

EPHESIANS

Put it Off! Now ... Put it On!

Main Scripture: Ephesians 4:20-24

Put Off

(Gen 3:7, 3:21; Rom 6:11)

Be Renewed

(Rom 12:2)

Put On

(Rom 13:14)

Heartland *Pregnancy Care Centre* Shower

Please bring all items by Sunday, March 21.

Client Needs

Walmart & Superstore Gift cards \$10-\$50

**** Always necessary especially due to the current economic downturn ****

Please drop off items at the Heartland Church front office (weekdays).

Bags/Items should be labelled for the PCC.

Virtual Baby Bottle Drive

Online at www.pregnancycarecentre.ca

Click on EVENTS tab or click DONATE TODAY (purple button)

Click on BABY BOTTLE CAMPAIGN

New Baby Items

- 0-6 month sleepers/clothes
- Baby wash, lotion, shampoo
- Soothers
- Formula
- Crib sheets/Bath towels
- Baby rattles, small toys/stuffies
- Baby bottles
- Diapers (all sizes)

Office Needs

- Hot chocolate
- Keurig coffee pods
- White sugar
- Coffee Mate
- Juice boxes
- Granola Bars
- Lysol Spray & Wipes
- Copy paper
- Recycle bags
- Black garbage bags
- White trash can bags
- Toilet paper
- Paper towels
- Face masks

Volunteers

For volunteer opportunities contact PCC directly at 780-424-2624.

For more information or to donate large items contact PCC directly.

Heartland Kids Weekend Bulletin

February 20/21, 2021



Ephesians 4:20-24

²⁰ But that is not the way you learned Christ!—²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds,²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.

Put Off

- How do we put off our old self? Is it like a jacket we can just unzip and take off?
- To put off our old self we need to ask Jesus to help us. Only He can forgive and cover our sins, which puts off our old self.
- The next step is keeping it off!

Be Renewed

- Paul tells us to be renewed in the spirit of our minds (vs 23). What do you think that could mean?
- Paul isn't just talking about putting on new clothes. He is saying that we need to read our Bible, pray and spend time with God so that we don't go back to old, sinful habits.
- The best way we can be renewed is through God's word, the Bible! It will tell us what is right and what is wrong.

Put On

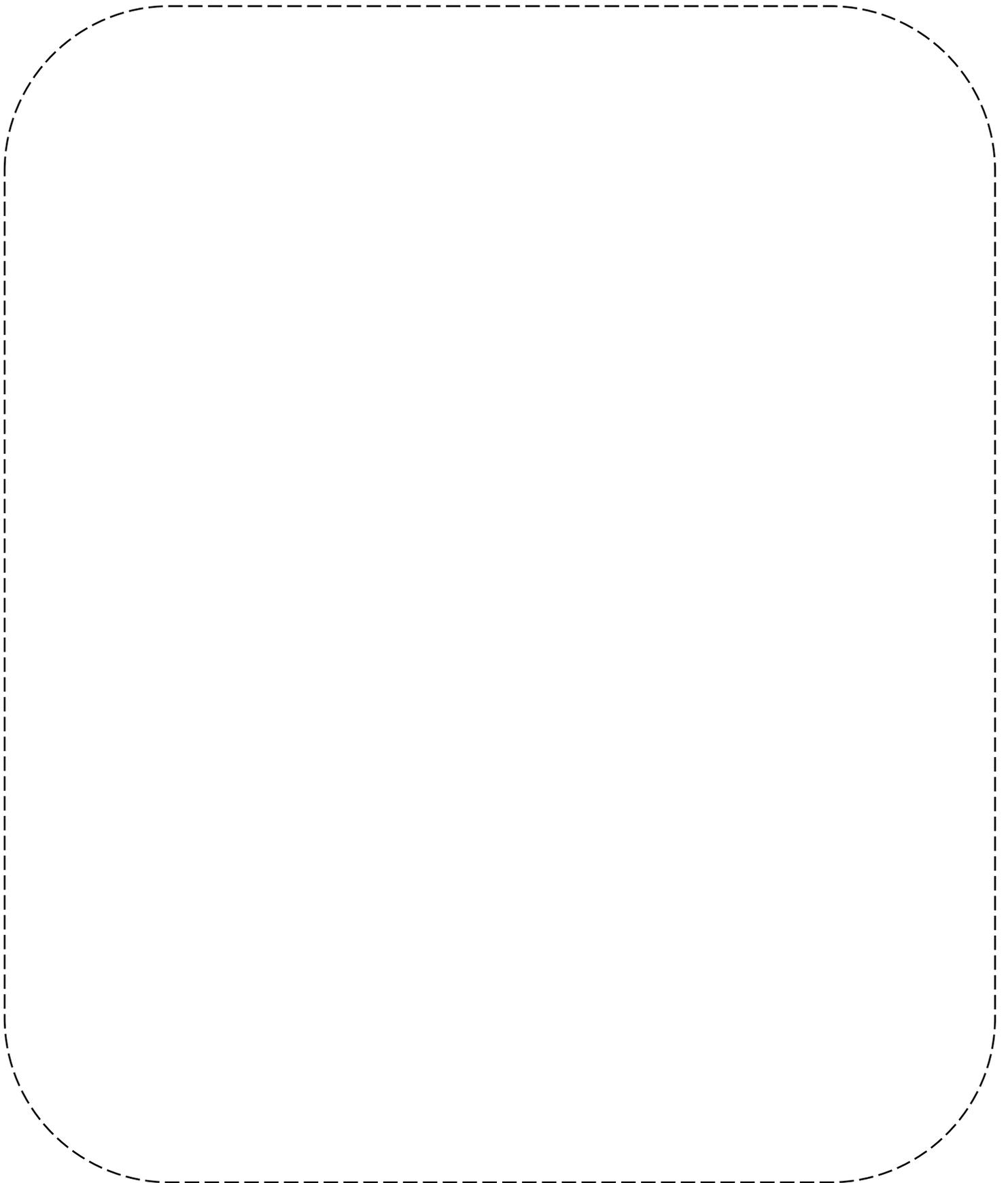
- Once we have been renewed, God has a challenge for us!
- We can't just sit back after being renewed. We have to live a life that shows others who God is through our words, actions and attitude.
- We aren't perfect, and God knows that. But He will help us do our best to live for Him.

Some questions to discuss as a family:

Have I put off my old self?

Do I live like someone renewed?

Draw a picture of what you learned today.



Family Challenge

We can only put off our old self when we have accepted Jesus into our lives. Spend some time this week talking about if you or your kids are ready for that step. You can follow the steps below to help you accept Jesus into your life.

If you have already accepted Jesus, that is great! Go through the steps below as a family so you can help other people in your life when they are ready to take this step too.

1. Acknowledge that Jesus Christ is the only way to God and that you need Him in your life.

John 14:6, "I [Jesus] am the way the truth and the life; no one comes to the Father except through me."

2. Be willing to turn from the things that God would not approve of as outlined in the Bible, and instead, decide to live according to His Word; honour Jesus Christ by how you live your life. (Repentance)

1 John 1:9, "If we confess our sins, He [God] is faithful and just to forgive us our sins and cleanse us from all unrighteousness."

3. Believe that Jesus Christ died for you on the cross and rose from the grave and accept His payment on your behalf.

John 3:16, "For God so loved the world he gave his one and only Son, that whoever believes in Him shall not perish but have eternal life."

4. Through prayer, invite Jesus Christ to come into your life. Expect the Holy Spirit to live with you, live in you and give you power to live His way.

This prayer enables you to live eternally with Christ in heaven.

Lord Jesus,

I know that I am a sinner and that I need Your forgiveness. I believe that You died for my sins and I trust in You alone for my salvation. I choose to turn away from the things in my life of which You don't approve and now surrender my life to You. I invite You to come and reign and rule in my heart and life and open my spirit. Establish Your presence within me. I want to know the power of the Holy Spirit working in me and live forever with You in the Kingdom of God. I choose to trust and follow You as my Lord and Saviour. Amen.

Dressing Up

Pastor Wade mentioned in his sermon that his wife helps him pick out his clothes for the day. This week you can be like Pastor Wade! Pick a family member and choose outfits for each other, one for every day of the week. Try and find clothes that match their style.

Once you've picked the outfits, spend some time praying as a family. Ask God to help you put on His Word as you put on your outfit. Try and memorize the Bible verse as a family so you'll be "dressed" in every way.



“Put It Off! Now Put It On!” | February 20 & 21, 2021

The Small Group Sermon Study

Ephesians 4:20-24



Opening Prayer: Father, in Jesus’ name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.

1. Big Picture: What did you like or appreciate about this message? What challenged you in this message?

2. Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:
 - a. What does this tell us about God (Father, Jesus, Holy Spirit)? What do we learn about who He is, how He feels, what actions He takes, etc.?

 - b. What does this tell us about those who follow Jesus (individually and/or the church) and/or those who don’t?

 - c. How did this message/discussion change your view of the “new clothes” that Jesus has provided for us?

 - d. What does “putting on the new” practically look like in everyday life? And in what ways has our small group helped you personally to live in your new identity/new clothes?

3. What don’t you understand or what other questions does this passage make you ponder?

Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.

4. What “old clothes” are you still trying to wear? What has God shown you that He wants you to discard?

5. What verse, phrase or word do you need to take with you this week? How will you act on what you’ve heard?

Prayer: Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).