

EPHESIANS

Spirit-Filled Worship

Main Scripture: Ephesians 5:19-20

Spirit-filled worship is ...

Expressed to one another
(Deut 31:19)

From your heart to the Lord
(Mat 15:8)

With thanksgiving
(1 Thes 5:18, Rom 8:22-23)

Heartland Kids Weekend Bulletin

April 24-25, 2021



Ephesians 5:19-20

¹⁹ Speak to one another in psalms and hymns and spiritual songs, sing and make music in your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Spirit-filled worship is expressed to one another.

- The Bible talks about how important it is to sing all together! Even if you don't know all the words or the tune, singing together makes God happy and can help make others around you happy.
- A triad is a musical chord that has three parts. When we sing all together with our different voices and parts, we are reminding ourselves and others about God – who is made up of the Father, Son and Holy Spirit.

Spirit-filled worship is from your heart to the Lord.

- God loves when we have an attitude of happiness and are thankful for all He has done for us. When we sing with this attitude it helps us connect with God.
- When we don't have this attitude, what can we do? Like Pastor Al talked about last week, we must be active in our relationship with God. Sometimes that means worshipping anyway and asking God to help our feeling and attitude catch up.

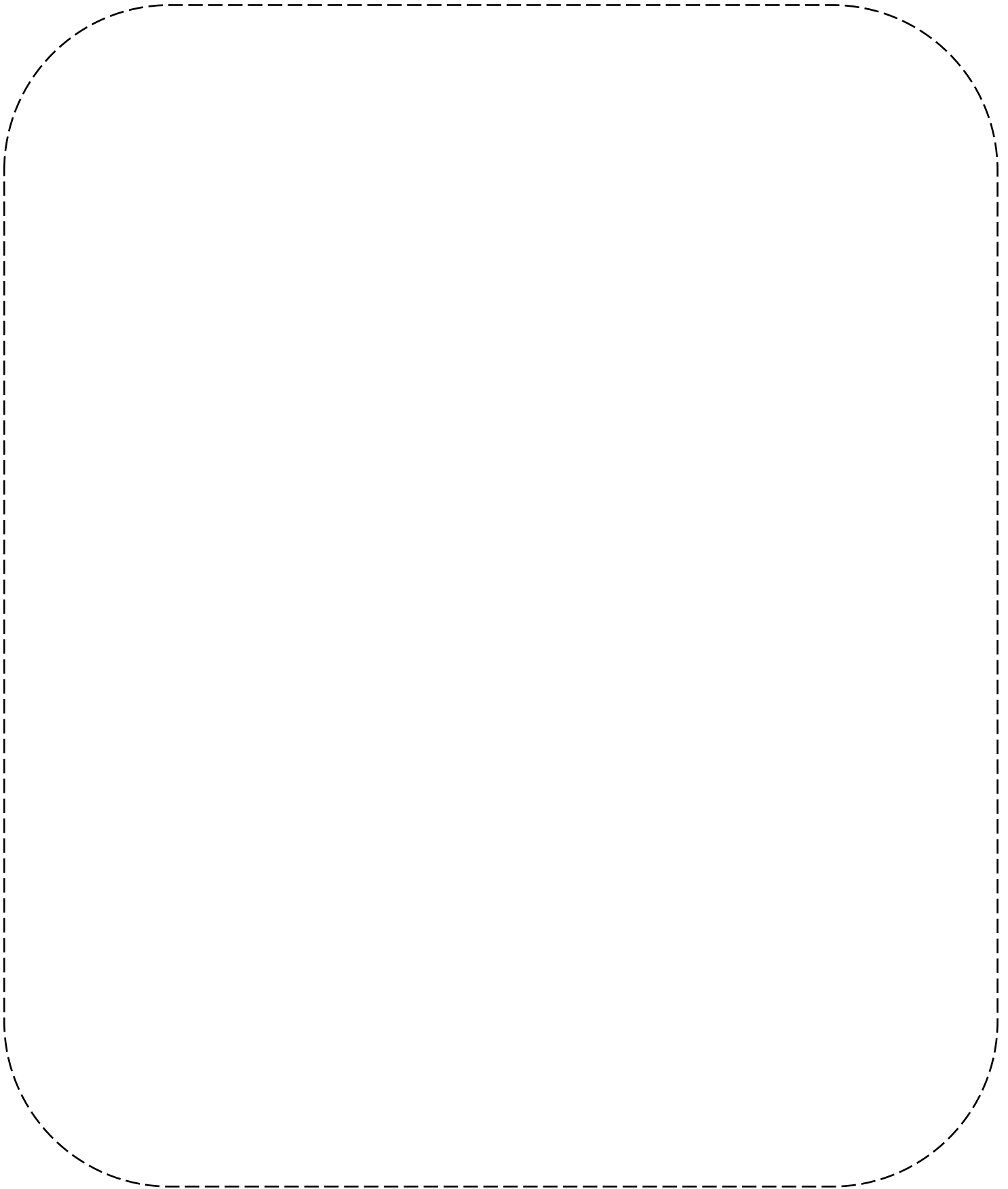
Spirit-filled worship is with thanksgiving.

- When we are grumpy or have a crummy attitude, is it easy to worship and sing to God? No! Being thankful can get harder as we get older and have more stress and anxiety in our lives. It is important to build thankful habits now so that we can keep an attitude of joy towards worshipping God.
- How can you get from grumpy to glad? See the *Give Thanks* page.

Questions to ask as a family.

1. What is your favourite worship song?
2. How do you feel when you sing this song alone? With other people?

Draw a picture of what you learned today.



Family Challenge

This week your challenge is to have a dance party! Make a playlist with your favourite upbeat songs or find the Heartland Student Community playlist on Spotify and rock out! Sing as loud as you can (don't worry about how you sound; just have fun) and dance until you can't anymore.

Or, if your family has instruments you can always spend some time learning to play your favourite worship song together too.

Whatever you decide to do, have fun singing and worshipping together!

Fill Up My Cup

Pastor Rob talked about how important it is to worship from a glad and grateful heart. How can you be grateful when you're grouchy? Take the page below and cut it out. Hang it on your fridge, bathroom mirror, bedroom wall or anywhere else you might need it! Whenever you're feeling grouchy and need help being thankful for all God has done, list three (or more!) things you are glad to have in your life.

These three things can be as big (family vacations, new toy) or as small (no chores this evening, favourite kind of juice in my lunchbox) as you want. Once you've written your list out, pray and thank God for these blessings. You'll be surprised how quickly your attitude can change once you've finished.



b

I'M THANKFUL FOR...

1. _____

2. _____

3. _____

“Spirit-Filled Worship” | April 24 & 25, 2021

The Small Group Sermon Study
Ephesians 5:19-20



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. How are we doing as a small group in our worship together? In what ways are we worshiping well together, and in what ways can we maybe improve?

 - c. Pastor Rob asked the questions, “But what do you do when your heart’s not in it? When we don’t even feel like praising?”
 - i. Are we still supposed to worship even when the “tap doesn’t turn on?”

 - ii. What helps you better express your heart to the Lord when you don’t feel like doing it?

 - d. What are some things you are very thankful for right now?

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

5. What psalm, hymn or spiritual song is most meaningful to you right now? Can you share this with the group?

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.).