

***CHILDREN'S PROGRAM***  
***LIFE OVERFLOWING***

**From the book of Ephesians**



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**Liverpool Uniting Church**

## LESSON STRUCTURE

All together in Sunday School room

- A leader or child says an opening prayer to ask God to help us to learn about Him and listen to what He is saying.
- 1 or 2 Songs of praise

Break up into groups.

- Games
- Teaching including bible reading.
- Activity/ colouring in – consolidates teaching
- Prayer
- Pack up
- Another game if time

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These lesson plans were written to be used for an all aged children's program for use with "Life Overflowing" based on the book of Ephesians.

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## **LESSON 1**

**OUTCOME:** Eating food helps us to grow , and knowing Christ helps our spirit to grow .

**SONG:** Read the Bible and Pray every day, Alive in You

**GAME:** Bring small amounts of different foods in a small bag. Have a blindfold, and ask for a volunteer, one at a time. Get them to taste the food and identify what it is.

### **TEACHING:**

*What are your favourite foods to eat?*

*Why is it important to eat?*

*What would happen if you didn't eat for a little while?*

*Food helps our body to grow, what do you think helps our spirit to grow?*

Beforehand, write the key verse Ephesians 1:17 (older groups have Ephesians 1:15-23) on a piece of paper in an envelope and hide it somewhere in the room. Set it out like a letter and get the children to find it.

Talk about how Paul wrote a letter to a church. Over the next few weeks we're going to be learning about what he wrote in this letter.

Open the bible and find the verse in the bible. (Older children have a bible race to find the passage). Get the children to read the verse out loud.

Remember how food helps our body to grow. In this verse Paul says that knowing Christ can help our spirit to grow.

*How does Christ help our spirit to grow?*

He helps us to understand God , he gives us power to live for him.

### **ACTIVITY SHEET**

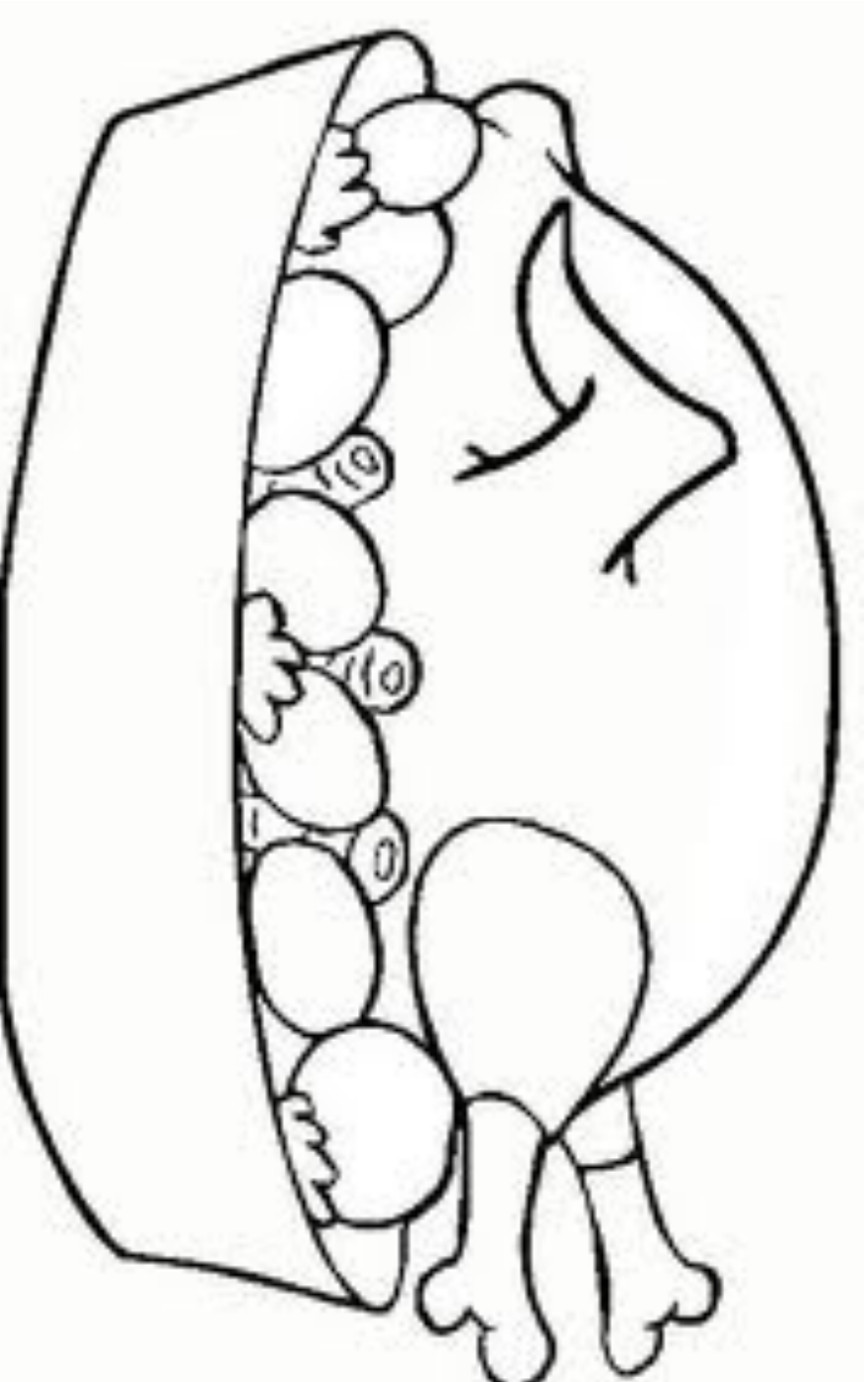
Picture of eating. Eating food helps us to grow , and knowing Christ helps our spirit to grow . Ephesians 1:17

Prayer to finish either this prayer or another

Thank you God for Jesus. Thank you that he helps us grow and gives us strength. Please help us to grow this week.

In Jesus' name. Amen.

Eating food helps us to grow. Knowing Jesus helps our spirit to grow  
(Ephesians 1:17)



## **LESSON 2**

### **OUTCOME**

We can't get eternal life by ourselves. We need Jesus to save us.

### **SONG**

Alive in you; God is so good

### **GAME**

For groups of 4 or more: **Stuck in the mud:**

Choose one person to be in. This person chases the others. If you get tipped you need to stand still. Another person who's not in can tap you on the head and then you can move again. You can only move if someone rescues you.

### **TEACHING**

Tell the story about the rescuing of beetles on page 15 of the prayer book

*What had happened to the beetles? How did they get saved?*

*Why couldn't the beetles get out of the water themselves?*

Bible reading: Hide an envelope again with the bible reading as in lesson one and find in the bible (bible race for older children) Ephesians 2:5 (younger children), Ephesians 2:1-10  
older children

This passage says that we used to be dead not in our body but in our spirit.

The beetles were dead in water, we were dead in sin.

When we are in sin, we can't be with God.

*(Adults, youth - Look deeper at God's wrath and why we need to be saved).*

We can't save ourselves, but Jesus forgives our sin, and gives us new life.

*What did the beetles need to be saved from?*

*What do we need to be saved from?*

*Can we get eternal life by trying really hard?*

*Why did Rev Anne save the beetles and why does God save us?*

### **ACTIVITY SHEET**

Small children: picture of a happy little beetle that's received life. With key verse and outcome.

Older children: Beetle - Maze, Bella the Beetle from the swimming pool, to a lovely garden.

### **PRAYER to finish.**

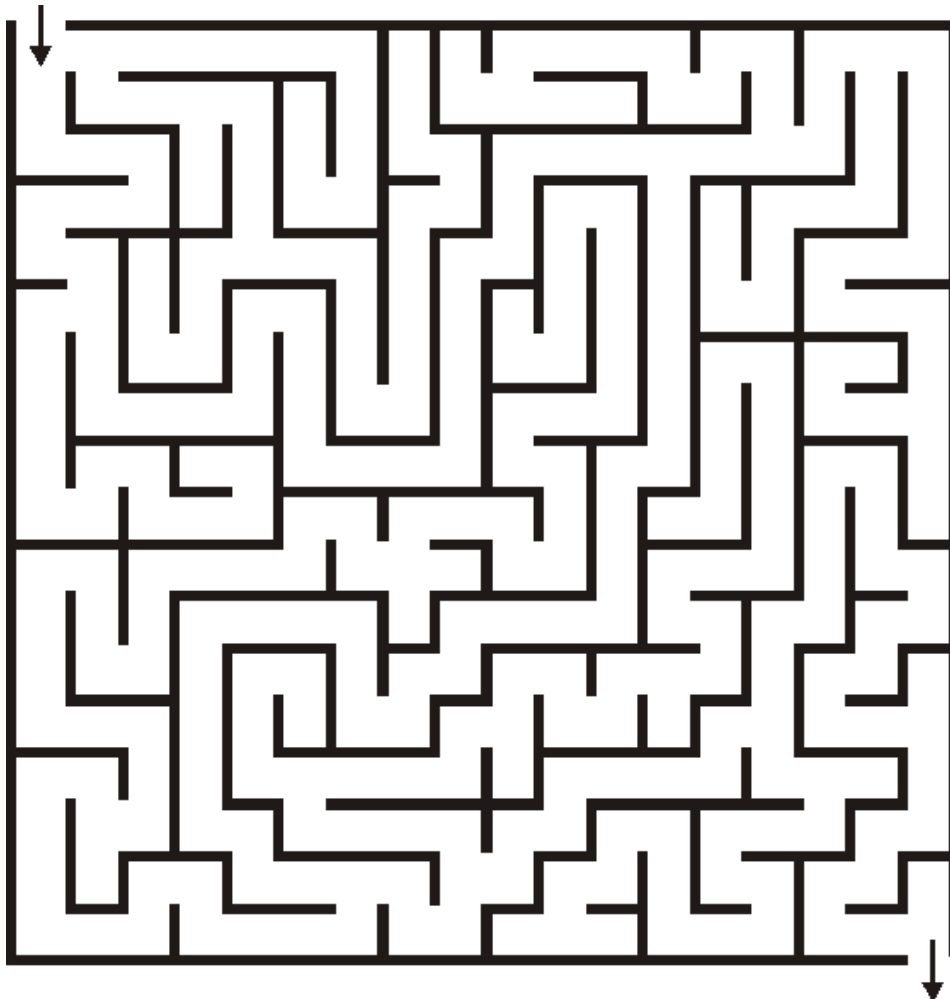
Thank you God for caring for little beetles. Thank you God for saving us from sin and death. In Jesus' name. Amen.



We can't get eternal life by ourselves. We need God  
to help us.

(Ephesians 2:5)

Help rescue Bella the Beetle and take her to the beautiful garden



But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved.

Ephesians 2:4-5

### **LESSON 3**

#### **OUTCOME**

When we believe in Jesus, he joins us to himself and all God's people

#### **SONG**

Alive in You; Body Song

#### **GAME**

**Build up Tips.** One person is in. When they catch someone they have to join hands and then catch someone else together. Continue until everyone is caught.

#### **TEACHING**

Bring some olives and get the children to taste them and ask if they like them.

Explain how one tree can become part of another tree. (basics of grafting)  
Show pictures of olive tree and grafting and/or video on grafting

Hide envelope

Ephesians 3:17 (younger children); Ephesians 3:8 (older children, youth, adults.) Open bible and find reading in the bible. (Bible race for older children)

*How did the life of this tree, get into this tree? (show pictures of trees that have been grafted).*

The fruit of the first tree is bad, but when it is joined to the good tree the fruit becomes good. The life of the good tree (sap) flows into the bad tree.

When we are joined to Jesus the fruit in our life becomes good.

That's not real fruit. It's things like love and peace. We become more like Christ.

It's not only us that gets joined to Jesus, but its everyone that believes in him. That means that when we get joined to Jesus, we're joined with them too.

#### **ACTIVITY SHEET**

Younger Children: Activity sheet. Olive Tree with theme on the top and key verse.  
(OLDER CHILDREN) Practise grafting a pretend olive tree.

Needed: twigs, sticks.

Bind a twig onto a stick with sticky tape.

#### **PRAYER**

Heavenly Father, thank you that Jesus joins us together with Him and with all of your people. In Jesus' name . Amen.





When we believe in Jesus, he joins us to himself and  
all God's people  
(Ephesians 3:17)

## **LESSON 4**

**OUTCOME:** Different parts of the body do different things. Different parts of Christ's body have different gifts to help the whole body.

### **SONG**

Alive in you; Body Song; (younger children – Hokey Pokey)

### **GAME**

Musical statues: play music and when the music stops the children freeze. Whoever is moving is out. Move with different parts of the body a) hands, b) feet, c) body, d) head, e) bottom

### **TEACHING**

*What are different parts of the body? What do they do?* (smaller children can talk about parts of the body that they can see, older children can also talk about internal organs).  
*What would happen if one of these parts were missing?*

Hide a letter with the bible verse (Ephesians 4:16)

*Who makes up the body of Christ?*

The body of Christ is all the people who believe in him.

Just like different parts of a body do different things, different parts of Christ's body do different things. Each person has a different gift.

Look in the bible at Ephesians 4:11 and identify some of the gifts (Apostles, prophets, evangelists, pastors and teachers).

All these gifts are to help the body grow.

### **ACTIVITY SHEET**

Trace around a person on butcher's paper, or large packing cardboard. The children then work together in colouring in and giving the person clothes, hair etc.

### **PRAYER**

Heavenly Father thank you for our body. Thank you that every part of our body is important. And we are all important too.

In Jesus name we pray. Amen.

## **LESSON 5**

### **OUTCOME**

When we follow Jesus, we learn to live in a new way.

### **SONG**

Alive in you, If you're happy and you know it (younger children)

### **GAME**

(younger children) Follow the leader, using different animal movements: eg snake, kangaroo, elephant, rabbit, bird, fish, frog

(older children) Write some names of animals on cards. Show to one volunteer who has to move like that animal without sound. The rest need to guess the animal.

### **TEACHING**

*What is your favourite animal? Why do you like them? How do they move?*

Write letter in envelope and hide. Ephesians 5;1-2

As animals have a special way of moving, people who believe in Jesus have a special way of moving? What do you think this would look like?

Read out loud the bible verse and find it in the bible.

The special way of moving for those who believe in Jesus is love.

We look after people. We help them when they are in trouble. We don't get angry and hit and scream. We forgive when people hurt us. Jesus helps us to walk this way.

(older children) What are some ways that you can walk in love this week?

### **ACTIVITY**

Activity sheet:

Pictures of animals moving

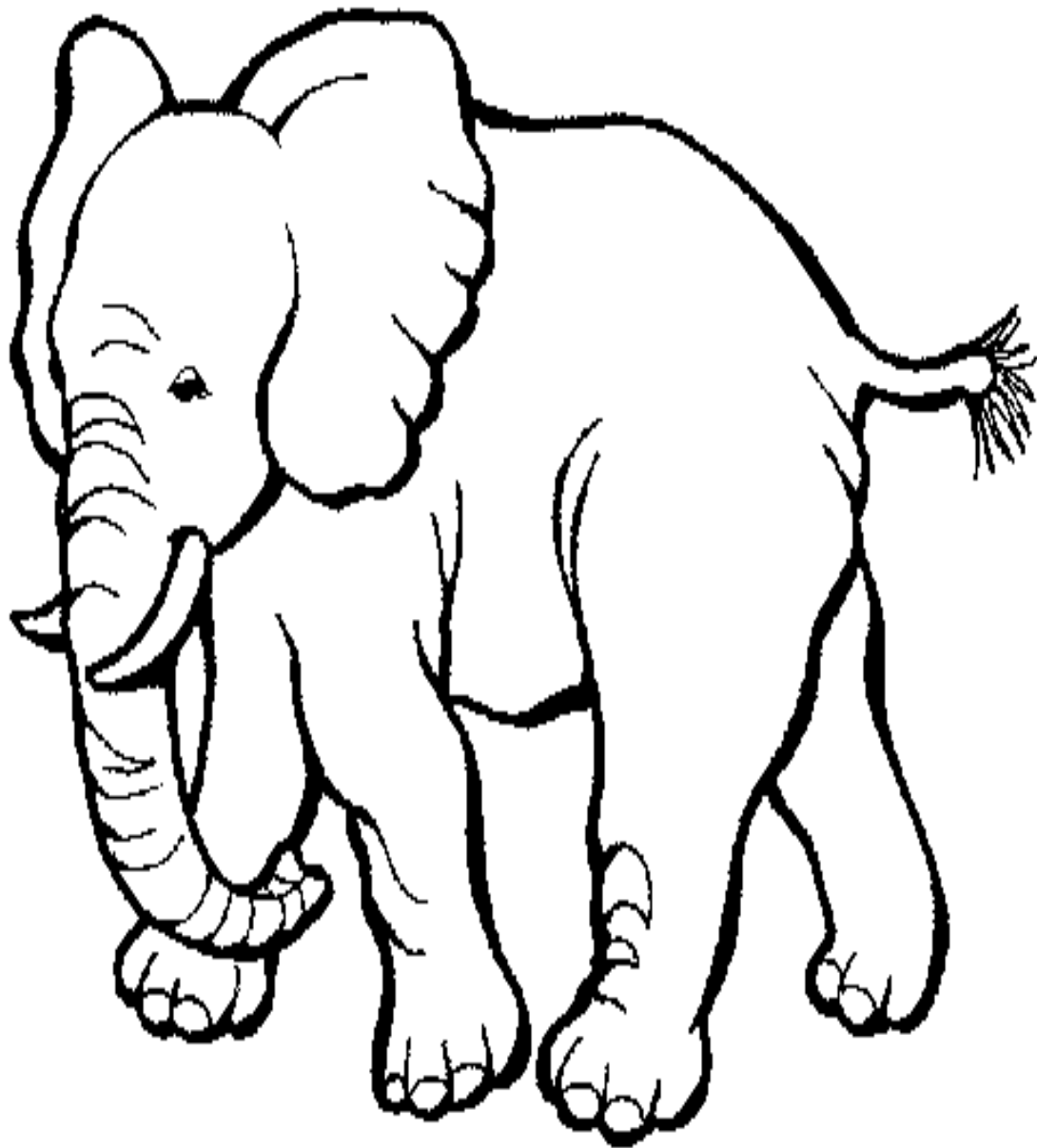
Older children

Match animals with their movements

People who believe in Jesus - love

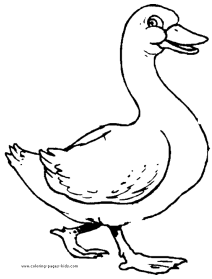
### **PRAYER**

Heavenly Father, thank you for animals and all the amazing ways they move. Thank you that you have given us a special way to move too. That way is love. Help us to love each other. In Jesus' name. Amen



When we follow Jesus, we learn to live in a new way  
(Ephesians 5:1-2)

# Match the animals with the way they move



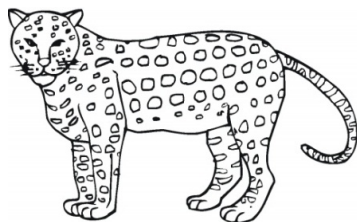
duck

leap



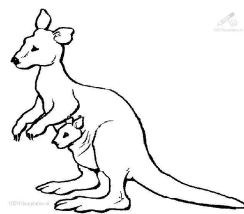
snake

waddle



cheetah

love



\_kangaroo

slither



people who follow Jesus

hop

## **LESSON 6**

**OUTCOME:** God has given different roles to parents and children. But we all should love each other.

**SONG:** Alive in you ; I'm too young to march in the infantry

### **GAME**

Simon Says.

### **TEACHING**

Who is in your family? Who is the boss? Do people do what the boss says? Our parents are the boss, but sometimes we don't listen to them. Has this ever happened? I wonder why it's important to listen to our parents.

Tell the story about the Thick Billed Murre on page 47 of the book  
What's the fathers job with the chick?  
What's the chicks role?  
What would happen if the chick didn't listen to the dad?

Ephesians letter. Ephesians 6:2-3

Find it in the bible and Read it out loud

God gives us different roles . Children have something special to do. Parents have something special to do.

(From the bible)

What are the children supposed to do? Why?

What are the parents supposed to do?

How can we obey our parents this week?

### **ACTIVITY SHEET**

Picture of thick billed Murre training a chick. Outcome and memory verse  
Older children write a letter to their parents.

### **PRAYER**

Heavenly Father, thank you for our parents. Help us to obey them and help them to teach us about you. In Jesus' name. Amen.



God has given different roles to parents and children.  
But we all should love each other.  
(Ephesians 6:2-3)

## **LESSON 7**

**OUTCOME:** God has given us special armour to help us stand against evil. We don't fight people, we fight evil.

**SONG:** I'm too young to march in the infantry; alive in You

### **GAME**

Cat and Mouse: The children stand in a circle holding hands. One person is the cat and the other person is the mouse. The cat chases the mouse. When the mouse comes to the circle, the people lift up their hands and let the mouse come into the circle. They drop their hands before the mouse can get into the circle. The mouse can only stay in the circle 3 seconds.

### **TEACHING**

Show a picture of a soldier. What sort of armour do they wear? Why do they wear it? We are also fighting. We're not fighting people. But we are fighting against the devil. God has given us some armour to help us with our fight?

(Older children). Different animals protect themselves in special ways. Eg Skunks use stink bombs; turtles – shells; echinoderms – spikes; chameleon – camouflage; musk-ox stand their ground together. Those who believe in Jesus are given special armour .

Bible reading: Ephesians 6:10-11

Have a volunteer to be dressed with the armour of God.  
Belt of truth - (telling the truth – about God, don't lie)  
Breastplate of righteousness (being good)  
Shoes – readiness to announce the good news of peace (talking about God)  
Shield of faith (believing in God)  
Helmet of Salvation (saved by God)  
Sword of the Spirit - Word of God (reading the bible)

How can this armour help us to fight the devil?

### **ACTIVITY SHEET**

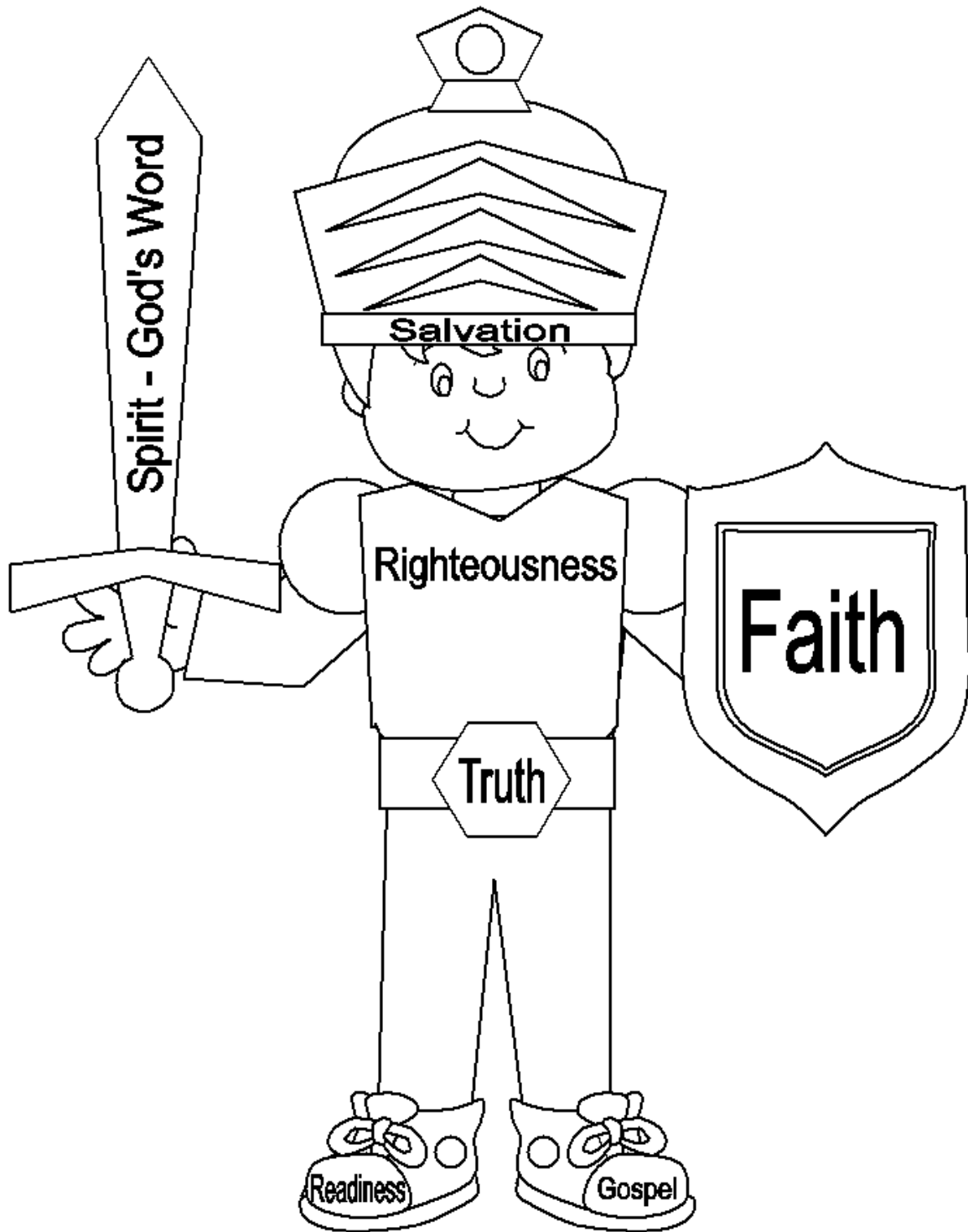
Paper dolls with the armour Verse above etc  
They take home to cut out.

### **PRAYER**

Heavenly Father, thank you that you give us armour. Help us to put it on and fight the devil not people. In Jesus' name. Amen



Put on the whole armor of God!



God has given us special armour to fight against evil. We don't fight people, we fight evil.  
Ephesians 5:11