

EPHESIANS

Spirit-Filled Fathers

Main Scripture: Ephesians 6:4

Fathers:

Do not exasperate your children.

(Eph 4:29-32)

Train your children, nourish and discipline them, in the Lord.

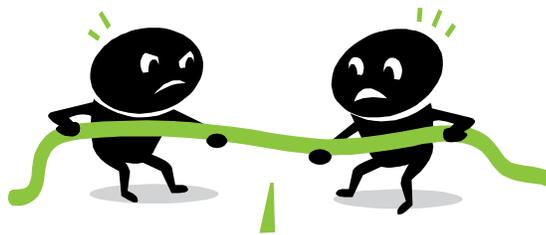
Know that your sons' and daughters' view of God has a lot to do with you.

RULES TO RESOLVING CONFLICT

Based on Ephesians 4:1-4, 15, 25-27, 29-32, and 5:1-2

DO...

- ◆ LISTEN - God has given us two ears and one mouth; try to listen twice as much as you talk (Ephesians 4:29 “according to their needs,” serving others, listening)
- ◆ SEEK - to really understand your spouse’s concerns (Ephesians 4:2)
- ◆ VALIDATE - care about your spouse’s perspective (Romans 12:3, 10)
- ◆ EMPATHIZE - aim to understand and have compassion for how he/she feels (Romans 12:15)
- ◆ APOLOGIZE - for your part in order to re-establish safety and trust (1 John 1:7-9)
- ◆ FORGIVE - don’t let the sun go down before the issue is settled (Ephesians 4:26, 32)
- ◆ GET HELP - if you need it; someone to referee (Matthew 18:15-17)
- ◆ EXPRESS - real feelings
- ◆ SPEAK - in a respectful tone (Proverbs 15:1, 16:24; Romans 13:7; 1 Peter 2:17)



DO NOT...

- ◆ YELL - your opponent can tell you if you are too loud (Ephesians 4:29)
- ◆ LABEL, NAME-CALL, ASSASSINATE YOUR PARTNER’S CHARACTER OR BELITTLE THE ISSUES - “come on grow up” (Ephesians 4:29 “building up”)
- ◆ MIND-READ - telling your spouse what he/she is thinking or feeling (Ephesians 4:25 “truth”)
- ◆ GENERALIZE - “You never ...” or “I’m always ...” or exaggerate (Ephesians 4:25 “Is that true?”)
- ◆ DWELL ON THE PAST - if it has been forgiven, it should be forgotten (Ephesians 4:31 “bitterness”)
- ◆ AVOID THE ISSUES, IGNORE OR WALK AWAY - deal with one issue at a time; it is okay to ask permission for a time to cool but issues must be dealt with (Ephesians 4:31 “bitterness”)
- ◆ SULK (Ephesians 4:31)
- ◆ PICK A BAD TIME - in public, during headaches or illness (Ephesians 4:32)
- ◆ WITHHOLD AFFECTIONS AS A PUNISHMENT (1 Corinthians 7:3-5 married couples)
- ◆ USE ‘YOU’ STATEMENTS - “You make me mad”, etc. Nobody has that power. You decide to act mad. Instead use “I” statements, “I feel mad.”
- ◆ BRING OTHERS INTO THE FIGHT FOR SUPPORT - “I’m going to tell Mom.”

Healing the Father-Wound

- 1) Ensure that you have said yes to God's invitation, through Jesus, to be your Father—your heavenly Father. This is done by inviting Jesus into your life which enables you to walk in the filling of the Holy Spirit.
- 2) Know that Jesus wants to heal all who are broken-hearted.
 - Speak out (pray) your painful memories.
 - Ask Him to bring healing where there was wounding.
- 3) Forgive your father and let go of all the resentment, bitterness and anger.
 - For hurtful words.
 - For hurtful actions.
 - For not loving you.
 - For not blessing you.
 - For affecting your image of God, the Father.
- 4) Accept the truth about who you are as a child of God.
 - I am loved (John 3:16).
 - I am precious in His sight.
 - I will never be left or forsaken.
 - I will live forever with God my Father.
- 5) Meditate on the story of the prodigal son in Luke 15:11-32 and pay special attention to what is revealed about our heavenly Father.
 - We are free to choose our own path – not forced, manipulated or shamed.
 - The Father waits patiently for us to return to Him.
 - When we return, He accepts us unconditionally.
 - He runs to accept and embrace us.
 - He values us by celebrating our return.
 - He loves us and offers forgiveness.
 - He wants a relationship with us for all eternity.

Heartland Kids Weekend Bulletin

May 29-30, 2021



Ephesians 6:4

Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.”

Do not exasperate (*this means to frustrate*) your children.

- God is perfect! And your parents, as awesome as they are, aren't always perfect. Your parents will make mistakes and let you down sometimes; but God, our heavenly Father, will never let you down!
- God sets an example for how moms and dads are supposed to love their kids. God loves us unconditionally, forgives us when we make mistakes, and He is the perfect example of a father.

Train your children, nourish and discipline them, in the Lord.

- God wants us to love our parents and family members. This means we need to be kind and speak to them with love and say sorry when we hurt them. God shows us how to love so that we can love our family well.
- God wants to have a relationship with us! You can talk to Him just like you talk to your friends, tell Him about your day and ask Him for help when you need it. You can read your Bible to learn more about God and you can ask your parents if you have any questions.

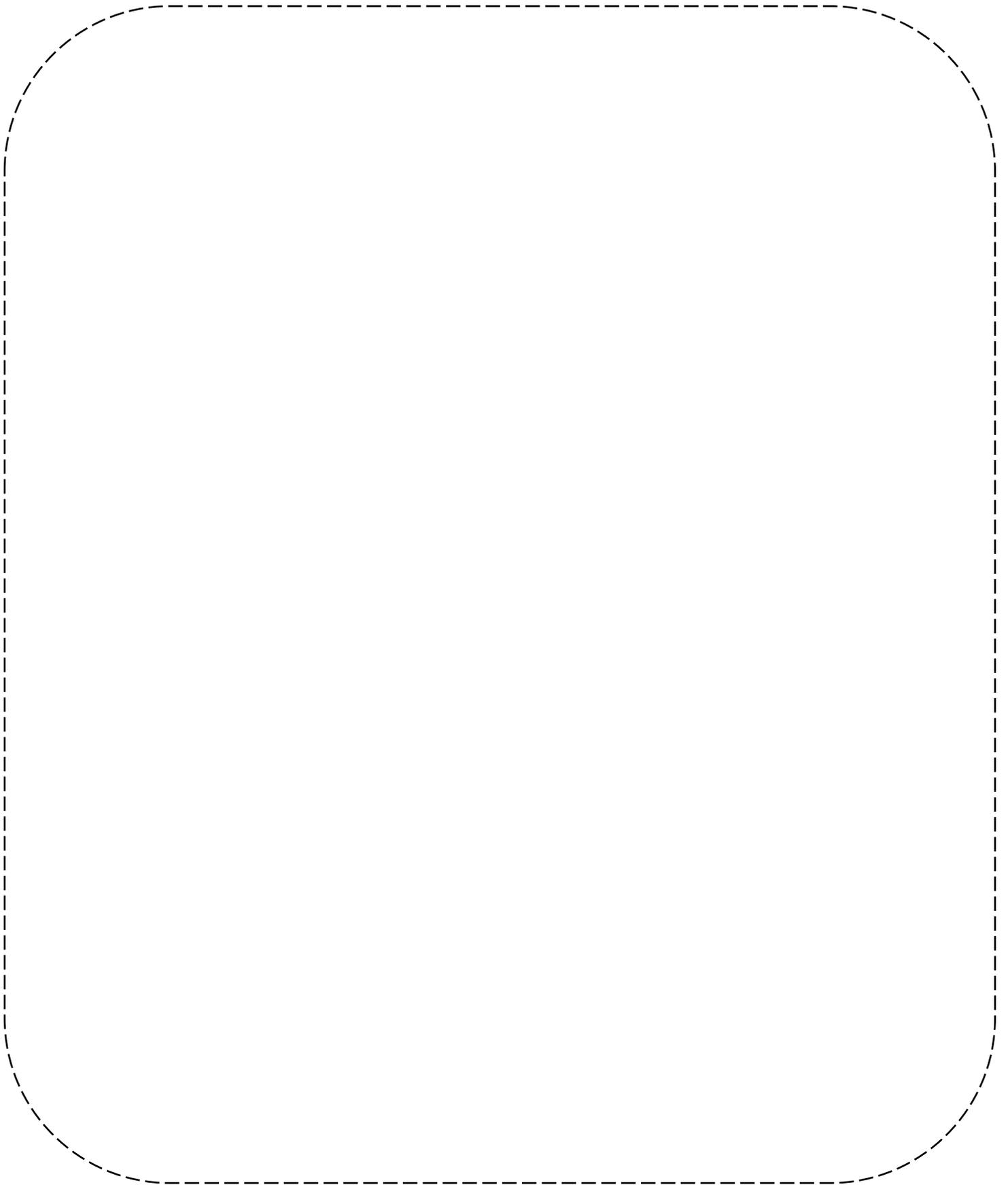
Know that your sons' and daughters' view of God has a lot to do with you.

- God is the perfect example of fatherly love; he loves you so much and will always be there for you, encouraging you, helping you and caring for you.
- In the story of the prodigal son (Luke 15:11-32), Jesus shows us fatherly love. God loves us and forgives us for our mistakes and will always want to have a relationship with us!

Questions to ask as a family.

1. How does God show us fatherly love?
2. God loves us so much! How can we show love to our parents and our family members?

Draw a picture of what you learned today.



Family Challenge

Your family challenge this week is to write a card to your parents! In your card tell your parents all of the things you appreciate about them.

We also encourage you to read the story of the prodigal son (Luke 15:11-32) together as a family. Talk about how this story shows God's fatherly love.

Have a great weekend! 😊

God's Fatherly Love Word Search

Try finding all the words in this word search! All of the words relate to God's love for us and how He shows us His Fatherly love.

God's Fatherly Love

V T S P H J N E K E F X C U S
N H P O E L F J D R O C H I L
S R E A O R P F M F R T I D U
P V E W T V F I O R G A W N F
P R C L K I S E O S I L Z S N
L A O W A S E A C B V Z Z X P
S O R D F T N N C T E K J Y T
D H X E I H I N T E N Z I G B
J B F V N G K O J X E M G N B
L Q A O E T A F N D S C O I D
G P T P T T Z L Z S S O D N Y
J K H F D C E S U Z H Z J L M
D I E N C A R I N G J I U D K
O U R Z W R U K Y V Y N P Z Q
L O V E N C O U R A G I N G J

Relationship

Prodigal

Caring

Forgiveness

Patient

Love

Encouraging

Father

Kind

Perfect

Parent

God

“Spirit-Filled Fathers” | May 29 & 30, 2021

The Small Group Sermon Study

Ephesians 6:4



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?
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 do we learn from this passage and message about God our Father? What do we learn about who He is, how He feels, how He relates to us, what actions He takes, etc.?
 - b. What challenges do you face in being a Spirit-filled father/grandfather?
 - c. What are some ways our small group can help fathers to grow in parenting well? Or help grandfathers to wisely contribute to the lives of their kids and grandkids?
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. Pastor Al talked about father-wounds and defined them as, “the absence of the kind of love that shows acceptance, that includes being treated as worthy and being blessed.” Are there any father-wounds for you that you have not yet worked through? What is keeping you from pursuing healing and freedom in this?
6. What is the most important next step you could take this week to grow in this area? How will you hold yourself accountable to take this step? And how can we pray for you?

Prayer: This week, take some extended time to pray specifically for each father/grandfather in your small group. You might even consider taking turns having them sit in a chair in the centre of the room, then spending a few moments in listening prayer for each one, and finally sharing and praying what you sensed God showing you for them.