



BIG IDEA

God wants to rescue everyone through Jesus.

EPHESIANS | FAMILY | WEEK 2 OF 4

Through Jesus

GOD STORY

Rescue

Ephesians 1:7-12

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 (7 minutes)

Chat about being rescued. Introduce today's Big Idea and discuss what God wants to rescue us from.

2 | INTRO ACTIVITY (5 minutes)

Challenge two rescuers to use creativity and problem-solving to move the rest of the group from the danger zone to safety.

God Story | Life Story

3 | WEEKLY VIDEO (12 minutes)

Watch the video, which includes host, God Story, and Life Story segments. Recap and discuss the teaching.

My Story

4 | APPLICATION ACTIVITY (12 minutes*)

Work individually on the Rescued activity page, then review verses printed on the back.

5 | WRAP-UP ACTIVITY (10 minutes)

Brainstorm ways to memorize the Key Verse. Wrap up in prayer.

Our Story

6 | DISMISSAL (2 minutes)

*Extend as needed and adjust timing for other activities.



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My Story

1 | Conversation Starter

SUPPLIES

- None

LEADER TIP

- Some students may not have a great understanding of what sin is. Explain that sin is anything that stands between us and God.

INSTRUCTIONS

- Welcome the students and gather them together.
- Check in quickly to see how their week is going.
- Ask:
 - Have you ever been rescued? For example, were you rescued after getting lost in a store, from being hurt, or when stuck in a tree?
 - Have you ever been part of rescuing anyone?
- Depending on the size of your group, have the students share their stories with the people sitting closest to them or with everyone.
- Point out that when someone is rescued, they're released from something dangerous to something that's good or safe.
- Introduce today's Big Idea: **God wants to rescue everyone through Jesus.**
- Discuss:
 - What do you think God wants to rescue us from?
 - What are we rescued to?
 - Who needs Jesus' rescue?
- Highlight that God wants to rescue us from our sins to his kingdom way of living!

2 | Intro Activity

SUPPLIES

- Masking tape
- Danger, Safety, Sin, and God signs
- Timer

BEFORE THE ACTIVITY

- Tape parallel lines about two metres (six feet) apart on the floor before the students arrive.
- Place the Danger sign on one of the lines and the Safety sign on the other line.

INSTRUCTIONS

- Choose two students to be the rescuers. Let them know that they can move around freely without limitations.
- Direct everyone else to stand behind the line with the Danger sign on it.
- Explain that they cannot step on the floor between the danger and safety areas on their own. They need the rescuers to help them!
- Direct the rescuers to work together to help those "in danger" one at a time using a variety of rescue methods (e.g., hold hands and run across, hop with arms over shoulders, etc.). Challenge them to be creative and keep changing their methods!
- Time how long it takes to get everyone to safety.
- After the first pair of rescuers completes the task, invite two new rescuers to try it.
- To wrap up, remind the students that **God wants to rescue everyone through Jesus.**
- Place the Sin sign on top of the Danger sign. Place the God sign on top of the Safety sign.
- Emphasize that Jesus is our rescuer. Through Jesus' death and resurrection, he rescues us from sin to God!



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God Story | Life Story

3 | Weekly Video

SUPPLIES

- Video file

INSTRUCTIONS

- Play the video. It includes:
 - Host segment
 - God Story (Rescue, Ephesians 1:7-12)
 - Life Story (Carolynn and her friends collected warm coats for people who needed them in the harsh cold of winter.)
- 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?
 - How did Jesus rescue us, or set us free?
 - What is today's Big Idea? (**God wants to rescue everyone through Jesus.**)

My Story

4 | Application Activity

SUPPLIES

- Bibles
- Rescued activity pages
- Pens

INSTRUCTIONS

- Make sure everyone has access to a Bible.
- Give each student an activity page and a pen.
- Review the page together.
- Direct the students to work through it on their own. Use your discretion to provide them with enough time to do the things listed on the page.
- Encourage everyone to read and reflect on the verses printed on the back of the page in the week ahead.



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My Story

5 | Wrap-Up Activity

SUPPLIES

- Key Verse sign
- Wall-safe tape

LEADER TIP

- Place the Key Verse sign where everyone can see it easily.

INSTRUCTIONS

- Lead the students to brainstorm ways to memorize Ephesians 1:7a. Invite them to share their favourite memorization methods.
- Encourage everyone to choose one idea and try to memorize the Key Verse this week.
- Pray for your group.
- Remind the students about the verses on the back of their Rescued pages from the Application Activity, which they can refer to in the week ahead.

Our Story

6 | Dismissal

SUPPLIES

- Take-home cards
- Key Verse cards

INSTRUCTIONS

- Take a few moments to pray for the students if you have not already done so.
- Remind everyone about any upcoming events or relevant announcements.
- Make sure the students have all their take-home materials.
- Ensure the adult teaching is over before dismissing the students.