

EPHESIANS

Spirit-Filled Submission

Main Scripture: Ephesians 5:21

What does it mean to submit?

(Phil 2:1-11, Mat 20:25-28)

- **Mutual Submission**
(Gal 3:26-28)

- **Mutual Benefit**
(Eph 5:1-2, 6:6-8)

Why should I submit?

(Heb 12:28-29)

Heartland Kids Weekend Bulletin

May 1-2, 2021

Ephesians 5:21

Submit to one another out of reverence for Christ.



What does it mean to submit?

- The word submit can mean two things in the Bible:
 1. **Everyone is the same in God's eyes.** It doesn't matter if you are a child, an adult or even the prime minister, God sees and loves everyone the same and so should we. So, when we see everyone the same, we can submit to each other by being helpful to one another, encouraging one another and putting others first.
 2. **Everyone works together as a team.** Like in sports or a music band, everyone has to work together. When you're on a team, it isn't about what you want, it's about what is best for the team.
- Jesus gave us the best examples of submitting! He talked to everyone and treated them as equals – sinners, people who were sick and people who worked in bad jobs.
- Jesus also told people when they were wrong. Submitting doesn't mean you don't have a voice; it just means you need to be wise about what you say and why you're saying it.

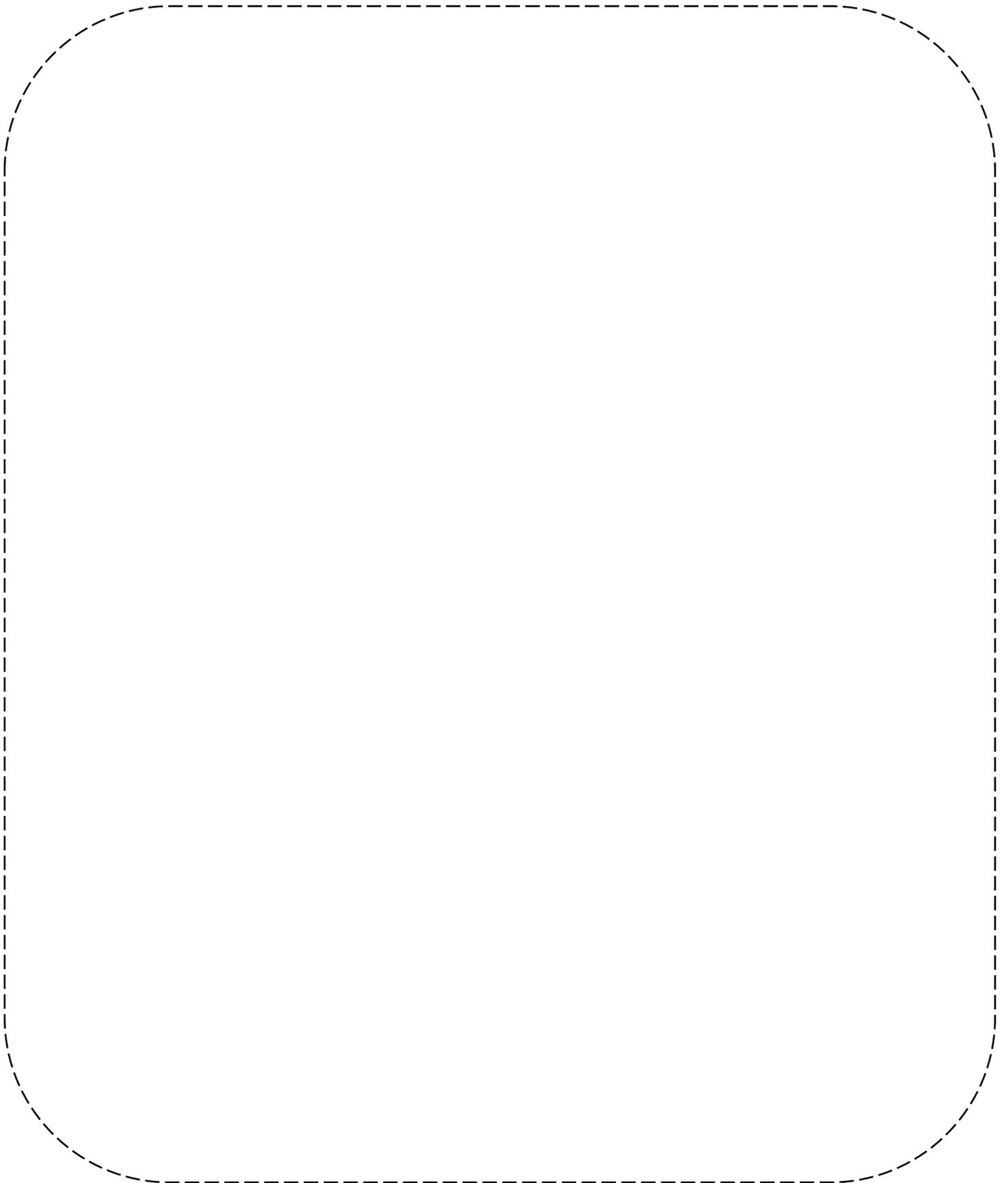
Why should I submit?

- Our verse today tells us to submit out of reverence. Reverence is a word that means fear, awe and respect.
- Reverence out of fear and awe doesn't mean you need to be afraid of God. It means you are afraid of disappointing Him. Like when your parents can get sad or upset when you don't listen, God feels the same way when we don't do what He asks.
- We submit because God tells us to and we want to respect Him.

Questions to ask as a family.

1. How can you submit to God as an individual?
2. Do you treat everyone the same, like God does?
3. How can you work as a team with your family to submit to God's will?

Draw a picture of what you learned today.



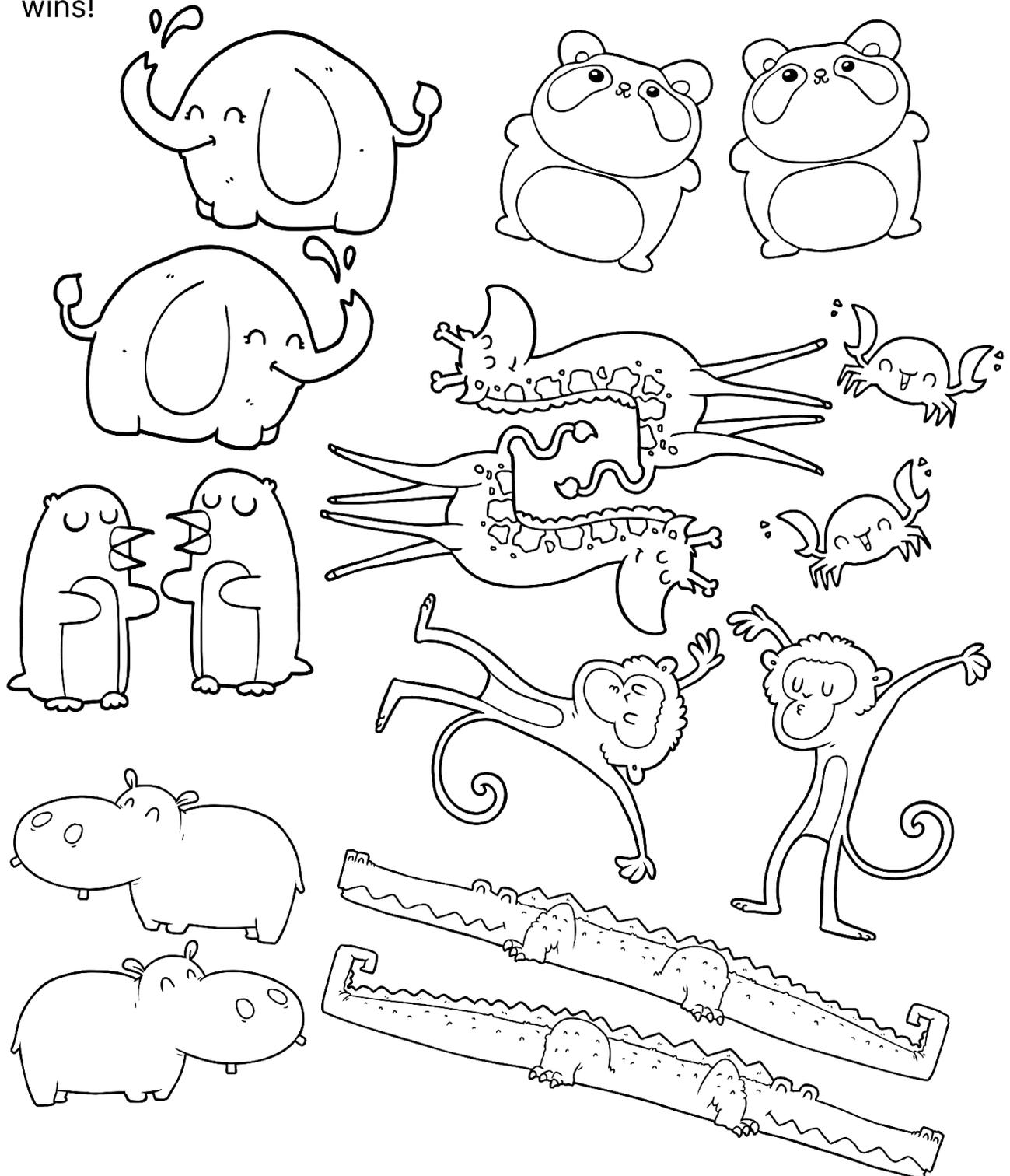
Family Challenge

This week we challenge you to outdo each other with kindness! Try and be the best “submitter” you can by helping others achieve their goals. You can make a chart to keep track (every time someone **else** in your family notices you submitting, they can add a sticker or smiley face) or you can have a family meeting at the end of the week and vote.

Then you can discuss how you felt this week. Did you notice any extra blessings for yourself, even though you were focused on helping and submitting to others? Talk about why God loves it when we submit to Him and each other as a refresher and then end with some fun family time.

TWINS!

Just like Pastor Al talked about, everyone is the same in God's eyes. That is why we need to try and *submit out of reverence for Christ* by treating everyone just as kindly as we would our family and friends. This week, colour in the pairs of animals below, cut them out and then hide them around the house! The person in your family who finds the most pairs of animals wins!



“Spirit-Filled Submission” | May 1 & 2, 2021

The Small Group Sermon Study
Ephesians 5:21



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 how He feels, what actions He takes, what He wants for us, etc.?

 - b. What does this passage tell us about those who follow Jesus (individually and/or the church) and/or those who don’t? (How are people responding to God? What are their different responses?)

 - c. What does “submit to one another” mean in our small group? In what ways have you seen this lived out well among us?

 - d. How does mutual submission benefit our small group? Our church?

 - e. What are some of the obstacles or challenges to mutual submission that we face, and how could we best handle these?

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. Where do you struggle most in submission to Jesus? How will you respond to what God is showing you?

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.).