

# What Do You Have There?

## LOWER ELEMENTARY LESSON PLAN

**Theme:** We need help.

**Scripture:** Ephesians 1:15-23

**Memory Verse:** Ephesians 1:18, 'I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you.'

## The Children's Sermon

"Do you know what I have here?" I'm holding something very special. It's a book, but not just any book. This is the Bible, and it's like a love letter from God to us. It tells us how much He loves us and cares for us. It's also like an instruction manual. You know how when you get a new toy, it comes with a book that tells you how to use it? Well, the Bible is like that, but it's for our lives. It shows us the best way to live and be happy. Some people say it's our B-I-B-L-E, which stands for Basic Instructions Before Leaving Earth. Isn't that cool?

Today, we're going to talk about a special part of the Bible. It's called Ephesians 1:15-23. This is a letter that Paul wrote to his friends in Ephesus. Paul was a man who loved Jesus very much, and he wanted to share that love with everyone. In this letter, Paul is saying a big "thank you" to God for his friends and for all the wonderful things God has done. He's also asking God to help his friends understand how much God loves them and how powerful that love is.

Paul talks about how Jesus is super special because He is sitting right next to God in heaven. That means Jesus is very important and powerful. And guess what? The same

power that raised Jesus from the dead and put Him next to God is available to us too! Paul wants us to know that we can have that power in our lives when we believe in Jesus. It's like having a superhero power that helps us do good things and love others.

Now, let's imagine something. Think about your best friend. You share your toys with them, play together, and help them when they're sad, right? That's kind of what Paul is doing in his letter. He's sharing the good news about Jesus with his friends because he cares about them. He wants them to know how awesome it is to have Jesus in their lives.

Paul also talks about how we are part of something big and wonderful. When we believe in Jesus, we become part of God's family. It's like being on the best team ever! And on this team, everyone is important and has a special part to play. We all help each other and work together to show God's love to the world.

Now, you might wonder, "How can I be part of God's team?" It's simple! All you have to do is believe in Jesus, talk to Him in prayer, and try to follow what the Bible says. It's like signing up to be on the best adventure of your life. And just like any adventure, there will be fun times and hard times. But remember, with Jesus and God's power, we can get through anything.

Let's think about something else. Have you ever been afraid of the dark or worried about something? Well, the Bible tells us that God's power is stronger than anything we might be afraid of. So, whenever you're scared or worried, you can talk to God about it. He's always listening and ready to help because He loves you so much.

Paul's letter, this Ephesians 1:15-23 Sermon, is like a big hug from God. It tells us that we are loved, we have a powerful friend in Jesus, and we're part of an amazing family. And just like when you get a hug and feel safe and happy, this message from Paul can make us feel that way too.

So, let's remember to be like Paul and share the good news about Jesus with our friends. We can tell them about the Bible, our special book that's like a love letter and instruction manual. We can tell them about how Jesus loves them and wants to be their friend too.

And don't forget, whenever you're feeling alone, scared, or just not sure about things, you can talk to God. He's always there, ready to listen and help. You're never alone because you're part of God's big, loving family.

In conclusion, Ephesians 1:15-23 Sermon teaches us about God's love, Jesus' power, and how we're all part of something wonderful. Let's take that superhero power of love and kindness and use it every day. Let's be kind to our friends, help those in need, and always remember how much God loves us. And just like Paul shared this good news, we can too. Because when we share love and kindness, we make the world a better place.

Thank you for listening, and remember, you are loved, you are powerful, and you are part of God's amazing family. Let's go out and live like it, sharing God's love every day!

**Bible Memory Verse**

## **Ephesians 1:18, 'I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you.'**

You Will Need:

- Colored construction paper
- Scissors
- Glue
- Markers or crayons

Get Ready:

- Cut out large heart shapes from the colored construction paper.
- Prepare a sample heart with 'Ephesians 1:18' and decorations to show as an example.

Do This:

1. Give each child a heart shape and ask them to write the memory verse in the center with markers or crayons.
2. Encourage them to decorate around the verse with drawings or designs that represent hope to them (like sunshine, rainbows, or smiling faces).
3. Once everyone is done, have a sharing circle where each child can show their heart and talk about what hope means to them. Explain how just like we need light to see, we need Jesus to enlighten our hearts to see the hope He gives us.

## **Bible Interactive Experience**

You'll Need:

- A large puzzle (about 20-30 pieces) with a picture of a family or friends helping each other

- A blindfold
- Ephesians 1:15-23 printed out on a large poster or written out in large print

#### Get Ready:

- Before the class, set up a table with the puzzle pieces scattered on it.
- Place the Ephesians 1:15-23 poster where all the children can see it.

#### Do this:

1. **Introduction**: Start by telling the children that today we're going to learn about how we all need help sometimes, just like in Ephesians 1:15-23, where it talks about the power of God and how we can ask for help. Explain that we're going to do a fun activity to understand this better.
2. **Puzzle Activity**: Divide the children into small teams. Blindfold one child from each team and explain that they will be the ones trying to complete the puzzle, but they can't do it alone. They will need their team's help. The rest of the team can give verbal instructions to help the blindfolded child find and place the puzzle pieces. The catch is that the blindfolded child represents us when we try to do things on our own without asking for help, and their teammates represent God's guidance and the help we get from others.
3. **Reflection and Discussion**: Once the puzzles are completed, gather the children and ask them how it felt to be the one blindfolded and how it felt to give instructions. Discuss how this activity relates to Ephesians 1:15-23, emphasizing that just like in the activity, we sometimes can't see the whole picture, but God and the people He places in our lives can help us. Conclude by reading Ephesians 1:15-23 together from the

poster, highlighting verse 19 about God's incomparably great power for us who believe, and how that power is like the help we get from others.

4. **Closing**: End with a short prayer, asking God to help us remember to ask for help when we need it and to be thankful for the people He has placed in our lives to help us.

## Snack Activity: Helping Hands Fruit Salad

You'll Need:

- A variety of fruits (grapes, strawberries, bananas, apples)
- Plastic knives
- Large bowl

Get Ready: Wash all the fruits and lay them out on a clean table.

Do this:

1. Talk about Ephesians 1:15-23, focusing on how we need help from God and others to grow in faith. Explain that just like we need different fruits for a tasty salad, we need different kinds of help in our lives.
2. Let each child pick a fruit and, with help from an adult, cut it into small pieces. As they do, encourage them to think of a person who has helped them grow in some way.
3. Combine all the fruit pieces in a large bowl. As you mix, pray together, thanking God for sending us help through family, friends, and our faith community. Enjoy the fruit salad as a reminder of the sweet support we have in each other and from God.

## Game Activity: Helping Hands Hopscotch

You'll Need:

- Sidewalk chalk
- A small stone or beanbag
- A large open space (like a driveway or sidewalk)

Get Ready: Draw a large hopscotch grid on the ground. Instead of numbers, write the words LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS, and SELF-CONTROL in each square. These represent the fruits of the Spirit, which help us to remember how we can help others and show God's love.

Do this:

1. Each player takes a turn tossing their stone or beanbag onto one of the squares.
2. The player must hop through the hopscotch grid, skipping the square their stone landed on, and while hopping, they say a short prayer or a way they can help others related to the word in the square they are currently on.
3. Once they reach the end, they hop back, pick up their stone, and pass it to the next player. The game continues with each player praying and thinking of ways to help others, showing how we all need help and can be helpers, just like in Ephesians 1:15-23.

## Craft Activity: Helping Hands Prayer Chain

You'll Need:

- Construction paper in various colors
- Markers or crayons
- Scissors
- Glue or tape

Get Ready: Cut the construction paper into strips about 1 inch wide and 6 inches long.

Do this:

1. Read Ephesians 1:15-23 together, focusing on how Paul prays for the Ephesians to receive wisdom and revelation to know God better. Discuss how we all need help to understand and know God more.
2. On each strip of paper, have the children write or draw a prayer request or a way they need help from God. Encourage them to think about ways they can help others too.
3. Loop the strips into interlocking circles, securing them with glue or tape, to create a chain. As they link each 'helping hand', remind them that just like the chain is connected, we are all connected in needing help and helping others through prayer and actions.
4. Hang the Helping Hands Prayer Chain in your classroom or at home as a reminder to pray for each other and to seek God's help in everything.

## Prayer Activity: Heavenly Helpers

You'll Need:

- Colorful construction paper
- Markers or crayons
- Scissors

Get Ready: Before the activity, cut out several large paper hands from the construction paper. These will represent our prayers for help reaching out to God.

Do this:

1. Start by reading Ephesians 1:15-23 together. Explain that just like Paul prayed for the Ephesians to understand God's power and help, we can pray for help too.



2. Give each child a paper hand and markers or crayons. Ask them to think about a time they needed help or might need help in the future. It could be help with making friends, understanding homework, or feeling brave.
3. Have them write or draw their prayer for help on the paper hand. Encourage creativity—they can draw symbols, write words, or even just color feelings.
4. Gather the hands in a circle on the floor, and lead the children in a prayer, asking God for help just like Paul did. Pray for each request on the paper hands, acknowledging that we all need God's mighty power in our lives.