



BIG IDEA

God loves us so much he wants us to be his children.

EPHESIANS | FAMILY | WEEK 1 OF 4

His Kids

GOD STORY

Adoption

Ephesians 1:3–6

KEY VERSE

We have been set free because of what Christ has done. Because he bled and died our sins have been forgiven.

Ephesians 1:7a (NIRV)

LEADER TIP

The Family series focuses on Ephesians 1. To be well prepared, please read and familiarize yourself with this chapter.

My Story

1 | CONVERSATION STARTER (2 minutes)

Discuss what the kids have in common with their parents and how other people might know that they're children of God.

2 | INTRO ACTIVITY (5 minutes)

Play a version of dodgeball that prompts the kids to come up with as many descriptions of what God is like as they can.

God Story | Life Story

3 | WEEKLY VIDEO (12 minutes)

Watch the video, which includes host, God Story, Key Verse, and Life Story segments. Recap and discuss them together.

My Story

4 | SMALL GROUP ACTIVITY (12 minutes*)

Read Ephesians 1:3–6 together, then toss pom-poms onto colours to select follow-up questions.

5 | WRAP-UP ACTIVITY (8 minutes)

Highlight the good things about being part of a family, especially God's family. Draw on a Family Photo activity page.

Our Story

6 | DISMISSAL

Connect with parents and give them take-home materials.

*Extend as needed and adjust the timing for other activities.



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My Story

1 | Conversation Starter

SUPPLIES

- None

LEADER TIP

- For some kids, talking about their relationship with their parents could be a sensitive topic. Be conscious of this and emphasize that God the Father is an incredibly good dad!

INSTRUCTIONS

- Welcome the kids as they arrive and gather everyone in a group.
- Ask:
 - How might someone know that you are your parents' child? For example, do you act or do something like one of your parents, or do you look like them?
 - Is there anyone you love so much you wish they were a part of your family?
 - How would someone at school (or the mall, a soccer game, a concert, etc.) know that you're a child of God?
- Depending on the size of your group, have the kids share their answers with the people sitting closest to them or with everyone.
- Introduce today's Big Idea: **God loves us so much he wants us to be his children.**

2 | Intro Activity

SUPPLIES

- Beach ball

LEADER TIPS

- If anyone in your group has a mobility limitation, invite them to be the thrower.
- No one goes "out" in this version of dodgeball!

INSTRUCTIONS

- Choose someone to be the thrower and give them the ball. Depending on your group's space, you could direct them to stand in the middle or at one end.
- Guide the rest of the kids to spread out.
- Encourage the thrower to toss the ball at someone else. Emphasize that they must always aim below the chest!
- If the ball misses that person, they get to become the thrower. If it hits them, prompt them to say, "God is..." and fill in the blank with a description (e.g., loving, compassionate, etc.). They cannot repeat what someone else has said.
- See how many ideas the group can come up with before the video teaching time.



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God Story | Life Story

3 | Weekly Video

SUPPLIES

- Video file

LEADER TIP

- Sit with the kids and encourage them to focus on the video as necessary.

INSTRUCTIONS

- a. Play the video. It includes:
 - Host segment
 - God Story (Adoption, Ephesians 1:3–6)
 - Key Verse segment
 - Life Story (Tyler shares about God sending us to make disciples and describes how he loves others and tells them about Jesus.)
- b. Recap the video teaching. Discuss:
 - What's the Key Verse for the Family series? (Ephesians 1:7a)
 - What stood out to you in today's Life Story? How about the God Story?
 - What's this week's Big Idea? (**God loves us so much he wants us to be his children.**) How does it connect with today's stories?



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My Story

4 | Small Group Activity

SUPPLIES

- Wall-safe tape
- Contact-paper heart
- Masking tape
- Bibles
- Pom-poms

BEFORE THE ACTIVITY

- Hang the contact-paper heart on a wall where your small group gathers. Remove the liner to reveal the sticky layer.
- Tape a throw line on the floor about one metre (a few feet) from the heart on the wall.

LEADER TIP

- In this context, “adopt” means God chose us to be part of his family forever.

INSTRUCTIONS

- Gather your small group to sit together near the heart you hung up.
- Make sure everyone has access to a Bible.
- Guide the kids to look up Ephesians 1:3–6.
- Read aloud the passage. Emphasize adoption in verse 5.
- Discuss: What does it mean to be adopted in this passage?
- Guide the kids to take turns standing behind the throw line and tossing a pom-pom towards the sticky heart. (You should take a turn, too!) Read the question that corresponds to the colour where the pom-pom lands:
 - Red: What’s one thing you know about God?
 - Orange: What’s something that God loves about you?
 - Yellow: God wants us to be part of his family! How should we treat our family members?

- Green: God chose to adopt us. How does that make you feel?
 - Purple: We often look or act like our parents. When do we look or act like God our Father in Heaven?
- Make sure everyone gets at least one turn. Keep playing as long as time and interest permit.
 - To wrap up, pray something like, “Dear God, thank you for loving us so much that you want us to be your kids. Thank you for loving [name each person in your small group] as your own children! Help us remember that we’re all your kids, and that makes us family. Help us to love our family the way you love us. In Jesus’ name, amen.”



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My Story

5 | Wrap-Up Activity

SUPPLIES

- Family Photo activity pages
- Markers

LEADER TIPS

- If there's not enough time to do this activity, send home the activity pages with the kids.
- If anyone doesn't want to draw, or they finish quickly, encourage them to write the Big Idea and/or the Key Verse on the back of the page.
- Make sure everyone's names are on their pages.

INSTRUCTIONS

- Remain in your small group and sit in a circle.
- Give each person an activity page.
- Place the markers where they can be shared.
- Direct the kids to draw themselves in the family photo on their pages.
- As they draw, review the page together. Discuss the questions on it:
 - What are some of the good things about being part of your family?
 - What are some of the good things about being part of God's family?
- Encourage the kids to take home their pictures and use them as a reminder of what they learned today.

Our Story

6 | Dismissal

SUPPLIES

- Crafts
- Take-home cards
- Key Verse cards
- Key Verse colouring pages

LEADER TIP

- Organize the take-home materials so they're easy to access. It may be helpful to sort them before the lesson, then set out any crafts later. Consider having one leader focus on handing out everything.

INSTRUCTIONS

- If parents pick up their kids in your setting, take a moment to share a highlight or two from your time together today.
- Give everyone a weekly take-home card as well as the Key Verse card and colouring page for this series.
- Remind the kids to take their crafts.