

# Cymuned Bach!



# The Belt of Truth

Using the Bible read the story of Noah which can be found in the book of Genesis chapter 6 to 9.

If you don't have access to a Bible or you wish to see another version of the story, we have posted a link below to a version available on youtube.



<https://www.youtube.com/watch?v=qzYjy6lhRag>



## STORY EXPLAINED

The belt of truth is the first part of the Armour of God. It isn't only about telling the truth all the time but is also about believing the in the truth that comes from God.

Noah was one of the first people in the Bible to really believe in God's truth. Noah followed God even when everyone else had turned away from Him.

Noah trusted in God completely and because of his trust he and his family were saved, and were trusted to look after all of the animals for God as well.

This is why the belt of truth is so important. By wearing the belt of truth at all times we know that God will show us his truth. He will show us the right way to act and what to say, he will also show us when others are being untrue and deceitful.

Take a look at this video from Saddleback kids which gives us a few things to think about. It tells us more about the Belt of Truth. It also introduces our memory verse for the next 3 weeks and it introduces us to another song about the whole armour of God.



**The Armour of God - Belt of Truth**

<https://www.youtube.com/watch?v=OtRPxQGslkM>

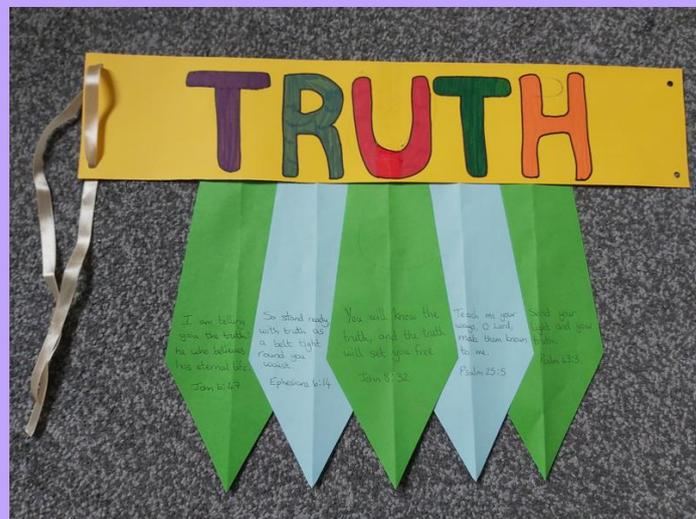
# Make your own Belt

## You will need:

Coloured Card  
Coloured Paper  
Pen  
Scissors  
Tape  
Hole Punch  
Ribbon



- First measure your waste so that you know how long your belt needs to be.
- Then cut your card into enough strips to make the full length you will need for your belt (I cut mine in half length ways because I was making my belt for my toddler)
- Tape the pieces together and write the word truth in bubble writing in the middle of your belt and colour it in.
- Then cut strips of paper and tape them to the back of your belt - I made mine in the shape of diamonds but you can do yours anyway you like.
- Lastly decorate your belt in anyway you want to - I used Bible verses about truth.



# Breastplate of Righteousness

Using the Bible read the story of David and Goliath which can be found in the book of Samuel chapter 17 verses 20 - 49.

If you don't have access to a Bible or you wish to see another version of the story, we have posted a link below to a version available on YouTube.



<https://www.youtube.com/watch?v=NuedVFB8-7Y>



## STORY EXPLAINED

The second part of the Armour we are told to put on is the Breastplate of Righteousness. Breastplates were worn to guard the heart of those that wore them, and it is the same with us. Paul tells us to put on the Breastplate of Righteousness to guard our hearts from the bad things in the world

David trusted God completely and so he was always brave because he knew God would be with him no matter what, This is true for us as well, if we trust that God is always with us then we can know that we will follow the path that God has chosen for us. All we have to do to follow the path of righteousness is read our Bibles and pray to God that he will take care of us.

Here is another video from Saddleback Kids which tells us more about the Breastplate of Righteousness and what it does.

Enjoy!!



**The Armour of God - Belt of Truth**

<https://www.youtube.com/watch?v=OtRPxQGslkM>

# Make your own Breastplate

You will need:  
Coloured Card  
Pen  
Scissors  
Glue  
Ribbon



- First you will need to draw two breastplate shapes out of the card.
- Cut them out and then measure the amount of ribbon you will need over your shoulder for the breastplate to sit in the correct place on your body.
- Cut two pieces of ribbon this size and four pieces of ribbon that can be attached to either side of the breastplate which will be long enough to tie.
- Glue the ribbon in the correct places on the breastplate so that the two pieces of card are attached at the shoulder, with ribbon that can be tied on the sides.
- Once all the pieces are connected and the glue has dried (I had to use a stapler because I didn't have any glue) decorate your breastplate in any way you want



# Wordsearch

D M E Y L B T T A Z S M E K M M N  
R F B S I S O O A K S P C F J Y Z  
W B A B W S Z Y L H E E C A E P Y  
Y R L I H O L T H H N N J L C W F  
W E E R T C R T Y H S T J V K G L  
F A B Z Q H U D V I U W L Z H R P  
W S B H I R N I L F O W H E G E K  
D T M P T R T T L Q E B E D B A I  
G P F V O U I A Y S T S L O Z D U  
M L N O J R Y V E E H Z M G R I D  
Q A F Z I F Z O P K G I E F N N V  
O T W P H B H J S S I P T O M E C  
G E S P H S G D X H R T C D P S U  
A S P O K P Q M C E I V R R H S J  
Q M D L A L N F J T N E D O G B O  
E H T A R M O U R F J F L W R K B  
T V C K I G L H Y B F K L D M W J

Belt

Readiness

Salvation

Truth

Peace

Sword

Breastplate

Shield

Spirit

Righteousness

Faith

Word of God

Shoes

Helmet

Armour

# Prayer Bracelet

## You will need:

Shrinking Plastic  
Coloured Pencils  
Hole Punch  
Scissors  
Ribbon



This week we are only going to be making the belt and breastplate.

- Draw a picture of your belt and breastplate on the plastic and colour them in.
- Once you have coloured them, cut them out and bake them in the oven according to the instruction.
- If you don't have access to shrink plastic you can use number six plastic. This can be identified by this symbol  this plastic can be used in the same way as the shrink plastic.
- If using number six plastic then (with the help of an adult) heat in the oven at 165oC for 1-2 mins. Once you have followed the above steps.
- String your breastplate and your belt onto your ribbon and use the following prayer whenever you wear your bracelet.

Dear God,  
Thank you that you have given us your Armour to protect us from Evil. Help us to put on the belt of truth each day so that we may be truthful in all that we do. Help us also to put on the breastplate of righteousness so that we are able to choose to do the right things instead of the wrong things.

Amen



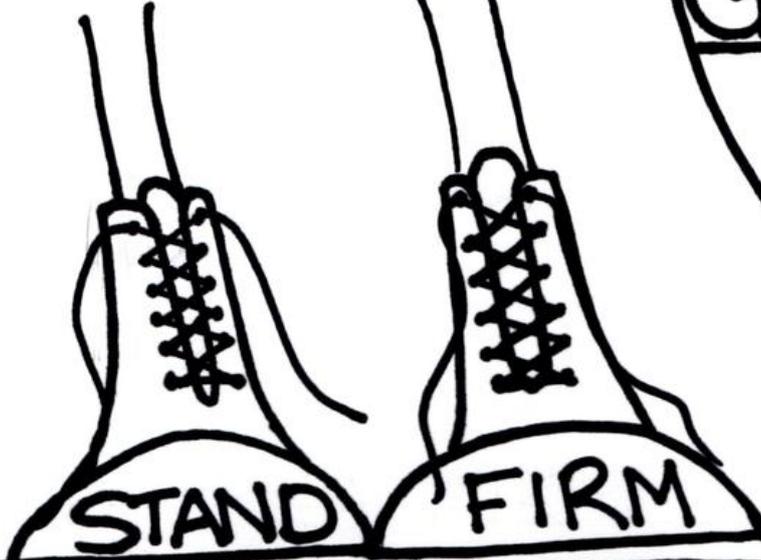
@CYFRadnorBuilth  
@cyfgreatergower  
@cyfgreaterbrecon  
@SwanseaBreconDioYouth



@BuilthCyf  
@CYFGreatBrecon  
@RevRachBunting

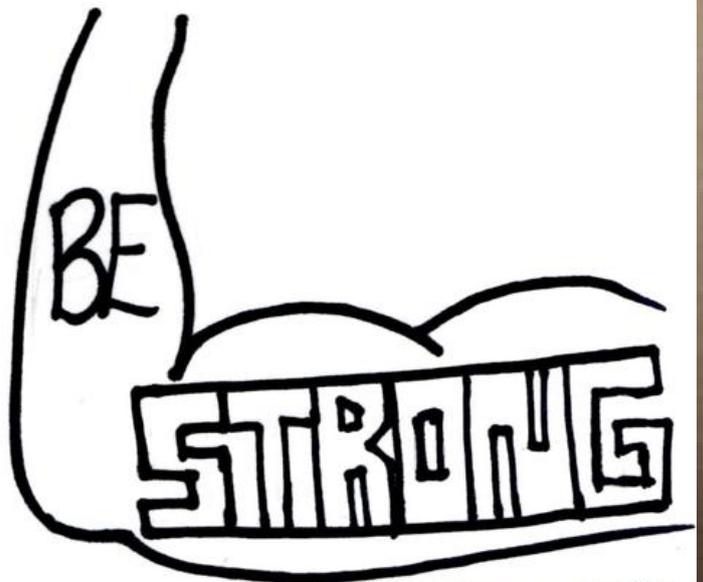
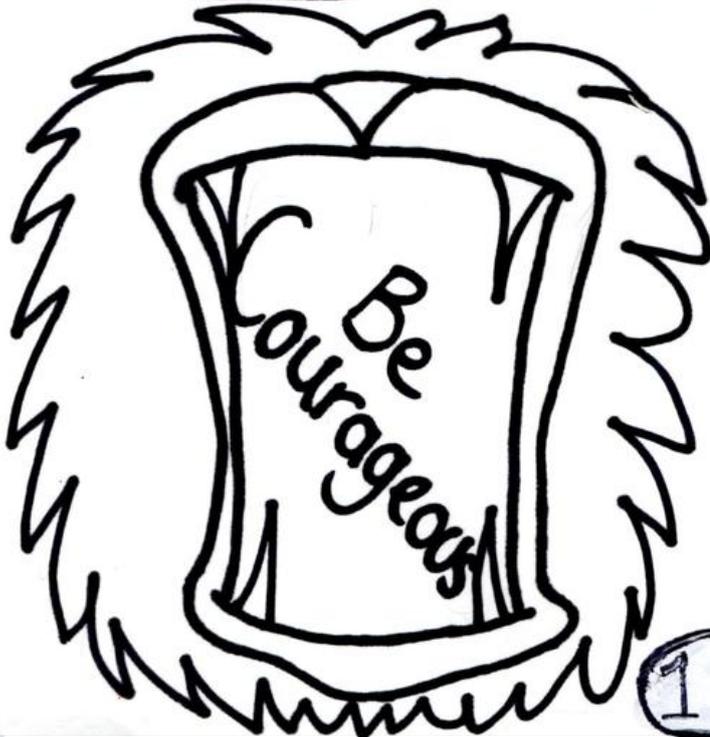
**IF YOU WOULD LIKE TO SHARE ANYTHING YOU HAVE CREATED, PLEASE UPLOAD TO FACEBOOK OR TWITTER USING THE PAGE FROM YOUR LOCAL CYF OFFICER BUT MAKE SURE THE PICTURE IS OF YOUR WORK, NOT YOU. THANK YOU**

BE ON



STAND FIRM IN

Faith



1 CORINTHIANS 16:13