



# Sword of the Spirit: “Stand on the Word” Challenge

## Theme Verse:

*“Take... the sword of the Spirit, which is the word of God.” – Ephesians 6:17*

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## Quick Lesson (1–2 Minutes)

God’s Word is our weapon against lies, fear, and discouragement. When we memorize Bible promises and speak truth, it’s like using a sword to cut through darkness. Jesus used Scripture to fight temptation—and we can, too.

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## Activity: “Land the Word” Water Balloon Toss

### Objective:

Kids will toss water balloons into **buckets labeled with Bible promises**, trying to **land the “word” without bursting it**. Each bucket represents a promise they can remember for the school year. It's a visual and interactive way to “stand on the Word!”

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## Supplies Needed

- 5–6 large buckets (each labeled with a **Bible Promise**)
  - Pre-filled water balloons (extras nearby)
  - Cones (for toss line)
  - Optional: laminated scripture cards to go with each bucket
  - Towels or splash zone mat
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## Example Bible Promises (Bucket Labels)

1. **God is always with me** – Joshua 1:9
2. **God gives me strength** – Philippians 4:13
3. **God hears my prayers** – Jeremiah 29:12
4. **I am loved** – Romans 8:39
5. **God has a plan for me** – Jeremiah 29:11
6. **I do not have to fear** – Isaiah 41:10

## **How It Works**

1. Set buckets in a line 6–10 feet from toss line.
  2. Each child chooses a water balloon.
  3. From the toss line, they aim and **try to land their balloon in a bucket without it bursting.**
  4. After their toss, leaders briefly read the verse on the bucket and remind them how it can help them this school year.
  5. Repeat until each child has 2–3 turns.
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## **Leader Tips**

- Refill buckets or switch out as needed if they fill with water.
  - Talk up the promises—connect them to real school-year situations (“When you feel nervous before a test...”).
  - Keep the pace fun and lighthearted, but always tie it back to the power of the Word.
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### **Joshua 1:9 (NIV)**

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

### **Philippians 4:13 (NIV)**

“I can do all this through him who gives me strength.”

### **Jeremiah 29:12 (NIV)**

“Then you will call on me and come and pray to me, and I will listen to you.”

### **Romans 8:39 (NIV)**

“Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

### **Jeremiah 29:11 (NIV)**

“‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

### **Isaiah 41:10 (NIV)**

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”