

# Faith @ Home

September 27, 2020

Ephesians 4:11-16 & 29-32

Paul explains in Ephesians the blessings that come to our lives through the love of Jesus Christ. As Christians, we are called to spread God's love in the world and to be mindful of the way we act, think, and speak as we do so. The good news is that we are a new creation and have the Holy Spirit, however we must continue to put off our old selves. We have great value to the Lord. Ephesians gives the wonderful good news about the nature of the universe and God's plan for us all.

Questions to ponder after reading the verses from Ephesians:

1. How can we grow into the body of Christ?
2. What does that look like in our daily lives?
3. How can we leave our old paths behind?
4. Are unity and uniformity the same?
5. What role does forgiveness have in unity?
6. How can we celebrate diversity while having unity in Christ?

How can children serve Christ in their daily lives? How can we teach our children to see people through the eyes of Jesus?

- James 1:19 states: "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry."
  - During the service, families were presented with the THINK acronym to use for help in thinking before speaking

**T** = Is it True?  
**H** = Is it Helpful?  
**I** = Is it Inspiring?  
**N** = Is it Necessary?  
**K** = Is it Kind?

Take some time to discuss this as a family and whether or not it would be helpful to incorporate this method into your daily lives.



### A Kindness Activity (With a Tube of Toothpaste) - Discuss with your children:

- Are the words we say important?
- How do kind and encouraging words make us feel?
- How do mean and discouraging words make us feel?
- Once we say mean things, can they ever be unheard?
- Take a small tube of toothpaste and encourage them to squeeze the contents out onto a paper towel or plate.
- Now discuss, can we put the toothpaste back in? Let them try, if they like.
- The toothpaste is like our words, once we have said them, they cannot be unheard. If they are unkind, they can have very hurtful consequences.
- How could we use our THINK strategy before unkind words leave our lips?
- How does a proper apology and asking for forgiveness look in your home?
  - Some steps may be: expressing regret (I am sorry.), accepting responsibility (I was wrong.), making restitution (What can I do to make it right?), thinking about what they could do differently (In the future I will . . .), and requesting forgiveness.
  - As Daniel Tiger says, "Saying I'm sorry is the first step, then how can I help?"

### An Activity to Discuss Acts of Kindness and How Children Can Serve God

- Trace your child's hand.
- Write the following, one per finger, on each finger: Humble, Gentle, Patient, Loving, Peaceful.
- How can we use our hands to serve Jesus in these ways?

### Songs to worship with this week:



- "Father Let Your Kingdom Come" - Urban Doxology, Liz Vice, Latifah Alattas
  - <https://www.youtube.com/watch?v=EHIGm7qYVz4>
- "God So Loved" - We the Kingdom
  - <https://www.youtube.com/watch?v=iq5URsXbKXs>
- "New Wine" - Terrian
  - <https://www.youtube.com/watch?v=VgtbmK04U2U>
- "Gracefully Broken" - Tasha Cobbs Leonard
  - <https://www.youtube.com/watch?v=AzZC3EbH6iE>
- "The Earth Shall Know" - Urban Doxology
  - <https://www.youtube.com/watch?v=06F7hranxVg>
- "Child of Love" - We the Kingdom
  - <https://www.youtube.com/watch?v=jLUM48jPBBw>