

# Letters From Heaven



Lesson 3

## God's Family—His Church

**Theme:** Obedient faith—How to be God's child

### Memory Verse

“For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it the righteousness of God is revealed from faith to faith.”

Romans 1:16-17

### Daily Bible Readings

- 1 Ephesians 1:1-3, 7-9
- 2 Ephesians 2:1-9; 3:4-6
- 3 Ephesians 4:1-6, 14-15
- 4 Ephesians 4:22-29, 32; 5:1-5
- 5 Ephesians 6:10-20

### After this lesson you should be able to ...

- Define “spiritual blessing.”
- Explain “redeeming” someone.
- Name at least two attitudes needed to walk together with others.
- Describe how the “armor of God” helps us fight the devil.

It's great to have a family — people who love, support, and correct you. It's also great to have a spiritual family that we know as the church. The “church” in the New Testament is people – people who belong to God and follow Jesus. In a letter called Ephesians, the apostle Paul wrote to Christians in Ephesus to help them know all about being in God's family.

### Being in God's Family

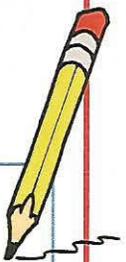
Paul begins Ephesians by honoring God for all the great blessings He gives. A blessing is something good that helps us serve God. God gives

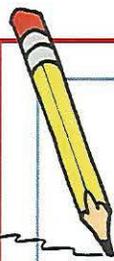
#### Ephesians 1:1-3, 7-9

*Ask a parent to help you with this one!*

What is a spiritual blessing?

Give two examples of spiritual blessings.





### Ephesians 2:1-9; 3:4-6

Match the following:

Told apostles the mystery of Christ	Alive
People in sin	Grace
People saved in Christ	Dead
A gift from God	Holy Spirit

many blessings because He has so much grace for people, even for sinners. Grace is God’s wonderful gift to sinners by which He forgives and saves.

In Ephesians, Paul says that sin makes people dead. He doesn’t mean they stop breathing, but that they don’t have a good relationship with God. Sin takes people away from God, and Paul calls this being dead. But God loves sinners and makes it possible for them to be alive instead of dead. God forgives sin and brings people close to Himself. God did this through his Son Jesus Christ.

Paul writes that Jesus redeems people from sin. It’s time for you to start learning what it means to be *redeemed*. Suppose you do something wrong and will be punished for it. Your father says you will receive five licks with a paddle as punishment. You know this will hurt, and you dread it. Now suppose your friend comes along and says he will take the licks for you. He will stand in your place and receive the punishment so you won’t have to. If he did this, he would *redeem* you. Your parents probably would not allow this, but it helps you understand what it means to be redeemed.

When Jesus died on the cross, he redeemed sinners. This means he took their place. They sinned and should be punished, but Jesus took the punishment. Jesus died for our sins, so we can be forgiven. He did this so that sinners might be in God’s family.

### Walking with God

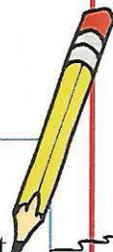
People walk in different ways. You can often tell a lot about someone by the way he or she walks. If someone is sad, he may walk slowly and with his head down. If someone is excited, she may walk fast and even jump up and down. The apostle Paul called the way people live as their walk. He told Christians to walk in a way that would honor Jesus.

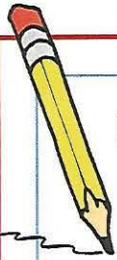
Paul wrote Christians about walking together. Christians make up the family of God, and this means they do some things

### Ephesians 4:1-6, 14-15

A Christian’s “walk” means: a) putting one foot in front of the other, b) the way you live, c) how fast you move

To help ourselves and others “grow up” in the Lord, we must speak the truth in \_\_\_\_\_.





**Ephesians 4:22-29, 32; 5:1-5**

Name two things of the “old self” that must be put away.

We will be kind, tender-hearted, and forgiving when we remember that God  
a) created the world, b) gave the Bible,  
c) forgives us of sins.

together. It’s easy to be rude and selfish. Paul teaches Christians to be humble, gentle, and patient. When everyone decides to walk this way, we make it easier to love and help one another.

Paul also wanted Christians to get better and better in their walk. We must decide to put off bad things and put on good things. We have to stop lying and decide to tell the truth always. We have to stop throwing fits when we don’t get our way and decide to be patient and kind. We must be careful how we walk every day.

**Fighting Against Sin**

People in God’s family live around people who don’t believe in or obey God. This tempts us to follow the devil instead of God. It is sometimes hard to do right and easy to do wrong. But God helps us be strong and fight against sin.

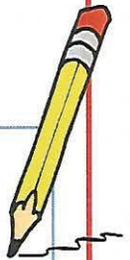
Paul tells us about the armor of God. He describes pieces of armor that protect a soldier and weapons used to fight. God gives His people the armor they need to fight against the devil and sin. Do you know the parts of the armor of God? Here they are: belt of truth, breastplate of righteousness, shoes of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit – the Word of God.

We can put on the armor of God to protect us against evil and use the weapons God gives to fight against sin. With the armor of God, we can “be strong in the Lord.” Working together, we can be a strong spiritual family which honors and serves God.

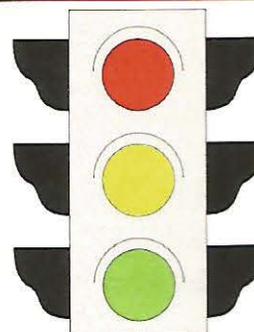
**Ephesians 6:10-20**

God gives us special armor to protect us. *Match the following:*

- |                     |                 |
|---------------------|-----------------|
| belt of             | righteousness   |
| breastplate of      | faith           |
| shoes of            | truth           |
| shield of           | word of God     |
| helmet of           | gospel of peace |
| sword of the Spirit | salvation       |



My life honors Jesus.

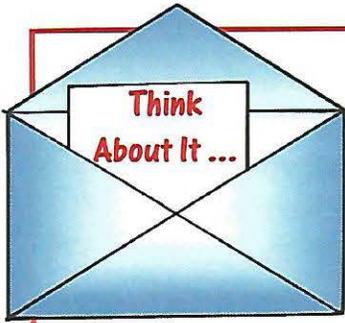


Put an X in the light that best describes you.

**Red** — almost never

**Yellow** — sometimes

**Green** — almost always



Suppose one of your Christian friends begins using a few bad words at school. He is a good friend and you want to help him grow as a Christian. What would you say and how would you say it to convince him to improve his language?

Right here, right now, write Galatians 5:22-23.



What is the last book in the Bible about?

Look at the map in the back inside cover. Find the city of Caesarea.