



Funtastic Family Home Evenings
Easy to Prepare! Fun to Share!

PUT ON THE WHOLE ARMOR

(Ages ~8 and older)

PURPOSE

To help family members better understand what the armor of God is and the importance of wearing the whole armor daily

MATERIALS

- Scriptures
- Several eggs
- Plastic straws
- Paper towels or napkins
- Elastics
- Paper/Styrofoam cups
- Optional: A ladder



SONG SUGGESTION

- [“We’ll Bring the World His Truth”](#) page 172 in *Children’s Songbook*

LESSON IDEAS

Note: Complete the following activity as a family or divide your family into teams.

1. Explain to your family that they have the challenge of creating a protective container for an egg so that it can be dropped from 10 or so feet without breaking. Each team gets:
 - a. One egg
 - b. Two elastics
 - c. Two paper/Styrofoam cups
 - d. Two paper towels (or napkins)
 - e. Six plastic straws
2. Give teams all of the materials and let them know they will have 10 minutes to make the container.
 - a. Allow time for teams to complete the challenge.
 - b. Drop each of the eggs (or toss them) from a height of 10 or so feet.
3. Discuss as a family:
 - a. Why did the egg break or not break?
 - b. How careful were you to try and protect your egg?
 - c. What would you do differently next time?
4. Hold up an egg. Compare our lives to the egg.
 - a. Explain that our spiritual lives can be fragile like eggs. We must protect them from temptations.

- b. Explain that the Lord has given us a way to protect ourselves daily from the temptations of Satan.
 - c. Read D&C 27:15-18.
5. Ask your family to identify the parts of armor. You may want to use the picture below. Discuss what each piece of armor symbolizes:
 - a. Loins = Protecting our power of procreation
 - b. Breastplate = Protecting our hearts with righteousness
 - c. Feet shod = Preparing to serve God
 - d. Shield = Defending ourselves with faith in Jesus Christ
 - e. Helmet = Protecting our thoughts
 - f. Sword = Living worthy so the Spirit can be with us daily
 - g. Fiery darts (flaming arrows) = Satan's temptations
6. Your family may enjoy the following video:
 - a. [The Whole Armor of God](#) (13 min)
 - b. Discuss the two soldiers and the two young men. Point out how the one soldier and one young man kept themselves protected by wearing the whole armor.
 - c. You may also want to point out that sometimes it is our friends who encourage us to take off our "armor".
7. You may want to read and discuss the story, "The Difference" (below)
 - a. Discuss the differences between the two boys and how it relates to the putting on the whole armor.
8. Discuss as a family the things that can be done to put on the whole armor. Examples:
 - a. Attending church
 - b. Daily personal prayer
 - c. Daily scripture study
 - d. Proper dating
 - e. Not watching unwholesome TV, movies, etc.
 - f. Keeping our baptismal covenants and renewing them during the sacrament so we may always have His Spirit to be with us.
9. Testify of the importance of putting on the *whole* armor. We make ourselves much stronger and less vulnerable to Satan when we do.

ACTIVITY IDEAS

- Your family may enjoy watching an [Egg Drop Competition](#)
- Give each team a new egg and new materials to try another attempt, perhaps dropping from a higher place.

The Difference Lies in the Home

By Elder Gordon B. Hinckley

A young man came into my office the other day. He was dressed in uniform. He was on his way home from Vietnam. For a year he had walked through the furnace of battle in a hotly contested area along the Laotian border. I had seen him just before he had left for Asia. Now he had come back, alive—miraculously, as he regarded it—thankful, but depressed in spirit.

He had just arrived at the airport and had a little time before his bus left for the small country town where he had grown up and where some of his family still live. We talked about the war. I noticed the campaign ribbons on his chest, including a citation for outstanding service.

I told him the town band would be out to meet him, that he could go home with pride. He looked up and said, “No, I’m ashamed.”

“Ashamed of what?” I asked.

“Of what I’ve done,” he replied. “I should have been stronger. I was weak. I gave in, first on little things and then on big ones. Oh, I did nothing that the men all about me were not doing. But I should have done better. My friends back home would have expected better things of me, and had I been stronger I might have helped some of those who, with the right example, would have had the strength to resist.”

He lowered his head as we talked, and I saw tears fall from his cheek across the ribbons on his chest.

I tried to reassure him, but he found little comfort. He was a military hero, but he regarded himself as a moral coward.

Not long after that I talked with another young man also recently returned from the war. He too had walked the jungle patrols, his heart pounding with fear. But reluctantly he admitted that the greatest fear he had was the fear of ridicule.

The men of his company laughed at him, taunted him, plastered him with a nickname that troubled him. They told him they were going to force him to do some of the things they reveled in. Then on one occasion when the going was rough, he faced them and quietly said, “Look, I know you think I’m a square. I don’t consider myself any better than any of the rest of you. But I grew up in a different way. I grew up in a religious home and a religious town. I went to church on Sundays. We prayed together as a family. I was taught to stay away from these things. It’s just that I believe differently. With me it’s a matter of religion, and it’s kind of a way of respecting my mother and my dad. All of you together might force me toward a compromising situation, but that wouldn’t change me, and you wouldn’t feel right after you’d done it.”

One by one they turned silently away. But during the next few days each came to ask his pardon, and from his example others gained the strength and the will to change their own lives. He taught the gospel to two of them and brought them into the Church.

The difference between these two young men lies in the homes from which they came. The first came out of a home where there was bickering, tyranny, drinking, neglect, abandonment, and finally divorce. When the storm of temptation blew against the young tree, the roots were in shallow soil, and it fell.

The second came from the same kind of town—small, dusty, and unimportant. The home from which he came was likewise modest, but a good man presided in that home as the father. He dealt with his wife with kindness, respect, and courtesy. The mother honored her husband and cast an aura of love about the home. And the son who left that home carried with him a fiber in his soul, a fiber that held firm under the tauntings of his associates, whose eyes he opened when he arose and stood on his feet as a quiet witness of the teachings of his parents (*Improvement Era*, Dec. 1968, pp. 69-70).

A plate of armor made of metal strips tied together with leather straps protected the upper body. Although this metal jacket was heavy, the metal strips allowed the soldier some free movement. Soldiers had to help each other put on and lace up their armor.



Under his metal jacket, the soldier wore a tunic of wool.

Soldiers carried metal-tipped throwing spears, short, double-edged swords, and daggers.

This belt, or apron, of leather strips protected the lower body. Heavy weights on the bottom of each strip kept the strips in place.

To improve the grip of his heavy sandals, nails were driven into the soles and broken into studs.

The soldier's rectangular shield was made of many layers of thick wood wrapped in leather with an iron rim at the top and bottom. The soldier's heavy pack held his personal gear, enough grain for about 15 days, a pick, axe, or saw, cooking utensils, and the stakes needed to build a camp.