

HOOK

Have any of you seen electricity? *No. We cannot see electricity.*

Do we have electricity now or not? *Yes.*

If you can't see electricity, how do you know that we have it? *We can see the light or feel the cool air from the air-conditioner.*

Today, we are going to talk about the spiritual blessings we have been given.

Spiritual blessings are like electricity in a way. You can't see electricity, but you know it's there because you are told by your parents or teachers that there is electricity. Since you believe that, you will switch on the air-conditioner and feel the cool air.

We can't see the blessings, but we know that we have them because that's what God's word says.

LESSON

INTRO

Today, we're going to start our journey through the book of Ephesians.

The book of Ephesians is actually a letter to the church in Ephesus. The church of Ephesus was mainly made up of non-Jews, or Gentiles, like us.

And Paul, the apostle, was the writer of this letter. He wrote this letter when he was imprisoned in Rome.

There are many important teachings here — what God has given us, our identity in Jesus — which affects how we behave and how we stand against the evil powers.

This week we will start by looking at the blessings God has given us, as written about in Ephesians 1.

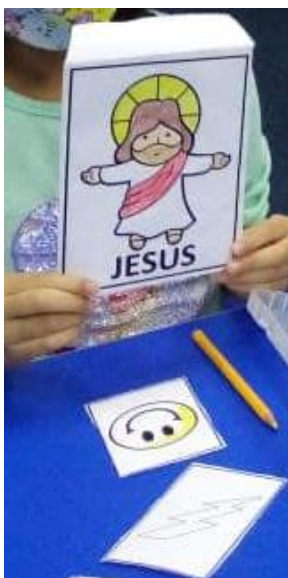
EPHESIANS 1

Ephesians 1:3

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

[Note: Prepare a folder with a picture of Jesus on it, and prepare pictures of the following: children in white robes, red heart, yellow smiley face, yellow 'zig-zag', and one blank piece of paper. Ask for a volunteer to stand next to you].

Jesus was badly beaten and gave his life for us on the cross. When we receive Jesus as our Saviour, the Bible says that we are given every spiritual blessing.



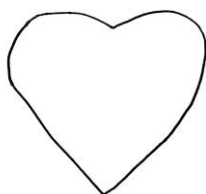
[Take out a folder with a picture 'Jesus folder'; pass it to the volunteer to hold.]

Now, when you receive Jesus as your Saviour, you also get every spiritual blessing. Let's have a look at what blessings you have been given.

[As the volunteer pulls out the items one by one from the folder and holds them up, ask the children to guess what the blessing is. Then explain to them what each item represents.]

**Children:**

God adopted us as His sons and daughters and gave us His righteousness — the white robes show we have His righteousness and He removed our sins (Eph 1: 4, 5, 7)

**Heart:**

God gave us love — He chose us in love (Eph 1:4, ERV)

**Smiley face:**

Joy is a fruit of the spirit (Galatians 5:22)

**Yellow zig-zag:**

We receive the Holy Spirit, and we have great power (Eph 1:19)

We have just mentioned a few blessings. There are many, many more, e.g. protection, healing, provision. **2 Peter 1:3** says that He gave us **everything** we need for life and godliness.

Get the kids to fill up any other blessings they can think of on the blank sheet of paper.

HOW DO WE KNOW THAT WE HAVE BEEN GIVEN ALL THE BLESSINGS?

When we receive His righteousness and become his children, we receive all these blessings. The Bible, God's word, tells us so. That's why reading the Bible is important — so that we know and remember all the good things God has **already given to us**.

When we receive Jesus as our Saviour, we get all the spiritual blessings in Jesus.

Who has all these blessings? Yes, all of us who have received Jesus as our Saviour get these blessings, as they are in Jesus. When we have Jesus, we have everything!

The Bible tells us about all the blessings we have. So, know what God's word says, and believe it in your heart.

WHAT DOES IT MEAN FOR YOU AND ME?

For example, maybe at times, you don't feel the love of God. Should you pray that God will give love? No, because God has given His love to you (He gave Jesus for you), whether you feel it or not!

He still loves you even when you are sad or have messed up.

Instead, you can pray, *"Thank you Lord that you love me and gave Jesus up for me. Even when I don't feel it, I know you love me."*

Say God's word aloud to yourself. For example: *"... God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."* **Romans 5:5**

Illustrate by getting a volunteer who was given the Jesus folder —that when we receive Jesus, we receive love and ask him/her to hold up the heart to show that he/she already has love in his/her possession.

Sometime we may not see or feel it, but we have received the blessings because God's word says so and we can trust His word.

E.g. Put some chocolate sauce into a glass and pour milk into it.

1. Milk represents us

2. Chocolate sauce represent spiritual blessings

Explain that we already have all the spiritual blessings once we believe in Jesus, like the chocolate sauce in the milk. But if we don't stir the milk, we can't see the chocolate. The stirring represents the Holy Spirit reminding us about what we have in Christ when we believe and receive.

Share a testimony of how you or someone else trusted in God's word and subsequently there was a physical manifestation, for example, healing.

ACTIVITY SUGGESTIONS

MEMORY VERSE

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. Eph 1:3

For younger children

God ... has blessed us with every spiritual blessing in Christ. Eph 1:3

SONGS

Yes, I am greatly, greatly, greatly blessed

<https://youtu.be/tPj4SZ2AWvk>

The best present of all

<https://www.youtube.com/watch?v=BzEBE5hkUPk>

SHARE & PRAY

Ask if any of the children want to accept Jesus as their personal saviour and, if any, pray together with them.

Let's take some time to thank God for blessing us with every spiritual blessing.

HOOK

ICEBREAKER

Prepare 3-4 sets of labels/stickers (by colour or other identifying mark, e.g. cartoon characters etc). Put a label/sticker behind each kid. Asking YES/NO questions only, they are supposed to decipher what their stickers are and find their other team members to form a group.

The stickers act as a “mark” of which group they belong to.

INTRO

When you go to school, you bring your school books. Your classmates also bring their books. How can you tell whether a book belongs to you or your classmate? Yes, you write your name on it. Your name shows that the book belongs to you.

[Alternatively, for the older kids, you may wish to talk about when you buy a house, you pay a sum of money (i.e. 10% of the house price) to the seller to guarantee that you will in future pay the entire cost of the house and become the owner of the house. You can use this to explain Ephesians 1:13-14].

Show the children this picture. Children, do you see anything special about this sheep?



Look closely at the horn. There is a brand on it, “N57”.

Was it born with it or someone put it there? *Yes, its owner put it there to show that this ram belongs to him, no other person.*

If the ram was lost do you think its owner will look for it? *Yes, he would.*

If a thief took the ram and pretended the ram was his, what do you think the owner would do? *He will point at the brand on the horn to prove that it belonged to him and take the ram back.*

LESSON

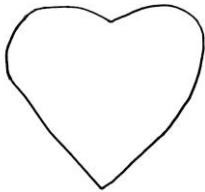
RECAP

Last lesson, we learnt that all those who have received Jesus as our Saviour get spiritual blessings and that all those blessings are in Jesus.



Children:

God adopted us as His sons and daughters and gave us His righteousness — the white robes show we have His righteousness and He removed our sins (Eph 1: 4, 5, 7)



Heart:

God gave us love — He chose us in love (Eph 1:4, ERV)



Smiley face:

Joy is a fruit of the spirit (Galatians 5:22)



Yellow zig-zag:

We receive the Holy Spirit, and we have great power (Eph 1:19)

Today we will talk a bit more on the Holy Spirit.

Ephesians 1:13-14

... When you believed, you were **marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance** until the redemption of those who are God's possession—to the praise of his glory.

WE BELONG TO GOD

Like the sheep, which the owner marks with a seal, God also marks us with a seal when we accept Jesus as our Saviour. This seal is the Holy Spirit. The Holy Spirit comes and lives in us. When God gives us the Holy Spirit, it's like the seal on the sheep. The Holy Spirit shows that we belong to God.

WE HAVE A GUARANTEED INHERITANCE

The seal of the Holy Spirit is a deposit. What is a deposit? A deposit is a downpayment, a foretaste of the full payment of what we will receive.

All the spiritual blessings that we have in Christ, all God's promises for us in Christ ... we may not see the entirety of it yet, but we know we will have them because the Holy Spirit is this deposit guaranteeing it.

God gave us the Holy Spirit to remind us that we do belong to Him and He will take us to be with Him in His house. When we know this, we do not have to worry about our future. We can rest in knowing that what Jesus did on the cross saves us completely and we have a blessed life.

ACTIVITY SUGGESTIONS

MEMORY VERSE

... *When you believed, you were marked in Him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance ... Eph 1:13-14*

For younger children:

... *When you believed, you were marked in Him with a seal, the promised Holy Spirit. Eph 1:13*

SONGS

Yes, I am greatly, greatly, greatly blessed

<https://youtu.be/tPj4SZ2AWvk>

Every move I make

<https://youtu.be/Dgf1YzscBIE>

SHARE & PRAY

Ask if any of the children want to accept Jesus as their personal saviour and, if any, pray together with them.

Let's take some time to thank God that we are sealed with the Holy Spirit and we belong to him.

HOOK

ICEBREAKER

INTRO

How many of you know what this is? <https://youtu.be/43VoMesUd2Q> *A tornado!*

(For the younger children, you may wish to mute the sound for this video so as not to scare them)

A tornado is a violent rotating column of air extending from a thunderstorm to the ground. The most powerful tornadoes are capable of tremendous destruction with wind speeds of up to 300 mph. They can destroy large buildings, uproot trees and hurl vehicles hundreds of yards.

But do you know we have a power that is greater than that of the tornado?

As we have the Holy Spirit, we have the same power that raised Jesus from the dead.

LESSON

RECAP

Last week we learnt that God marks us with a seal when we accept Jesus as our Saviour, and this seal is the Holy Spirit. The Holy Spirit comes and lives in us.

Today we learn about the great power we have because we have the Holy Spirit.

(Emphasise that we have received the Holy Spirit and because He lives in us, we have great power).

LESSON

When Jesus was on earth as a man, He did many acts of power:
(with references to 51 key actions from Kidz Camp)

- “A Crowd Filled”
He multiplied food when there was not enough. He fed thousands of hungry people:
 - 5,000 men (Mark 6:30-44), with five loaves of bread and two fishes
 - 4,000 men (Mark 8:1-13), with seven loaves and a few small fishes.
(excluding women and children)
- “Power over Satan”
The demons had to obey him:
 - He told the demons to come out of the man and they obeyed him (Mark 5: 10-13)
- “A Storm Stilled”
 - He commanded the storm to be still and it obeyed him (Mark 4:39)
- He healed the sick:
 - the woman with the issue of blood (Mark 5:29-33)
 - the paralysed man let down through the ceiling (Luke 5:24-25)
- He raised the dead:
 - He raised a widow’s son because he had compassion on her (Luke 7:11-17)
 - He raised Jairus’ daughter from the dead (Mark 5:42)
 - “Lazarus Raised”: He raised Lazarus even after four days in the tomb! (John 11:38-44)

GOD'S GREAT POWER

Jesus did all those mighty acts of power. But the greatest act of power was when Jesus Himself rose from the dead. By doing so, He defeated not just sin (by dying on the cross), but also death (by rising from the dead).

Ephesians 1:19-20

*"I also pray that you will understand **the incredible greatness of God's power** for us who believe him. This is the same mighty power **that raised Christ from the dead** and seated Him in the place of honor at God's right hand in the heavenly realms."*

WE HAVE THIS GREAT POWER

When we believe in Jesus, the Holy Spirit comes and lives in our hearts forever and gives us this great power — the same power that raised Jesus from the dead. That is a very great power!

Ephesians 3:20

*"Now all glory to God, who is able, **through his mighty power at work within us**, to accomplish infinitely more than we might ask or think."*

We have the Holy Spirit in us and He is able to do much, much more than all we ask or imagine. God can use us to glorify Him, He can use us to lift up His name, He can use us do great and mighty works in His name.

TESTIMONY

Share a testimony of how you or someone else experienced God's power, e.g. saved from an accident/danger.

Illustration: Christians in Philippines saved from a tornado by calling on the name of Jesus.

https://youtu.be/bN9_aORqsus

This video reminds that as we have the Holy Spirit, we have great power. Like these Christians, when we are in trouble, we can pray in the name of Jesus and see God's power at work.

When we are not well, we can pray for the sickness to go away in Jesus' name.

Those of you are afraid of the dark or rather, the evil spirits which hide in the dark — you have the power to make them go away. Just say, *"In the name of Jesus, get out"* and they will have to obey you because the God in you is more powerful than them.

ACTIVITY SUGGESTIONS

MEMORY VERSE

I also pray that you will understand the incredible greatness of God's power for us who believe him.

Eph 1:19

SONGS

Yes, I am greatly, greatly, greatly blessed

<https://youtu.be/tPi4SZ2AWvk>

Every move I make

<https://youtu.be/Dgf1YzscBIE>

SHARE & PRAY

Ask if any of the children want to accept Jesus as their personal saviour and, if any, pray together with them.

Let's take some time to thank God for blessing us with the Holy Spirit which gives us great power, the same power that raised Jesus from the dead.

HOOK**ICEBREAKER****INTRO**

Bring a small healthy, leafy plant and a branch with some dried leaves on it (alternatively, show pictures of a living plant and a dead plant).

“Children, today we are look at some leaves.” Point to the leaves on the plant and the dried leaves.

“What is the difference between these leaves?”

You can highlight the visual differences (e.g. one is brown and dried, and the other is green and fresh), the reason being one is dead, while the other is alive.

LESSON

RECAP

Today we will continue with the book of Ephesians. So far, we've learnt that when we believe in Jesus:

- We receive every spiritual blessing in Jesus
- We are marked with a seal of the Holy Spirit
- The Holy Spirit gives us great power

Let's look at what else we get in Christ ... His Life!

LESSON

Ephesians 2:1-2, 4-5

*As for you, you were **dead in your transgressions and sins**,² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient ...⁴ But because of his great love for us, God, who is rich in mercy,⁵ made us **alive with Christ** even when we were dead in transgressions—it is by grace you have been saved.*

In Ephesians 2, Paul was telling the Ephesians and all believers who they were before they were saved and who they are after they are saved.

BEFORE: DEAD IN SIN

Before we believed in Jesus, we are like those dead leaves.

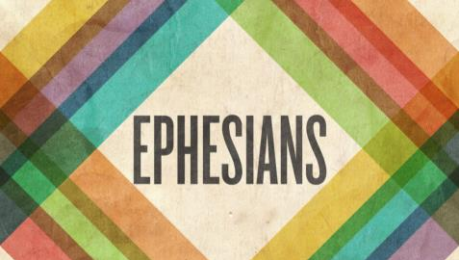
The Bible said that we were dead in our sins. What does that mean?

Anyone knows what was the one rule God gave to Adam and Eve in the Garden of Eden?

They could not eat from the tree of the knowledge of good and evil. If they ate from that tree they would die.

This death was both physical (meaning they would die and be buried) and spiritual (they would no longer have access to God ... sin would separate them from God).

We all know that Adam and Eve disobeyed God. Ever since Adam and Eve sinned, every person inherited the defect of sin, just as our biological parents pass on their DNA to us.



Romans 5:12 *“Therefore, just as through one man (Adam) sin entered the world, and death through sin, and thus death spread to all men, because all sinned.”*

When we are born into this world, we are alive physically but dead spiritually. We can do nothing to please God because our relationship with Him is dead. That’s what it means to be dead in our sins.

AFTER: ALIVE IN CHRIST

When we accept Jesus as our Saviour, we receive the Jesus’ life and are made alive in Him. We are like this plant.

Because of His great love and grace, Jesus, who never sinned, died on the Cross for our sins. He was buried and rose again the third day. Whoever puts their faith in Jesus and His Work done on the cross receives forgiveness of sins and eternal life with God.

1 Corinthians 15:22 *“For as in Adam all die, even so in Christ all shall be made alive.”*

When we believe in Jesus, we receive His life, and His Holy Spirit lives in us.

We become God’s children and are a part of the Body of Christ (Eph. 2:19-22).

LIVING OUR NEW LIFE

Is there a big difference between dead and alive? Yes. In the same way, there is a big difference between a person who believes in Jesus and a person who does not.

Paul reminds us not to continue living like those who don’t know God (Eph 4:17-18). Instead, he tells us to: *“... leave your old self. This means that you must stop living the evil way you lived before. ... You must be made new in your hearts and in your thinking. Be that new person who was made to be like God, truly good and pleasing to him”.* (Eph 4:22-24)

Eph 4:25-32 show us the difference between being dead in sin and alive in Christ:
(can get the older kids to discuss and fill in the table)

Dead in Sin	Alive in Christ
Telling lies	Speaking the truth in love
Stealing, not working	Work and share
Saying bad things to hurt people	Saying good things to help/ encourage people
Angry and do bad things, like to argue	Kind and compassionate
Unforgiving and bitter	Forgiving

When we know that we are alive in Christ, we do not have to live like those who are dead in sin. The Bible says we are different. Don't try to be like some people you watch on TV/movies or friends who only think of themselves, don't care about others, are mean, rude and disobedient to their parents, and do not respect their elders. They do not have Jesus' life, but you have Jesus' life. Even when people are not nice to you, the Jesus in you is patient, kind and respectful to others and obedient to your parents.

For those of us who have received Jesus as our Saviour, say this together with me:

"Jesus is patient, I am patient.

Jesus is kind, I am kind.

I am alive in Christ! I have Jesus' life."

TESTIMONY

Share a testimony of what having Jesus' life means to you.

ACTIVITY SUGGESTIONS

MEMORY VERSE

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions — it is by grace you have been saved. (Eph 2:4-5)

CRAFT

Plant-based craft: Prepare paper cut outs of stems, leaves, petals etc for the kids to stick and assemble their flowers on a card with the words “Alive in Christ”.

Have the kids write ways they can live the Jesus life on each petal. E.g. Say kind words, Be Helpful, Tidy my toys, Read Bible and pray, Listen to my mum and dad, Remember that Jesus loves me etc

SONGS

Yes, I am greatly, greatly, greatly blessed

<https://youtu.be/tPj4SZ2AWvk>

Every move I make

<https://youtu.be/Dgf1YzscBIE>

The fruit of the Spirit

https://www.youtube.com/watch?v=PLJt_85MNLY

SHARE & PRAY

Ask if any of the children want to accept Jesus as their personal saviour and have His life in them. Pray together with them.

HOOK

ICEBREAKER

Stand Up, Sit Down: Get the kids to listen and respond to a series of statements (change and amend as you see fit).

E.g.

1. If you have siblings, stand up.
2. If you are the oldest child in the family, sit down.
3. If you ate breakfast this morning, stand up.
4. If you ate cereal, sit down.
5. If it was hard for you to get up this morning, stand up.
6. If you like pizza, stand up.
7. If you like pepperoni pizza, sit down.
8. If you like to watch scary movies, stand up.

**9. If you want to stand up for the rest of this class, sit down.*

Interview the kids who say they want to stand up for the rest of the class about why they chose that. Then ask the kids who said they preferred to sit for the class. E.g. “not so tiring, can rest legs, more comfortable, etc”.

Today we are going to learn about what God teaches us about “sitting” — why we are sitting and where we are sitting.

LESSON

RECAP

Last week, we learnt that for those of us who have received Jesus as our Saviour, we have Jesus' life. The Bible calls a person who believes in Jesus "alive" and one who does not believe in Jesus "dead".

Today, we are going to learn about more benefits or good things that a person who believes in Jesus has.

LESSON**Ephesians 2:8-10**

For it is by grace you have been saved, through faith — and this is not from yourselves, it is the gift of God — not by works, so that no one can boast.

WHY WE SIT

Just imagine —after school, you go home. You take an afternoon nap. After you wake up, you do your school homework. After that, it's time to eat. You mum calls you to take your dinner. You see all the dishes of food laid on the dining table. All you have to do is sit down and eat.

Your mum has done all the work. You didn't have to catch the chicken or fry it. So the right response for you is to sit and enjoy your mum's hard work.

In the same way, Jesus did all the work for us to be saved. He came to this world to be beaten for our healing; He was punished and gave his life on the cross to pay for all our sins. Jesus died so that we can have his life —abundant life, eternal life. That's why on the cross, before He died, Jesus cried, *"It is finished!"* He finished the work to save us.

When we believe in Jesus and receive Him as our Saviour, we are sitting and resting on Jesus' work, acknowledging that He has made us right before God ... something that we could never do on our own, no matter how hard we worked or tried.

WHERE WE SIT

Illustration 1: Show the children an organisational chart of a school, illustrating the box with "the principal" on top, "senior assistants", followed by the "teachers", "school prefects" and the rest of the students. Ask them to point out where they are.

Ask the kids: Who do you think is more powerful, the prefect or the teacher? The principal or the education minister? The education minister of the prime minister? The Malaysian Prime Minister or the US President? *Keep asking until they answer "Jesus" or "God".*

Illustration 2:

https://www.etiquettescholar.com/dining_etiquette/table_manners/seating_etiquette.html

Do you know at a formal dinner, the nearer someone sits to the most important person (usually head of table) at an event, the more important the person is? Sitting with the most important person is a great honour.

Do you know that the Bible actually tells us where we are sitting?

Ephesians 1:20-21

... He (God) raised Christ from the dead and seated Him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.

Ephesians 2:6

And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus.

For the children who can read, show them the verses above and see if they can tell you where we are sitting.

- Jesus is seated at God's right hand, in the heavenly realms,
- Jesus is seated above all rulers, kings, power and every name,
- We are seated with Jesus, which means:
 - We are seated in the heavenly realms
 - We are seated above all rulers, kings, power and every name.

WORKING WHILE SITTING

So if all the work has been done, does it mean we shouldn't do anything else? How about good works or helping people in need?

No, we continue to do good works because we have so much that Jesus has given to us that we cannot just hold it in. We have to let it overflow to all around us. But the main difference is, we do good works because we are saved, not to get saved. We do good works because we have Jesus' life!

Ephesians 2:10 says *'For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do'*.

There are times you may feel concerned about a person, e.g. your friend/parent/sibling, and you want to help him or her. Often, it is because Jesus is concerned about that person, and because He is in you, you also have the concern and desire to help.

YOU ARE SEATED WITH JESUS

Because we are seated with Jesus, let us remember all the benefits we have received:

- We received every spiritual blessing in Jesus
- God marks us with a seal when we accept Jesus as our Saviour and this seal is the Holy Spirit. The Holy Spirit comes and lives in us.
- As we have the Holy Spirit, we have great power.
- We have Jesus' life.

You may be the youngest in the family and are bossed around by your older brother or sister. You may think you are not as clever as your friends or classmates. Maybe your class teacher doesn't pay attention to you. The next time you feel upset and frustrated, remind yourself that you are seated with Jesus, who is higher than everyone on this earth, and that He loves you. He can help you, and nothing is too difficult for Him. He can give you wisdom how to deal with people and favour with teachers and classmates. Tell him what you need. He is always with you, 24/7.

ACTIVITY SUGGESTIONS

MEMORY VERSE

Ephesians 2:6

And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus.

SONGS

Yes, I am greatly, greatly, greatly blessed

<https://youtu.be/tPj4SZ2AWvk>

It is by grace you have been saved

https://www.youtube.com/watch?v=1Ku99SX_sX8

SHARE & PRAY

Ask if any of the children want to accept Jesus as their personal saviour and have His life in them. Pray together with them.

HOOK

ICEBREAKER

Matching: Display some pictures of logos or icons as well as the famous characters each logo/icon represents, and get kids to match them together.

E.g.

Ice cube – Elsa (Frozen)

Bat signal – Batman

Badminton racket – Lee Chong Wei

What about God? If you could choose 1 icon to represent Him, what would you choose?

Let's try to find out what Paul chose today.

LESSON

RECAP

So far, we learnt from the book of Ephesians that because of what Jesus did for us on the Cross:

- We have received every spiritual blessing in Jesus
- God marks us with a seal when we accept Jesus as our Saviour, and this seal is the Holy Spirit, who lives in us
- As we have the Holy Spirit, we have great power
- We have Jesus' life
- We are seated with Jesus, above all power and authority

Today we are going to learn about Paul's prayer for the Ephesian church.

Maybe some of you will be thinking, "Hey, wait a minute, didn't you just say we have received everything? What could Paul possibly need to ask God for the Ephesians?"

Let's find out what Paul prayed and why.

LESSON

Ephesians 3:16-19

¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge— that you may be filled to the measure of all the fullness of God.

That's right. Paul prayed that the believers in Ephesus will know for themselves the love of Christ.

If Paul could choose 1 aspect of God to highlight, it would be **love**.

The apostle John agreed. In 1 John, he wrote:

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. (1 John 4:7-8)

GOD IS LOVE

Paul's prayer was that the church come to know how wide, how long, how high and how deep is Jesus' love.

How Wide? (*stretch left hand out wide*) God's love extends to every people, every nation, every tribe

How Long? (*stretch right hand out wide*) From eternity to eternity; without beginning or end

How High? (*stretch hands up high*) From God's throne above, where Jesus is seated on the right hand

How Deep? (*stretch hands down low*) Jesus emptied himself, took on the form of a servant, humbled Himself and became obedient to death on the cross

What shape did you form with your hands? The Cross.

The CROSS is the picture of the width, length, height and depth of Christ's love for us.

Jesus loved us enough to die for us even when we were sinners, when we didn't know him, when we were in fact His enemies. He loves us even when we mess up and make our parents, teachers and friends upset with us. He will keep on loving us even if nobody else on earth loves us.

KNOWING GOD'S LOVE

Paul's prayer was that the church come to know this love that surpasses knowledge deeply and personally.

Do you know Lee Chong Wei? (or any famous personality known to the children)

You may have heard about him, you may have seen his picture on television or on the Internet. But do you really know him — what he likes, dislikes, his favourite food, what makes him happy or angry? His secrets?

You may know about him, but probably don't know him very well.

What about your friend, sister or brother? Your mother or father?

You would know a lot more about them, right? That's because you know them personally and deeply.

In the same way, God doesn't want us to just know about Him (like we "know" about Lee Chong Wei). He wants us to know Him and His love for us the way we know someone who is close to us, like our mother or father.

Remember, God is our heavenly Father. He wants us to come close to him and feel His love for us — the kind of love that made Jesus willing to suffer and give His life for us.

FILLED TO THE MEASURE

Paul also prayed that the church would be filled to the measure of all the fullness of God.

Illustration:

Get 2 mineral water bottles, a basin and a jug of water:

- *One bottle is empty and does not have a cap on*
- *One bottle is full of water and has a cap on*

Ask for a volunteer. Ask him to crush the water bottle that is empty. Show the crushed bottle to the kids. Now ask him to crush the bottle full of water. He can't do it.

Why do you think he can crush the first bottle but not the second?

One is empty. We can squeeze it and flatten it.

The second bottle is filled with water, and the cap prevents the water and air from coming out.

God wants us to know his love so we can be filled with Jesus' life. The more we know His love, the more we can be filled with Jesus' life. Like the bottle filled with the water, we can be strong even when we have problems from the outside, just like Jesus was strong even when He faced problems, even beatings and death.

Pick up the crushed first bottle. Straighten it, fill it with water and put the cap on. Show that the first bottle can be restored to the state that it is like the second bottle.

Likewise, when we mess up, keep thinking and meditating on His love for us, then we can get up and be strong again, because we will then remember that we have Jesus' life.

ACTIVITY SUGGESTIONS

MEMORY VERSE

Ephesians 3:18

And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,

Use actions to help the kids remember.

SONGS

Yes, I am greatly, greatly, greatly blessed

<https://youtu.be/tPj4SZ2AWvk>

SHARE & PRAY

Share a testimony of how you or someone has been blessed/changed by a revelation of God's love.

HOOK

SONG: Head, Shoulder, Knees & Toes

<https://www.youtube.com/watch?v=ZanHgPprl-0>

<https://www.youtube.com/watch?v=WX8HmogNyCY> (speeding up version)

BODY

Show the children 3 pictures:

- i. Jesus when he was on earth (with an arrow pointing to his body)
- ii. Church camp group photo (local church)
- iii. Christians from different countries (universal church)

Ask the children, "Which is Jesus' body?"

Answer:

- i. Jesus' body when He came as a man
- ii. & iii. We are all Jesus' body or the body of Christ.

LESSON

RECAP

Last week we learnt that God wants us to know him and his love for us. The more we know his love, the more we can be filled with Jesus' life.

Today we are going to learn about Jesus' body or the body of Christ.

LESSON

Ephesians 4:4-5, 11-12, 15-16

² Always be humble and gentle. Be patient and accept each other with love. ³ You are joined together with peace through the Spirit. Do all you can to continue as you are, letting peace hold you together.

⁴ There is one body and one Spirit, and God chose you to have one hope. ⁵ There is one Lord, one faith, and one baptism. ⁶ There is one God and Father of us all, who rules over everyone. He works through all of us and in all of us.

¹¹ And that same Christ gave these gifts to people: He made some to be apostles, some to be prophets, some to go and tell the Good News, and some to care for and teach God's people. ¹² Christ gave these gifts to prepare God's holy people for the work of serving, **to make the body of Christ stronger.**

¹⁵ We will grow **to be like Christ** in every way. He is the head, ¹⁶ and the whole body depends on him. All the parts of the body are joined and held together, with each part doing its own work. This causes the whole body to grow and **to be stronger in love.** (ERV)

WE ARE JESUS' BODY

Ephesians 4:15-16 We will grow to be like Christ in every way. He is the head, and the whole body depends on Him. All the parts of the body are joined and held together, with each part doing its own work. This causes the whole body to grow and to be stronger in love.

When we accept Jesus as our Savior, we become members of God's family. To show how closely we are related to one another, the Bible even says that we are all parts of one body, with Jesus as the head. The Holy Spirit lives in each one of us, so now together, we are Jesus' body on earth. You and I are members of God's big family, made up of people all over the world, from different countries, cultures and backgrounds.

BODY-BUILDING

Ephesians 4:12 *Christ gave these gifts to prepare God's holy people for the work of serving, to make the body of Christ stronger.*

Ephesians 4 mentions some of the gifts that Jesus gives to His people, i.e gifts to be apostles, the prophets, the evangelists, the pastors and teachers. All of us are called to share the gospel, care for people and teach, but there are Christians who have a special gift to do certain things especially well. Every one of us is given at least one spiritual gift. You may not have found out which is your spiritual gift yet, but yes, you have at least one spiritual gift. All of us are important to God, and all of us are important to the rest of the body. There is no one who is more important or less important.

What is the purpose of these gifts? How do we use them? God gave us each a special part to play in building his body up to be more like Jesus and to be stronger in love. We use our gifts to serve one another, to share, to care and build up this body of Christ.

LOVING EACH OTHER

Ephesian 4:2-3 *Always be humble and gentle. **Be patient and accept each other with love.** You are joined together with peace through the Spirit. Do all you can to continue as you are, letting peace hold you together.*

Sometimes we may meet people in the body of Christ who we find difficult to love or we don't like. They may be mean to other people or just don't know how to behave themselves and give us trouble.

When you meet someone difficult, remember that Jesus loves them and you too. Paul reminds us to be gentle and patient with them and accept them in love them, just as how Jesus loved us. Pray for His peace to hold you all together. Remember we are part of one body; we have the same Lord, same God and same Father.

ACTIVITY SUGGESTIONS

MEMORY VERSE**Ephesians 4:15-16**

We will grow to be like Christ in every way. He is the head, and the whole body depends on him.

Use actions to help the kids remember.

SONGS

Yes, I am greatly, greatly, greatly blessed

<https://youtu.be/tPj4SZ2AWvk>

SHARE & PRAY

Share a testimony of loving a difficult person with God's unconditional love. Ask if any of the children want have any problems with other Christians, and, if any, pray together with them.