to think, reason, and make choices. The Helmet of Salvation protects the mind—our thoughts, intellect, and judgment—so that we can think clearly and choose what is good. A good knight seeks wisdom and desires to know and follow the will of God.

How do the characters earn the Helmet of Salvation?

Answer: The characters earn the Helmet whenever they pause to think carefully about their choices and goals and then choose what is right, even

when it is difficult. Each time they pray or reflect on the best decision to make, they are seeking God’s will. In doing so, they are learning to “put on the mind of Christ.”

Discussion Prompts

- What does it mean to be a child of God?
- How can we get to know God better?
- What are some ways we can learn about and follow God’s will?
- What does it mean to be a saint?
- Why do you think Jesus remains present in the tabernacle at church?
- Why is it important to spend quiet time with Jesus?

Activity

Quiet Listening Prayer Practice:

Have students sit quietly for one minute with hands folded and eyes closed. Invite them to imagine sitting with Jesus in church or before the Blessed Sacrament. Afterward, students may talk about one thought or feeling they had during the quiet time.

Then, create “God’s Will” cards using index cards or scrap paper. Write truths you know about God’s will, such as:

- “God wants my heart.”
- “God wants me to obey my parents.”
- “God wants me to love others.”
- “God wants me to trust Him.”
- “God wants me to be truly happy.”

Encourage students to keep these cards as reminders to pause and pray when they need help making good choices.

Copywork / Memory Verse

“Thy will be done on earth as it is in Heaven.”
—from the Our Father

Writing Prompt

Write (or dictate) what you would say to Jesus if you were sitting quietly with Him in church or during Eucharistic adoration.

Prayer

Dear Jesus, present in the Eucharist, help me to be quiet and listen to You. Guide my thoughts, protect my mind, and show me Your will today. Help me to follow You each day. Amen.

Thy will be done on earth
as it is in Heaven.



Children's Eucharistic Adoration Guide

This guide helps children focus on Jesus in the Blessed Sacrament, listen to Him, and offer their thoughts, prayers, and love during quiet time in church.

PREPARE YOUR HEART

- o Find a quiet spot in the church or at home.
- o Sit comfortably with your hands folded or held in your lap.
- o Take a slow, deep breath and quietly say:
“Jesus, I love You. I am happy You are here with me.”



REMEMBER WHO IS PRESENT

- o Jesus is truly present in the Eucharist—Body, Blood, Soul, and Divinity.
- o He is there to listen to you, guide you, and fill you with peace.
- o Think about Jesus smiling at you and knowing you by name.

OFFER YOUR THOUGHTS AND PRAYERS

- o Talk to Jesus about your day. You can say:
“Thank You for my family, friends, and teachers.”
“Please help me to obey, love, and share.”
“I am sorry for the times I disobeyed or was unkind.”
- o You can also just be quiet and listen to Him.

PRACTICE QUIET LISTENING

- o Close your eyes and breathe slowly.
- o Imagine Jesus holding your hand.
- o Ask Him in your heart, “Jesus, what do You want me to do today?”
- o Stay in silence for 1–3 minutes (or longer if possible).

DRAW OR WRITE YOUR PRAYER

- o Take a notebook, scrap paper, or index card.
- o Draw a picture of Jesus and yourself or write a short prayer or thought. Example prayers:
“Jesus, help me love others.”
“Jesus, help me trust You.”
“Jesus, guide my thoughts and actions today.”

Children's Eucharistic Adoration Guide (continued)

CLOSING PRAYER

“Dear Jesus, thank You for being here with me. Help me to love You and do Your will every day. Amen.”

Tips for Teachers or Parents

- Print a copy of the Adoration Guide for each child.
- Encourage children to spend at least 5 minutes in adoration.
- Guide them gently to quiet their minds before prayer.
- Praise their effort, not just their drawings or words.
- Remind children that Jesus is always with them, even when not in church.



SHORT PLEDGE

I am a Soldier of Christ.

I love Jesus.

I tell the truth and choose what is right.

I say I am sorry to Jesus when I sin,
and I go to Confession.

I pray, forgive, and trust Him.

I prepare my heart to receive Jesus
in Holy Communion.

Child's Name: _____ Date: _____

Prayer: Jesus, I love You. Help me to follow You and prepare my heart
to receive You in Holy Communion. Amen.

WEEK 7

SWORD OF THE SPIRIT

Lesson Focus

God's Word helps guide and protect us in all that we do.

Read

Book 6 – *Sword of the Spirit*

Scripture

Hebrews 4:12

Catechism

The Bible is the written word of God. It was given to the Church to teach us, guide us, and help us grow in holiness. We can learn most about Jesus in the four Gospels: Matthew, Mark, Luke, and John. Scripture teaches us how to love God, follow His commandments, and live as His faithful children.

Story Review

When the dragon threat is high and Sir Lucian has much to do, he decides to teach the pages the virtue for the Sword of the Spirit. What must they do to earn it?

Answer: The pages must arm themselves with all the virtues and practice them daily. When temptations arise, they must fight them off with the Sword of the Spirit, which is God's Word. They do this by memorizing Bible verses that help them face challenges with courage, patience, and faith.

Sir Crewe wants to arm men from the villages to fight the dragons. How do the characters convince Sir Crewe to follow Sir Lucian's peaceful plan instead?

Answer: George, Henry, and Otho hide the cart of weapons and rely on Scripture to inspire action.

- Henry repeatedly prays a verse for courage: *"Even though I walk through the valley of the shadow of death, I will fear no evil."*
- Robyn challenges the knight by quoting a Psalm: *"Seek peace and*

pursue it.”

- George encourages action with a verse from I Corinthians: “Be courageous and be strong. Your every act should be done with love.”

Seeing their virtue and trust in God’s word, Sir Crewe agrees to the peaceful solution.

Discussion Prompts

- Why is the Bible important for our lives?
- How can Scripture guide us to make good choices?
- How can Scripture help us grow closer to God?
- What lessons do we learn from 2 Timothy 3:14-27?
- What are some benefits of memorizing Bible verses?

Activity

Find a Scripture verse that speaks to you. You may use examples from the story or Brother Coll’s Catechism Lessons.

- Step 1: Pick a verse that can help you with a challenge you face.
- Step 2: Memorize the verse.
- Step 3: Practice using it when you need courage, patience, or guidance.

Copywork / Memory Verse

Use the verse you selected in the activity.

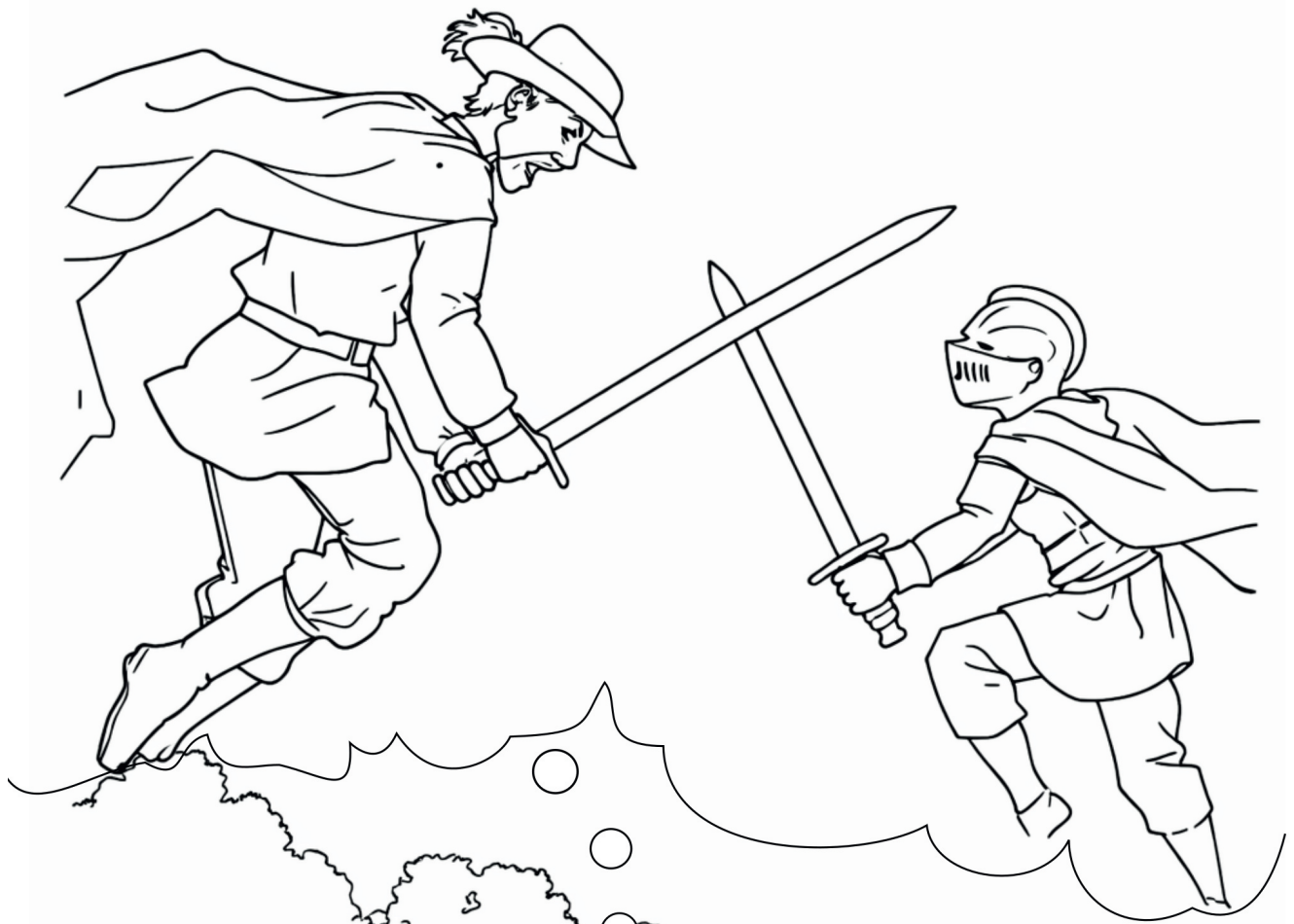
Writing Prompt

Write (or dictate) how your chosen Bible verse can help you in a specific situation.

Prayer

Dear Lord, thank you for giving us the Bible. Inspire me to read it more often, memorize Your words, and follow them. Send Your Holy Spirit to guide me in all I do. Amen.

The page contains ten sets of horizontal lines for handwriting practice. Each set consists of three lines: a solid blue top line, a dashed blue middle line, and a solid red bottom line. These sets are arranged vertically across the page, providing a guide for letter height and placement.



ARMOR OF GOD WORD SEARCH

C E C A E P A S E B S U
 U A L S O L D I E R L T
 E S W O R D P S I E S N
 P L S A E G T O A A O S
 H T A E E R R S R S A L
 E A R A U O I R M T V E
 S E I L O U S M O P I E
 I I O E L N H N R L R P
 A A A I E D I A R A T I
 N T T E M L E H E T U A
 S T S H S O L T O E E E
 P I R I L D D P O I S E

WORD LIST

HELMET
 BREASTPLATE
 EPHESIANS
 LIES
 ARMOR
 PEACE
 SHIELD
 GROUND
 SWORD
 VIRTUES
 SOLDIER



1. Put on the _____ of God.
2. Become a strong _____ of Christ.
3. Hold faith as a _____.
4. Part of the armor that goes on your head: _____
5. The word of God is the _____ of the Spirit.
6. Honesty, faithfulness, and patience are _____.
7. A soldier wants his feet here: _____.
8. Wear righteousness like a _____.
9. The Christian soldier wears the boots of _____.
10. The armor of God is in this book of the Bible: _____
11. The devil's favorite weapon: _____

THE SOLDIER OF CHRIST CODE

As a Soldier of Christ, I promise to try my best to:

- Tell the truth, because Jesus is Truth.
- Choose what is right, even when it's hard, and help others do the same.
- Say I'm sorry to Jesus when I sin and try to do better. I will go to Confession regularly so my heart is ready for Him.
- Be a peacemaker, using kind words and actions.
- Trust Jesus, knowing He loves me and is always with me.
- Think before I act and ask, "What would Jesus want me to do?"
- Pray every day, thanking Jesus for loving me and helping me grow.
- Love Jesus in the Eucharist, receiving Him in Holy Communion with a clean heart and visiting Him in church whenever I can.
- Listen to God's Word, especially in the Bible and at Mass.

ARMOR OF GOD CHAPTER BOOKS

Follow George Pennington and friends at Knight School as they earn each piece of armor!

Based on the Scriptural Armor of God (Ephesians 6:13-17), this 6-book fantasy-adventure series appeals to the universal and timeless quest for virtue and inner strength. Story themes and “Brother Coll’s Catechism Lessons,” weaved into each story, are perfect for children, ages 6 to 9, preparing for or who have recently made their First Confession and Holy Communion. Won 2 awards in 2024 Catholic Media Book Awards!



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