



Shield of Faith: “Rescue the Truth” Mission

Theme Verse:

“Take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.” – Ephesians 6:16



Quick Lesson (1–2 minutes)

“Sometimes living by faith means standing strong while hard things come at us. But it also means moving forward—even when it’s uncomfortable—because we know God is with us. Tonight, you’re going on a mission of faith. Your goal? **Rescue the ‘truth’** and make it back without giving up!”



Activity: “Rescue the Truth” – Shield & Water Gun Challenge

Objective:

One child at a time enters the “Faith Zone,” dodging water blasts while protecting themselves with a shield. Their mission is to **rescue a water balloon** (representing God’s truth) and bring it back to base without it bursting.



Supplies Needed

- Water guns (4–6 for “attackers”)
 - Eye protection (goggles for all participants)
 - Pool Noodle shields
 - Water balloons (pre-filled, with extras on hand)
 - White Spray Paint or Cones and Noodles (to mark Faith Zone and Base)
 - Buckets (for placing rescued balloons)
 - Towels (for drying off)
 - Bubble Machine for the preschoolers do not spray them with water guns.
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How It Works

1. Mark out the Faith Zone in a rectangle shape.
 2. Place water balloons in the center of the zone.
 3. One child at a time becomes the “Faith Rescuer.”
 4. They put on goggles, grab a shield, and prepare at the edge.
 5. On “Go!”, attackers (leaders or older kids) spray water guns **from outside the zone**.
 6. The child must:
 - Enter the Faith Zone
 - Grab one water balloon
 - Return to base **without breaking the balloon**
 7. If it bursts, they can try again or pass their turn.
 8. Next rescuer steps up!
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Leader Tips for Station 3: Shield of Faith

Focus the Message:

- Remind kids that faith means trusting God even when life feels hard or messy.
- Emphasize that the *shield* protects us from the “darts” (water blasts = distractions, fear, lies).
- Reinforce that even if their balloon breaks, they are still learning to keep going with faith.

Supervise Safety:

- Make sure all children wear goggles—no exceptions!
- Assign an adult to refill water guns and monitor pressure levels.
- Keep all “attackers” outside the Faith Zone perimeter.
- Create a slip-free return path and have towels or a dry-off zone nearby.

Manage Time & Flow:

- Limit each run to ~30 seconds to keep things moving.
- If kids are shy or hesitant, offer to walk beside them with encouragement.

Clean-Up Ready:

- Have a bucket or trash bin for popped balloons.
- Keep a towel near the start line to dry hands before the next round.
- Optional: assign a helper just for reset and balloon placement.