

## Ephesians 5

### LESSON 1:

Review Ephesians 4 with pictures or examples of the activities done during the last lesson.

**ACTIVITY:** Print the pictures from the last lesson of the students with their mouths open wide. Using stickers or colored pencils with word bubbles, print “edification” and “grace” coming from their mouths. (Have copies for self-portraits if student pictures are not used.)

Use heart stickers to show where the words come from...and write (or use another sticker) to show Jesus in their hearts. (Matthew 12:34 shows that words flow from what fills a man’s heart--good or evil; so let us pray that as Jesus fills our hearts, He will as a result flow in the words we speak.)

Read Ephesians 5:1 **“Therefore be imitators of God, as beloved children;”** (Eph 5:1 NAS95)

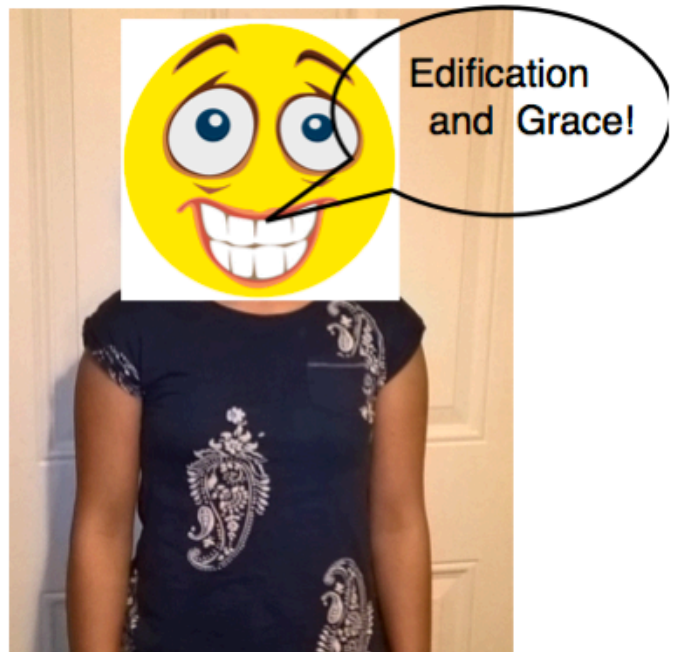
The word “imitator” could also be translated “follower” (Strong’s 3402) Because we are loved children of God, He shows Himself to us, and as we see Him, we follow and do as He does. Just as Jesus does the works of His Father.

**ACTIVITY:** Imitator (follower) vs. Imitation (fake copy)

Play follow the leader, but do things that those who know you understand what you are doing--but things that the casual observer might miss. For example:

Pull a weed (*A casual observer might just think you’re picking a plant.*)

“Let no \_\_\_\_\_ word proceed from your mouth, but only such a word as is good for \_\_\_\_\_ according to the need of the moment, so that it will give \_\_\_\_\_ to those who hear.” (Ephesians 4:29; NAS95)



Take a Wet Wipe and wipe the table (*A casual observer might simply take the Wet Wipe and not focus upon how clean the table becomes or might wipe the exact same spot that you did thinking that copying you precisely was the goal rather than cleaning the table.*)

Step over a bug (*A casual observer might simply think you were walking a bit strangely and not notice the bug.*)

Toss a rock from the yard to the walkway (*A casual observer might see only that a rock was tossed--not that you're trying to remove the rocks from the grass and put them back into the walkway.*)

Discuss how understanding the heart of the one you are following clarifies what is being done and why. Following God is something

Now show examples of “imitation” or fake copies of things, such as:

fake fruit (that you cannot eat)

imitation fur or wool

toy phone or toy tool (will not function like a real one)

We are called to follow, rather than copy, God. The temptation to “be like God” has been the downfall of mankind--the serpent deceived Eve by telling her that if she ate from the tree of the knowledge of good and evil she would be like God, knowing good and evil... It might sound good to try to be like God, but He’s not looking for fake imitations of Himself.

Read Ephesians 5:2 **“and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.”** (Eph 5:2 NAS95)

To walk means to go about and behave one’s self according to love--just as Christ loved and was a sacrifice to God. Christ responded to God, in love, rather than reacting to the world around Him. We too, are to respond to God, in love, rather than reacting to the world around us. We are following Him and responding to Him.

Read Ephesians 5:3-4 **“But immorality or any impurity or greed must not even be named among you, as is proper among saints; and *there must be no* filthiness and silly [or foolish] talk, or coarse jesting, which are not fitting, but rather giving of thanks.”** (Eph 5:3-4 NAS95)

This goes back to the verse in Matthew 12:34 **“You brood of vipers, how can you, being evil, speak what is good? For the mouth speaks out of that which fills the heart.”** (Mt 12:34 NAS95)

We will speak from our hearts and respond to what or who is in our hearts.

Read Ephesians 5:5-10 **“For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not be partakers with**

them; for you were formerly darkness, but now you are Light in the Lord; walk as children of Light (for the fruit of the Light *consists* in all goodness and righteousness and truth), trying to learn what is pleasing to the Lord.” (Eph 5:5-10 NAS95)

ACTIVITY: Walk in Love and Light

This game is like red light/green light but use a sign that has “Light and Love” on one side and “darkness” written on the other side. Have one student hold the sign and the rest respond by walking when the sign says “Light and Love” and stopping when the sign is turned to “darkness”. Students who walk in “darkness” have to go back to the start. The first to make it to the leader gets to be the next to hold the sign.

(Make the sign out of cardboard or card stock, and tape a paint stirrer for a handle to the sign.)

SNACK option: fruit

## LESSON 2:

Read Ephesians 5:11-13 **“Do not participate in the unfruitful deeds of darkness, but instead even expose them; for it is disgraceful even to speak of the things which are done by them in secret. But all things become visible when they are exposed by the light, for everything that becomes visible is light.”** (Eph 5:11-13 NAS95)

When Paul suggests exposing the deeds of darkness, he is not talking about running around describing what “so-and-so” did and gossiping. He is describing a private conversation done for the purpose of correcting and helping someone recognize the mistake. (For example, if you misspell a word, and someone lets you know--especially before you turn in a paper--it is helpful. Or if you’re shoes are untied) If a person is “enlightened”, they come to see “the light”. Jesus is the light of the world. **“Then Jesus again spoke to them, saying, "I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life."”** (Joh 8:12 NAS95)

ACTIVITY: Blind and Correct vs. Enlightened

Blindfold one child and place a sign that says “Jesus” somewhere in the room. Have the others describe how to get to the sign--correcting the child’s errors verbally. If the child needs further assistance, have someone lead them to the sign. Finally, simply remove the blindfold so they can *see* the sign. Discuss that the goal is not simply to try to become “sinless” (which is impossible) but rather to see Jesus. (Option: blindfold more than one person at the same time, so that the instructions are more confusing since it might be difficult for the blindfolded people to know which directions to follow.)

Read Ephesians 5:14-20 **“For this reason it says, "Awake, sleeper, And arise from the dead, And Christ will shine on you." Therefore be careful how you walk, not as unwise men but**

as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;” (Eph 5:14–20 NAS95)

There is a repeated theme of giving thanks. If you had been completely unaware of a hazard, and someone save you, would you be thankful? When the Lord awakens us to our state apart from Him, and we realize that we are dead apart from Him, then we realize what a gift of salvation we have. We are grateful for life.

ACTIVITY: Songs of Praise and Encouragement

Ask the kids what song or psalm encourages them? Sing some of those songs (with or without background music.) Some suggestions: “Be Thou My Vision”, “I Will Bless the Lord at All Time...His Praise Shall Continually Be in My Mouth”, “When I Hear...and turn to See...”

Read Ephesians 5:21-33 “and be subject to one another in the fear of Christ. Wives, *be subject* to your own husbands, as to the Lord. For the husband is the head of the wife, as Christ also is the head of the church, He Himself *being* the Savior of the body. But as the church is subject to Christ, so also the wives *ought to be* to their husbands in everything. Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word, that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also *does* the church, because we are members of His body. FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND MOTHER AND SHALL BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH. This mystery is great; but I am speaking with reference to Christ and the church. Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must *see to it* that she respects her husband.” (Eph 5:21-33 NAS95)

Submit (5293): From the Online Bible Greek Lexicon:

- 1) to arrange under, to subordinate
- 2) to subject, put in subjection
- 3) to subject one’s self, obey
- 4) to submit to one’s control
- 5) to yield to one’s admonition or advice
- 6) to obey, be subject

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*A Greek military term meaning "to arrange [troop divisions] in a military fashion under the command of a leader". In non-military use, it was "a voluntary attitude of giving in, cooperating, assuming responsibility, and carrying a burden".*

The picture I see is:

When riding a bike, each foot submits (or comes under the control) of the other to propel the body forward. Both feet are members of the same body. One foot is not humiliating the other foot. One is simply in control...and then the other...not taking turns for the sake of taking turns, but rather for the goal to move the entire body forward. Another possible example: The person navigating a boat from a physically higher position can see farther to direct those who are lower on the boat. They respond to the commands knowing that the navigator can see what they might not see. Everyone on the boat has the same goal, the same destination.

ACTIVITY: Leap Frog

(Optional--show the video from <https://www.youtube.com/watch?v=Hj0JBiknaPg>)

This will show how to actually jump over a person safely

Place all the players in a line and have them proceed from the back to the front of the line until all of the players have gotten to jump at least once. Then, continue until one of the players makes it to a finish line or spot indicated.

Discuss, even though one person might have gotten to the finish line first, all of the players had an equal hand in the result. Each person submitted to the others for the good of the whole, and when one person got to the finish line, we ALL were counted in that win.

(Optional--have a prize for each person at the end or a snack.)

ACTIVITY 2: Relay Race

Have two teams of equal players to race with batons (or pool noodles) with the word "submit" written on them. Use this race to show the connection we have from one member to another and that when the final leg is run, all of the members of the winning team are equal in the win. The entire team wins rather than just the final runner.

