

Ephesians 5:1-14

Walk in Love and Light

Scripture: Ephesians 5:1-14

Memory Verse: Ephesians 5:8 *"For you were once darkness, but now you are light in the Lord. Walk as children of light."*

Lesson Focus: Paul challenges the church to walk in love and light, to refrain from walking in darkness and sin, and to expose the darkness of sin to the light.

Activities and Crafts: Coloring Picture, Word Search of different terms from lesson, Bring it Home Discussion for 3rd-5th.
Craft for 1st/2nd Grade: Flashlight Craft

Starter Activity: Blindfold obstacle course. Have a few children try blundering through an easy obstacle course (maybe a trail laid out in pool noodles) blindfolded. Then, let them try it without the blindfold. Let several kids try it to illustrate that EVERYONE does better in the light than in the darkness. We will provide you with some pool noodles and blindfolds.
* Please stay near the blindfolded child, to keep them out of harm's way.

Bible Study:

Ephesians 5:1: Our study today starts off with another "therefore." Whenever you see the word "therefore" you need to ask what questions? That's right, what's it "there for"? In this case, Paul is referring back to chapter 4 where he introduced us to the idea of "walking" in certain ways, to live the Christian life. Of course, he's using the word "walking" as a metaphor for "living." Can you understand that? Let's look at the very end of chapter 4 to find out some things we are supposed to avoid and some we are to walk in.

Ephesians 4:31-32: Let's see, we are supposed to put aside bitterness, wrath, anger, clamor, and evil speaking, and malice, too. Those are hard words to understand, but basically it means to be full of anger and meanness toward others. Instead, we're supposed to be kind toward one another, tenderhearted, forgiving one another, even as God in Christ forgave you. That means we remember that just as Jesus forgave us our meanness and sin, so we should forgive others in the same way.

Ephesians 5:1: So, here Paul sums up how we're supposed to walk. We're supposed to be imitators of God, because if we are believers in Him and saved from our sin, then we are His kids. When I was a kid, there was this really popular pop star who came up with this really weird way of walking, called the "moonwalk". It was more like a dance move.

(Teachers: Consider demonstrating to the kids if you can do it!) Every kid in my elementary school was trying to imitate that singer and his weird walk, so they could be just as cool as he was. It's the same thing, but much more important. We're called here to look and see how God would do things and then do them in the same way, so that we can begin to be more like Him.

Ephesians 5:2: How are we supposed to walk, if we are imitators of God? We're to walk in LOVE, just the same way that Christ loved us and gave Himself for us on the cross as a perfect sacrifice. That's hard, boys and girls. Are any of us going to do this perfectly? No. But can we still try? Absolutely.

Ephesians 5:3-4: Here we see some further ways that we're NOT to walk. These are a lot of big words, but you know what some of these are. "Foolish talking" is simply swearing/cussing. Covetousness? Wanting something that is not yours so badly that it eats you up inside! See, God sees these things as not being fitting behavior for His kids. Maybe at your house there are certain rules of behavior that are different from other kids' houses. There might be certain behaviors that your parents do not think are fitting behavior for their kids. Maybe some kids get to watch a certain movie and you don't get to, because your parents think it isn't fitting. Can you see that God gets to decide what is fitting behavior for His kids? Instead of all this bad behavior, what does He want from us instead? It's at the end of verse 4. Right, He wants us to give thanks.

Ephesians 5:5: See, when someone claims to be a child of God, but then behaves in ways that don't match up with that claim, it may be that they aren't God's child at all. After all, being a child of God means being a prince or princess of the KING! It's a big deal!

Ephesians 5:6-7: We can tell the true sons and daughters of God by their behavior, by how they worship and follow King Jesus. Now, does this mean that believers never sin at all? No. But what we are talking about here are lifestyles of sin, the worshiping of other gods (idolatry), and constant coveting. Sure, a prince or princess can fall into a puddle of sin and get dirty, but a true prince or princess goes to his father the king, tells him how sorry he is for getting dirty with sin, and gets a fresh change of clothes/a freshly forgiven heart, to change into. Let's not be deceived by people who claim to be children of God, but don't live like it. And, let's not deceive ourselves, claiming to be God's kids, when we really don't believe it, either.

Ephesians 5:8: Before God's forgiveness for our sins, we were all in darkness, dirty and filthy in our sin, but once we were saved from our sin, we ARE light in the Lord. So, we want to walk as children of light. I want to be a child of light, don't you?

Ephesians 5:9: This is some of what walking in the light is all about. We're to be full of goodness and righteousness and truth. I love that. I want to be full of these good fruits!

Ephesians 5:10: But, how can we find out what is acceptable to the Lord? Well, we're doing it. We can find out what is acceptable to the Lord by reading the Bible. Let's have a little quiz, to see if we know what is acceptable to Him. If you think a behavior is acceptable to the Lord, stand up. If you think it is unacceptable, stay seated. Let's start with an easy one, so we can make sure you understand: Love. OK, good. Now that you understand the game, let's try some harder ones: Covetousness. Righteousness. Goodness. Lying. Foolish Talking. Giving Thanks. Very good, boys and girls. We're definitely learning a little about what is acceptable to the Lord!

Ephesians 5:11: Let's try an experiment. I wrote a word about sin at the bottom of this tube. As long as it is hidden in this tube, it's not really seen. You could say it is "in the dark". But, what happens when I shine some light in there? Can you see the sin now? (**Teachers:** We will leave you a tube with a "sin" written in there. Consider bringing in a flashlight or use your phone's light to bring it into the light) * It's the same with the sin in our hearts. When we shine the light of Jesus in there, by reading the Bible, spending time with Him in prayer, and hanging out with other Christians, we can see the sin that needs to be confessed and turned away from in the dark corners of our hearts.

Ephesians 5:12: Paul is embarrassed to even talk about how ugly the sin of people can be when they keep their sins hidden in the dark. He calls it shameful. It's like having an accident on the school playground and everyone finds out you are wearing dirty undies! We should feel ashamed and embarrassed if we are hiding our sins in the dark!

Ephesians 5:13-14: Let's not hide or sin in the dark, but allow the light of Christ to wake us up and make us WANT to repent and change our ways. We want to live worthy of the calling to which we have been called, as we read last week in **Ephesians 4**. If we are royal princes and princesses, let's not hide our sin and pretend we're good when we know we aren't. Instead, let us confess our sin to the Lord and walk in the Light!

Key Point: Let's walk in love and in the light every day, keeping short accounts with God where our sin is concerned, taking every sin to our loving Heavenly Father, who is so quick to forgive us and cleanse us from all unrighteousness. Some of you might be wondering how you become a child of God, so you can start walking in the light instead of in darkness. If that is you, I would love to talk to you after the lesson. May the Lord teach every one of us to walk in the light as He is in the Light, that we may have fellowship one with another!

Greetings

Paul, an apostle of Jesus Christ by the will of God,

To the saints who are faithful in Christ Jesus:

Grace to you and peace from God our Father and the Lord Jesus Christ.

First

Read Ephesians 5:3-4: These are some behaviors that aren't fitting behavior for God's kids. What are some family rules you have in your family that help you behave in ways that fit your family?

Second

Read Ephesians 5:8: What does it mean to walk as children of the Light?

Parent Challenge

Read Ephesians 5:12: How should we feel if we are hiding our sin in secret?

Sincerely,

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