

EPHESIANS

Need Some Strength?

Main Scripture: Ephesians 3:14-17

May God (v 14-16)
(Heb 12:9, Phil 4:19)

strengthen you with power (v 16)
(Isa 40:29, 41:10; Ps 46:1-3)

so that Christ dwells in your heart. (v 17)
(Heb 11:1, Ps 73:26)

Heartland Kids Weekend Bulletin

December 19-20, 2020



Ephesians 3:14-17a ESV

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith

May God

- When Paul writes about God here, he is talking about God as the Father. This means we are His children and we can look to God like we would a loving father.
- God, our Father, wants to see us do well – to love like He loves and to act like Him.

Strengthen you with power

- Have you ever had a time when you just didn't want to do something? Maybe it was a chore you really didn't like, or saying you're sorry for something and you just didn't feel sorry. How did you handle it?
- The Bible tells us that God is our power. When we feel like we can't do something, we just aren't strong enough, God wants to step in and give us the strength and power to do the right thing.

So that Christ dwells in your heart

- When we have God's strength in our life, we have God living in us!
- Trusting God is called faith. Faith can be a tricky thing to understand. It means we trust and obey God even when things get hard because we have *faith* that He is with us.

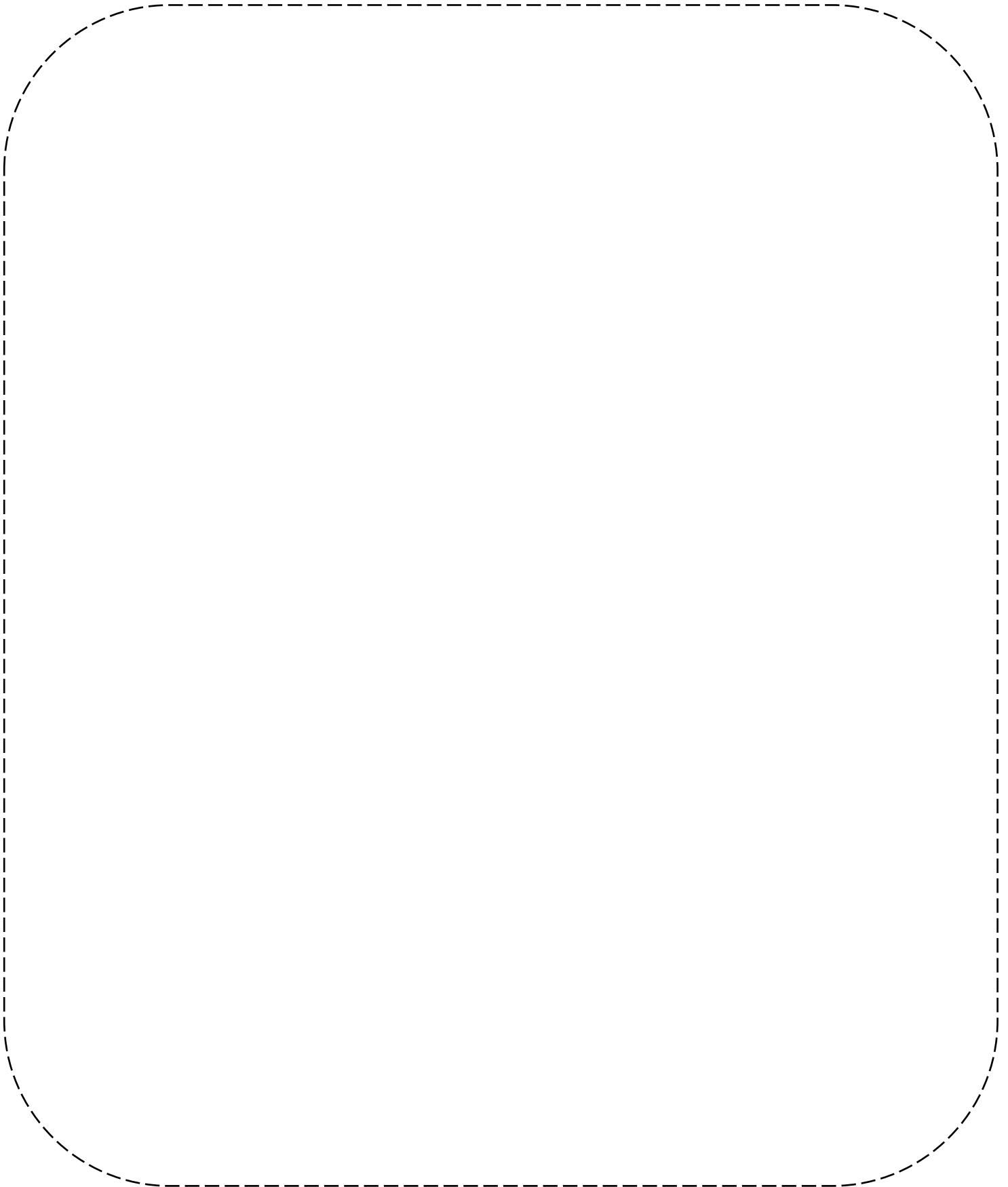
Some questions to discuss as a family:

How have the COVID restrictions made you feel lately? Have they impacted your faith?

What are some areas in which you can pray for strength today?

Do you see God as a father figure? Why or why not?

Draw a picture of what you learned today.



Family Challenge

As we get further into the winter season, the days get shorter and shorter. The dark can feel overwhelming sometimes. Spend some time this week outside! Go for a family walk when the sun is shining. You can play out in the snow or just look at the beautiful scenery.

Keep warm and enjoy God's gift of nature together!

Blind Faith

This week we talked about faith. Hebrews 11:1 says, “Now *faith is the assurance of things hoped for, the conviction of things not seen.*” Roughly, this means trusting without seeing. To help you understand faith a little more you can play the game below with the members of your household.

How to play:

- First, grab a blindfold. A bandana, clean sock, bathrobe tie or even a toque will work!
- Put the blindfold on and have someone else in your household hide.
- When they’re ready you will start to search for them, with your blindfold still on! They can make noises to give you hints but you must keep your blindfold on until you’ve found them.
- Once you find them, switch and play again with someone new blindfolded!

Once you’ve played a few rounds, sit down together to discuss the questions below.

1. How hard was it to find someone blindfolded?
2. Was it easier when they made noise?
3. How often did you stumble into something?
4. Why didn’t you give up searching?

Even though it was hard for you to find the person hiding, I imagine most of you kept playing until you succeeded. Our faith in God can work a little like that. When we know God is there, waiting for us, the fear of stumbling won’t keep us from finding Him! Spend some time this week talking about how to have faith as a family.

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Caroling All the Way

FAMILY ADVENT 

THIS WEEK

Sing your favourite Christmas carols around the neighbourhood together. Bundle up and start when it's still light out. If you're a little shy about singing in public, you can always pre-arrange with family or friends to drive out and sing, just for them! Once you've finished, come home and read the Bible verse and discussion guide on page two together.

Here is a list of popular Christmas songs to get you started:

- Joy to the World
- Silent Night
- O Holy Night
- Away in a Manger



BIBLE READINGS

Luke 2:1-20

DISCUSSION GUIDE

Questions to ask your kids:

- Would you like to quit school and wander the countryside every day, helping a herd of sheep find fresh green grass?
- Would you be scared to sit in the dark all night long, watching over your sheep?
- Would you be brave enough to scare away hungry animals who wanted to attack your sheep?

In Bible times, wealthy owners of sheep often hired other people to care for them. Sometimes, the sheep owner would send his own children out to the fields to look after the family's flock. It's possible some of the shepherds who saw the angel were children as young as ten years old!

The shepherds heard and believed the angel's message. Their fears that their sheep would get lost, or wolves might steal them in the night, no longer seemed important. Seeing Jesus was something they just had to do and none of them wanted to miss out.

Mary and Joseph must have been amazed and encouraged to hear the story from the shepherds. The Bible says that Mary never forgot what they told her. No one expected God's promised Saviour to come born as a baby. To the people of the town this meant one amazing thing: God is with us!

As was stated earlier, some of the shepherds may have only been around ten years old. Their young age didn't prevent them from being used by God. They simply believed God's message and told others what they knew. You can do that too! When someone you love is having a tough time, you can remind them that God is with them and that can make a big difference. When you worship Jesus in public places or share what you know about Him with others you are making a difference for God's Kingdom!

Close with a time of prayer, thanking God for the reason for the season.

“Need Some Strength?” | December 19 & 20, 2020

The Small Group Sermon Study
Ephesians 3:14-17a



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 who He is, how He feels, what actions He takes, etc.?

 - b. In what ways has God strengthened our small group through this fall/Christmas season?

 - c. In what areas do we need to be strengthened even more right now?

 - d. Let's take some time right now to pray for one another, and for our small group as a whole, that God would strengthen us with power.

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. What type of temptation are you most susceptible to? How can we pray specifically for you in this?

6. What do you need to surrender to Jesus? How will you respond to what God is showing you?

Prayer: Spend time praying for one another in pairs or triads, for strength to stand against temptation, and asking God to give a word of encouragement to each person as you pray.