



Sardines

Life Sunday Children's Message – Here We Stand

Verse: "Put on the whole armor of God, that you may be able to stand against the schemes of the devil" (Ephesians 6:11).

Materials: Can of sardines, individual snack-sized bags of goldfish crackers or gummy fish

How many of you have ever played the game hide-and-seek? (**Await responses.**) How do you play hide-and-seek? (**Await responses.**) Sure! One person is "it," and that one counts to 60 or so while the other players hide. Then the "it" person says, "Ready or not, here I come!" and tries to find the other players and tag them, sometimes before they can get back to "base" and be safe. The last person to be found, the one who hides the best, wins.

But have you heard of sardines? Did you know there is a backwards hide-and-seek game called sardines? Can you guess how sardines is played? (**Await responses.**) Right! One person hides, and the other players all look for the hiding one. If you find the hiding one, you hide right there too, and the last player to find everyone loses. Sometimes the hiding place gets crowded with everyone in there, which is why we call it "sardines." Sardines (**show can of sardines**) are little fish that people like to snack on, and they come with a bunch all packed together in a container like this.

God's Word in Ephesians chapter six tells us to "put on the whole armor of God that you may be able to stand against the schemes of the devil." Our Heavenly Father knows that the devil is strong and smart. The devil is even stronger and smarter than you and me! On our own he is able to overtake us and tempt us away from our Creator and Savior into sin and pain. So the Lord our God loves us so much that He gives us special armor to protect us.

In fact, God Himself is our special armor! He comes to us in Jesus Christ, doesn't He. What did Jesus do to show us how much God loves us? (**Await responses.**) Yes, He suffered and died on the cross in our place to forgive all sins. And what did Jesus do after that to prove how well God protects us? (**Await responses.**) Of course! He came back from the dead on Easter Sunday morning, and the tomb was empty because the devil was defeated! Jesus sets us free from sin and death and promises to raise our bodies to everlasting life in His heavenly kingdom no matter what.

Now Jesus is with us wherever we are and everywhere we go. Once we have been baptized in His name and with His Word, He wraps Himself around us like armor. He packs Himself in with us like sardines. If the devil comes



up against us, he comes up against our God too. If sin and pain come up against us, they come up against our Savior also. We know Jesus is there because we hear His Word speak. We trust in His power because we see His Word work. Is God with us when we are afraid? **(Await responses.)** Is Jesus with us when we are ashamed? **(Await responses.)** Is He with us when we are little or weak? **(Await responses.)** Is He with us when we are old or sick? **(Await responses.)** Is His love our armor even when we feel alone? **(Await responses.)** Does His forgiveness save us even when we fail? **(Await responses.)**

To help you remember how our Lord is with you, I want you to have these fish. **(Distribute snack bags.)** Our God Jesus is packed inside this world with us like sardines. Nothing can hide us from Him, and He never hides away from us.

Prayer: Dear Heavenly Father, thank You for being with us. Thank You that Jesus saves us. Forgive our sins and help us believe how You protect everyone. Amen.