

# EPHESIANS

## How to Live Your Best Life

Main Scripture: Ephesians 5:15-17

Life lived God's way means we live ...

- Not as unwise (v 15-16)

**But making the most of every opportunity**  
(Jam 1:5)

- Not foolishly (v 17)

**But pursuing God's will**  
(Ps 14:1, 111:10; Eph 5:18; 1 Thes 4:3-6, 5:18; 1 Tim 2:3-4;  
1 Pet 2:13-15, 20; 1 Cor 1:18-20, 23-25; Prov 2:1-6, 9-11)

# Heartland Kids Weekend Bulletin

April 10-11, 2021



## Ephesians 5:15-17

*<sup>15</sup> Be very careful, then, how you live—not as unwise but as wise, <sup>16</sup> making the most of every opportunity, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the Lord’s will is.*

### **Living God’s way means being wise and making the most of every opportunity.**

- Being wise means that we make the BEST choice every chance we get. How do we know what is the best choice? By looking back at when we had to make that choice before.
- When you get asked to clean your room, you have two choices. You can complain that you don’t want to clean or do what you’re asked with a cheerful heart! In the past, you may have complained. How did that go? Did you have to clean your room anyway? Did it make you and your parent/guardian grumpy? Now that you know what that choice will do, the next time you get asked to clean your room you can think back and choose to clean it with a cheerful heart. This is being obedient to your parent/guardian, but also saves everyone from getting upset and grumpy. That is the BEST choice in that case.
- This is also making the most of your opportunity. When you make the best choice, you are honouring God too! He loves to see us pray and ask Him for wisdom.

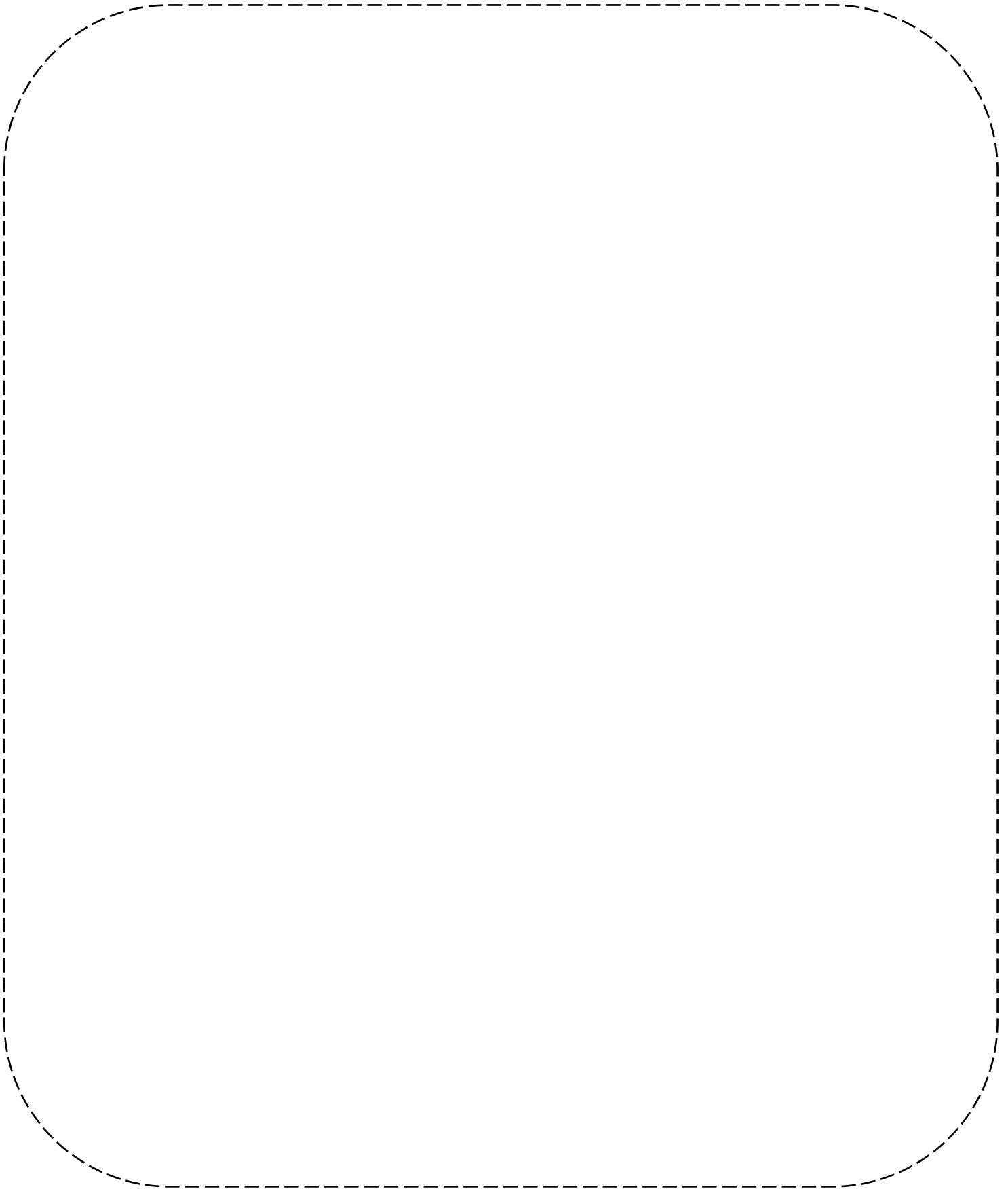
### **Living God’s way means not being foolish and pursuing God’s will.**

- Have you ever been called a fool? It’s a silly word people use sometimes. But it means something very important to God.
- God tells us that being foolish is the same as not caring or not thinking about others. When we don’t care what our choices and actions do to other people, that is being foolish, and it can do some serious damage to our relationship with other people and with God!
- So, how do we avoid being foolish? We understand God’s will. To do that we go to church, read our Bibles and pray! The more we know about God, the better we can be at making the best choice in any situation.

### **Questions to ask as a family.**

1. How can we as a family gain more wisdom?
2. What is the most foolish thing you’ve ever done? How did it affect the people around you?

Draw a picture of what you learned today.



# Family Challenge

Spend some time having fun this weekend! Get outdoors for a picnic, or if it's chilly, have family game night. Try and find a fun, interactive activity to do together.

# Who's the Fool?

This is a game you can play as a family, with friends outside or over Zoom! Have a parent/guardian read through each scenario below. Your job is to decide what is a wise choice and what is a foolish choice as fast as you can! Instead of shouting out your answer, make a face that looks silly if you think the decision was foolish and make a happy/calm face if you think the decision was wise (the BEST decision). If you get different answers from your friends/family, talk about it and explain why.

1. You get asked to put away the clean dishes. You say you will but then go outside to play.
2. You ask your parent/guardian to read you a story. They say yes, but they just need to finish the laundry first. You wait, playing in your room.
3. You pack your lunch for school tomorrow and put it in your backpack, hanging by the door, all ready to go! There is a small carton of milk, yogurt tube, orange and sandwich sitting in your backpack all night.
4. You are accidentally given two allowances in one week. You have been saving up for a new game and have been doing extra chores to earn more money. This second allowance could be your payment for those extra chores. You decide to double-check and see why you got two allowances this week.
5. Your parents/guardians aren't home and there is a new TV show you want to watch. They have said they need to screen it first, but you know it will be fine. You decide to watch it while they're gone.

# “How to Live Your Best Life” | April 10 & 11, 2021

The Small Group Sermon Study  
Ephesians 5:15-17



**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. What does this tell us about God (Father, Jesus, Holy Spirit)? What do we learn about how He feels, what actions He takes, what He wants for us, etc.?
  - b. If our small group needed to talk to you about choices you were making that seemed to be unwise, how would you want us to do that? How would you approach talking to someone else about their unwise choices?
  - c. How real and transparent is our small group? How comfortable do you personally feel in our group to be real and transparent? Why or why not?
  - d. What is the most important takeaway for our group from this message/passage?
3. What don’t you understand or what other questions does this passage make you ponder?

***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 the key theme stir up in you?
5. What do you need to surrender to Jesus? How will you respond to what God is showing you?
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.).***