

What Do You Have There?

UPPER 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 riches of his glorious inheritance in his holy people.'

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, the riches of his glorious inheritance in his holy people.'

You Will Need:

- Construction paper (various colors)
- Markers or crayons
- Scissors
- Glue sticks
- String or yarn

Get Ready:

- Cut the construction paper into large, heart-shaped pieces, one for each child.
- Cut the string or yarn into 24-inch lengths.

Do This:

1. Give each child a heart-shaped piece of construction paper and markers or crayons. Ask them to write the memory verse on one side of the heart.
2. On the other side of the heart, have them draw or write things they hope for or feel called to do.
3. Punch a hole at the top of each heart and thread a piece of string or yarn through it. Have the children wear their hearts around their necks as a reminder of the hope and calling God has given them.

Bible Interactive Experience

You'll Need:

- A Bible or printed copies of Ephesians 1:15-23
- A large poster board and markers
- Sticky notes and pens
- Small flashlights or glow sticks
- A world map or globe

Get Ready:

- Write "Ephesians 1:15-23" at the top of the poster board and draw a big heart around it.
- Place the poster board, markers, sticky notes, pens, flashlights/glow sticks, and the world map or globe in accessible spots around your activity area.

Do this:

1. ****Read and Reflect:**** Start by reading Ephesians 1:15-23 together. Ask the kids to share one word or phrase that stands out to them and why. Use the sticky notes and pens for them to write these words/phrases down and stick them on the poster board around the heart.

2. ****Light of the World Map Activity:**** Give each child a flashlight or glow stick. Turn off the lights and shine the flashlights on the world map or globe. Discuss how Paul prayed for the Ephesians to have wisdom and revelation to know God better, just like how we need light to see the world clearly. Challenge the kids to think of one place in the world they want to pray for wisdom and revelation for the people there to know God. They can then place a sticky note on that place on the map.

3. **Power and Hope Craft:** Using the remaining materials, have the kids create a visual representation of verses 19-23, focusing on God's incomparably great power for us who believe. They can draw or write words/phrases from these verses on the poster board, illustrating the hope we have in Christ and the power at work within us. Encourage creativity, allowing them to depict the resurrection power, Jesus being the head over everything, and us being the body of the church.

4. **Reflection and Prayer:** Conclude with a time of reflection on what they've learned and created. Invite each child to share one thing they will pray for this week based on Paul's prayer for wisdom, revelation, hope, and power. Close in prayer, asking God to open the eyes of our hearts, just like Paul prayed for the Ephesians.

Snack Activity: Ephesians Eye-Opener Snacks

You'll Need:

- Round crackers or cookies
- Cream cheese or any spreadable cheese
- Sliced olives
- Sliced cucumbers
- Plastic knives for spreading
- Paper plates

Get Ready: Make sure all the ingredients are washed and ready to be used. Slice the cucumbers into thin slices, and have the olives and spreadable cheese open and accessible for the kids.

Do this:

1. Start by discussing Ephesians 1:15-23, focusing on the theme of enlightenment and understanding that comes from God. Explain how Paul prayed for the Ephesians' eyes to be opened to God's wisdom and power.
2. Have each child take a cracker or cookie and spread a layer of cream cheese on top. This represents the foundation of faith.
3. Next, place a slice of cucumber on the cream cheese to symbolize the 'eyes of your heart' being enlightened, as mentioned in verse 18. Discuss how cucumbers are often used to soothe physical eyes, drawing a parallel to how spiritual enlightenment soothes and enlightens our hearts.
4. Place a slice of olive on each cucumber slice to represent the hope to which God has called us. Olives are a symbol of peace and anointing, which ties back to the inheritance and power we have in Christ.
5. As they eat their Ephesians Eye-Opener Snacks, encourage the children to think about the ways they can seek wisdom and understanding from God in their daily lives.

Game Activity: Ephesian Power Quest

You'll Need:

- A large open space (preferably outdoors)
- Pieces of cloth or paper with Ephesians 1:15-23 written on them
- Objects to serve as 'power sources' (e.g., small balls, bean bags, or similar items)
- Baskets or designated areas to collect 'power sources'

Get Ready: Before the game, hide the 'power sources' around the play area. Write or print Ephesians 1:15-23 on pieces of cloth or paper and attach one to each 'power source.' Divide the children into teams and assign each team a basket or designated area to collect their 'power sources.'

Do this:

1. Explain to the children that they are on a quest to find the 'power sources' that represent the power of faith and the wisdom and revelation in knowing God, as described in Ephesians 1:15-23. Each 'power source' has a part of the scripture attached to it.
2. On 'Go,' teams race to find the 'power sources' and bring them back to their collection area. Once a 'power source' is found, the team must read the scripture aloud together before placing it in their collection area.
3. The game continues until all 'power sources' are found. The team with the most 'power sources' collected wins. Conclude the game with a discussion on how the power of faith and understanding God's wisdom can help us in our daily lives, reflecting on the scripture passages collected.

Craft Activity: Eyes of the Heart Lantern

You'll Need:

- A clear jar (like a mason jar)
- Tissue paper in various colors
- White school glue
- A paintbrush
- LED tea light
- Black construction paper
- Scissors

Get Ready: Cut out shapes from the black construction paper that represent things we pray for (hearts for love, crosses for faith, etc.). Also, cut out two eye shapes to symbolize the 'eyes of your heart' mentioned in Ephesians 1:18.

Do this:

1. Tear the tissue paper into small pieces. Mix white glue with a little bit of water to make it easier to spread.
2. Use the paintbrush to apply the glue mixture on the outside of the jar, and stick the tissue paper pieces onto the jar, overlapping them slightly to create a stained glass effect. Let it dry.
3. Once dry, glue the black paper shapes and eyes around the jar. These represent the things we pray to see more clearly with our 'heart's eyes' as God enlightens us, just as Paul prayed for the Ephesians.
4. Place the LED tea light inside the jar. When lit, the lantern will illuminate the shapes and eyes, reminding us of the hope to which God has called us, the riches of His glorious inheritance in the saints, and His incomparably great power for us who believe, as described in Ephesians 1:18-19.

Prayer Activity: Eyes of the Heart

You'll Need:

- A Bible or printed copies of Ephesians 1:15-23
- Blank paper
- Coloring pencils or markers

Get Ready: Read Ephesians 1:15-23 to familiarize yourself with the passage. Prepare a brief explanation of the passage focusing on the themes of wisdom, revelation, and understanding that Paul prays for the Ephesians.

Do this:

1. Begin with a group reading of Ephesians 1:15-23. Encourage the children to listen carefully to the words and think about what Paul is praying for.

2. Hand out the blank paper and coloring supplies. Ask the children to draw two things: on one half, what they think it means to have the 'eyes of your heart enlightened' as mentioned in verse 18, and on the other half, something they would like wisdom and revelation about in their own lives.

3. After they finish their drawings, gather in a circle. Invite each child to share their drawing and what they drew. Then, lead them in a prayer, asking God to give them a spirit of wisdom and revelation, just like Paul prayed for the Ephesians. Encourage them to pray for each other, specifically for the things they illustrated on their papers.