

# EPHESIANS

## Living in the LIGHT

Main Scripture: Ephesians 5:8-14

**The good news. (v 8)**  
(Jn 12:46)

**How do I enter the light? (v 8-11)**  
(Jn 8:12, 3:16; Lk 18:18-30)

**How do I stay in the light? (v 11-14)**

## How to live in the LIGHT

- A. Acknowledge that Jesus Christ is the only way to God and that you need Him in your life.

John 14:6, "*I [Jesus] am the way the truth and the life, no one comes to the Father except through me.*"

- B. Be willing to turn from the things that God would not approve of as outlined in the Bible, and instead, decide to live according to His Word; honour Jesus Christ by how you live your life. (Repentance)

1 John 1:9, "*If we confess our sins, He [God] is faithful and just to forgive us our sins and cleanse us from all unrighteousness.*"

- C. Believe that Jesus Christ died for you on the cross and rose from the grave and accept His payment on your behalf.

John 3:16, "*For God so loved the world that He gave his one and only Son, that whoever believes in Him shall not perish but have eternal life.*"

- D. Through prayer, invite Jesus Christ to come into your life. Expect the Holy Spirit to live with you, live in you and give you power to live His way.

This prayer enables you to live eternally with Christ in heaven.

*Lord Jesus,*

*I know that I am a sinner and that I need your forgiveness for my sin. I believe that you died on the cross for my sins personally and I trust in You alone to save me. I choose to turn away from the things in my life that Your word (the Bible) says are wrong. I surrender my life to you and commit to follow Your ways and Your word. I invite You to come and reign and rule in my heart and life and open my spirit. Establish your presence within me. I want to know the power of the Holy Spirit working in me and live forever with you in the kingdom of God. I choose to trust and follow you as my Lord and Saviour.*

# Heartland Kids Weekend Bulletin

May 8-9, 2021



## Ephesians 5:8-14

<sup>8</sup>For you were once darkness, but now you are light in the Lord. Live as children of light <sup>9</sup>(for the fruit of the light consists in all goodness, righteousness and truth) <sup>10</sup>and find out what pleases the Lord. <sup>11</sup>Have nothing to do with the fruitless deeds of darkness, but rather expose them. <sup>12</sup>It is shameful even to mention what the disobedient do in secret. <sup>13</sup>But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. <sup>14</sup>This is why it is said: “Wake up, sleeper, rise from the dead, and Christ will shine on you.”

## The Good News

- We are all born in spiritual darkness. That means we have to ask Jesus, the light, to come into our lives. He wants to live in us and spread His light but we have to make the first step.

## How do I enter the Light?

- Know that Jesus is the only way to God and you need Him to bring light to your life.
- Stop doing the things that go against what the Bible teaches. Instead, live like Jesus would want you to!
- Believe that Jesus died on the cross for YOU and rose again.
- Pray and ask Jesus to come into your life. Ask the Holy Spirit to live with you and give you His power.

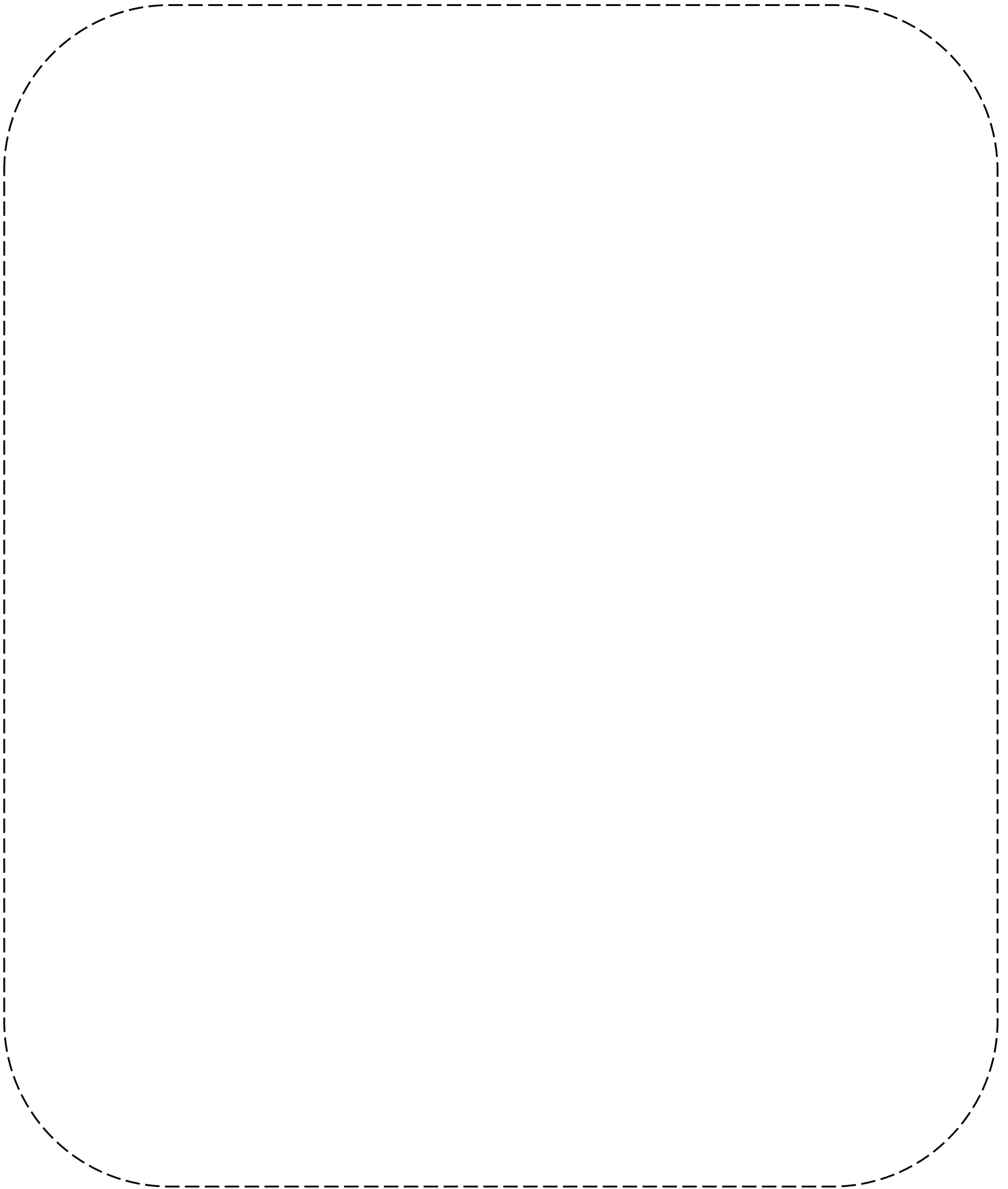
## How do I stay in the Light?

- Plants need light to grow. Just like a plant, we need Jesus to keep growing in our faith and His light. That means knowing your Bible, praying and spending time just enjoying being with God!

### Questions to ask as a family.

1. Have I entered the Light (accepted Jesus)?
2. Is that a step I am ready to take today?
3. What are some ways I can spend time with Jesus and enjoy His presence?

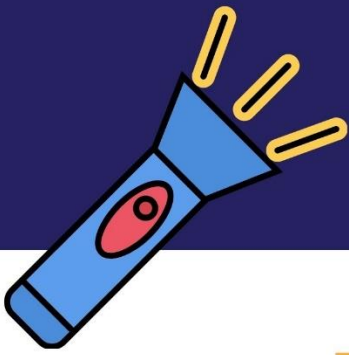
Draw a picture of what you learned today.



## Family Challenge

It is Mother's Day Weekend! Spend time this weekend celebrating the mom in your life and showering her with love! Think about something that would bring her joy and see what you can do to make it happen. Or, even better, ask her what she would like to do today!

If you want help making something special, pop over to the Heartland website and check out our Kids page; there is a special Mother's Day craft tutorial under the Preschool Lesson.



# LIGHT IN THE DARKNESS

This week Pastor Al talked about how we need Jesus' light in our life. Here is a game the whole family can play to help you remember how important it is to have Jesus' light in your life.

Grab some flashlights, wait until it's dark and play flashlight hide and seek! Or, turn off all the lights (or as many as you're comfortable with) in the house. Have one person be the seeker. They count while everyone hides. If you are found, you become a seeker! Use your flashlight to search for the rest of the people hiding. The last person found wins! When everyone has been found, pick a new seeker and play again.

Remember, all of us are born in darkness, but we have a choice to ask for Jesus' light to come live in us (through the Holy Spirit). Talk to your family about if you are ready to make that choice today!



# “Living in the Light” | May 8 & 9, 2021

The Small Group Sermon Study  
Ephesians 5:8-14



**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. Paul talks about exposing the works of the darkness as a means of walking in the light, and instead, seeking to discern what is pleasing to the Lord. What does this mean? How can we seek to do this as a small group?
  
  - c. Pastor Al stated that Jesus is the one who develops goodness, righteousness and truth in each of us, but he also said that we need to choose them. How do we make sense of these two realities? How do we live in that reality?
  
  - d. What is the cost and result of walking in the light? How does it benefit our small group? How does it benefit the world?
  
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. In which of these three things – goodness, righteousness and truth – do you find it most difficult to walk? How can our small group help you grow in living in the light?
  
5. 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.).***