

# EPHESIANS

## Growing Up

Main Scripture: Ephesians 4:15-16

**We grow up (v 15)**

**into Christ (v 15)**  
(Phil 1:21, Eph 4:1-3)

**by speaking the truth in love (v 15)**  
(1 Cor 13:4-8, 1 Pet 3:15)

**by each doing our part. (v 16)**  
(1 Cor 12:21)

### Lordship Prayer

Lord Jesus, I confess that I have sinned and I acknowledge my need for You. Thank you for dying on the cross for me and I accept You as my Saviour, my Redeemer, my Deliverer and my Lord.

I choose to surrender to You and invite You now to be Lord of every area of my life:

- Lord of my spirit and my relationship with You
- Lord of my mind, my beliefs, my thoughts and my mental health
- Lord of my emotions, my attitudes and all my reactions
- Lord of my will and all my decisions
- Lord of my body, my health and all my behaviour
- Lord of my eyes and upon that which I look
- Lord of my ears and to everything that I listen
- Lord of my mouth and what I speak
- Lord of my hands and all that I do
- Lord of my feet and everywhere I go
- Lord of my sexuality, my pleasure and my recreation
- Lord of my time, my work and my ministry
- Lord of my home, my family and all my relationships
- Lord of the moment and manner of my death
- Lord of my possessions, my finances and my future

Thank You that Your blood was shed that I might be set free. Thank You for Your Holy Spirit who enables me to walk in Your power. Please cleanse me by Your shed blood and fill me with Your Holy Spirit.

In Jesus' name, amen.

# Heartland Kids Weekend Bulletin

January 30/31, 2021



## Ephesians 4:15-16

<sup>15</sup> Instead, speaking the truth in love, we will in all things grow up into Him who is the Head, that is, Christ. <sup>16</sup> From Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.”

## We grow up

- Our bodies get bigger and can do more as we get older. The church is Christ’s body. Everyone must do his/her part to work together.
- We need to mature. Maturing as a Christian means to study God’s word (our beliefs) and live in community with other followers of Christ so they can help us (our behaviours).

## Into Christ

- Growing into Christ means our life is all about Him!
- Having Jesus at the centre of our lives means living differently than lots of people around us. It can be hard, but God loves when we try our best to follow Him.

## By speaking the truth in love

- Speaking the truth in love is tricky. It’s like when your parents discipline you. They don’t do it to be mean; they do it because they love you and want you to be safe.
- When we are with other Christians, sometimes they can say or do things that don’t line up with God. We need to gently and kindly tell them what God would want them to be doing or saying. That is speaking the truth in love.

## By each doing our part

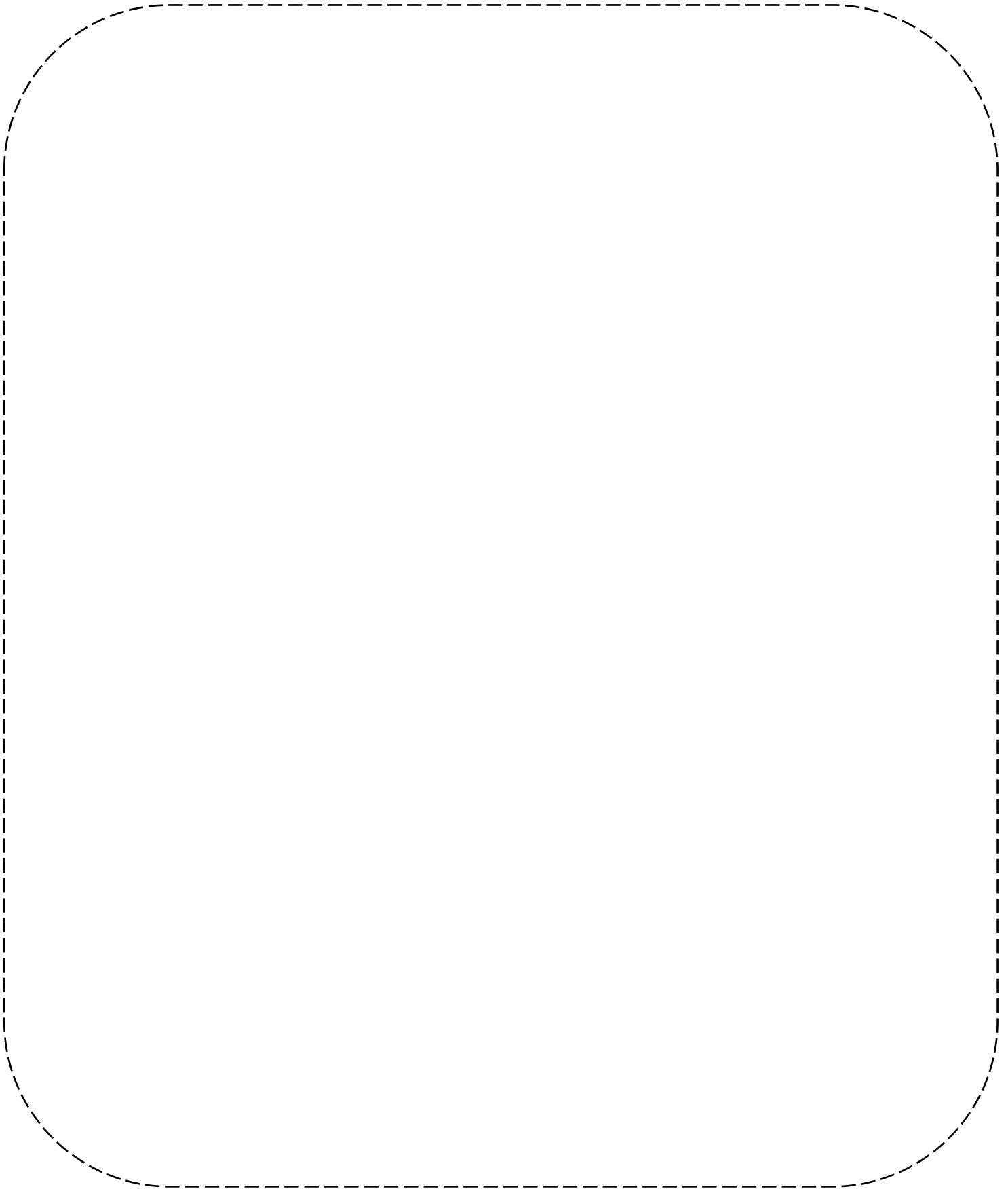
- God is clear that community is very important to learn and grow together!
- One of the best ways we can do our part is to ask God how we can serve other people. When we care for others, God loves to bless us for following Jesus’ example.

## Some questions to discuss as a family:

How can you speak the truth in love to someone?

What is one way you can do your part in church or in your community?

Draw a picture of what you learned today.



# Family Challenge

Your family challenge this week is to find a way to do your part in your home, church or community. Here are a few ideas to help get you started!

- Help your neighbour shovel their snow.
- Do a chore around the house (dishes, sweeping, feeding your pet).
- Pray for the church and ask God how you can serve.
- Write an encouraging letter to a friend or family member.

Sometimes it can be hard to know how to do your part. Something that can help you get started is to learn what your spiritual gifting is. Spiritual gifts aren't just for adults; kids absolutely have them too! Contact us for resources on how to find your spiritual gifts.

# To Speak or Not to Speak?

Practice makes perfect!

Go through the scenarios below and pick one to act out as a family. Get costumes, sets and have fun acting out your skit. Get a parent or guardian to record your skit and send it to us! We would love to see how you would deal with some of the challenges below:

## **Scenario 1**

Your friend from church swears in front of you. How do you speak the truth in love to them?

## **Scenario 2**

You are out shopping with your family and you see your sibling take something out of a store without paying for it. How do you speak the truth in love to them?

## **Scenario 3**

Your parent asks your sibling to do the dishes. They say they will but then ask you to do them. How do you speak the truth in love to them?

Send your fun family skit to [kids@heartlandalliance.ca](mailto:kids@heartlandalliance.ca)!

## **“Growing Up” | January 30 & 31, 2021**

The Small Group Sermon Study

Ephesians 4:15-16



**Opening Prayer: Father, in Jesus’ name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.**

1. Big Picture: What did you like or appreciate about this message? What challenged you in this message?
  
2. Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:
  - a. How have you seen someone speak the truth in love effectively? Can you think of any examples of how our small group has spoken the truth in love?
  
  - b. How has working together with our small group helped you to grow up in Christ?
  
  - c. After reading this passage and hearing this message, what might be a good “next step” for our small group?
  
3. What don’t you understand or what other questions does this passage raise for you?

***Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.***

4. What emotions does this passage or key theme stir up in you?
  
5. Is there anyone in your life to whom you need to “speak the truth in love?” Is there anyone who has tried to speak the truth in love to you, and you have not received it well?
  
6. What verse, phrase or word do you need to take with you this week? How will you act on what you’ve heard?

***Prayer: Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).***