

# EPHESIANS

## How to Get Along

Main Scripture: Ephesians 4:1-6

**To what are we called? v 1, 3**  
(Jn 17:20-23)

**Why is unity important?**  
(Eph 4:11-13)

**How can unity be maintained? v 2, 3**

**What will unity look like? v 4-6**  
(Eph 4:15)

## Next Steps

1. Are there areas or attitudes in my life that may be causing disunity?
2. Reflect with family or friends about changes I could make to create more unity in my family, my work and in my school.

# Heartland Kids Weekend Bulletin

January 9-10, 2021

## Ephesians 4:1-6

<sup>1</sup> I urge you to live a life worthy of the calling you have received. <sup>2</sup> Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup> Make every effort to keep the unity of the Spirit through the bond of peace. <sup>4</sup> There is one body and one Spirit, just as you were called to one hope when you were called; <sup>5</sup> one Lord, one faith, one baptism; <sup>6</sup> one God and Father of all, who is over all and through all and in all.



### To what are we called?

- Unity! Verse 1 of our passage says, “I urge you”..., then verse 3 says, “make every effort to keep the unity of the Spirit ...”
- Unity means to live together peacefully, working together and talking to each other.

### Why is unity important?

- Unity as a church, a group of people who follow Jesus, lets us spread Jesus’ love – not only to each other but to people outside the church too.
- Unity doesn’t mean being the same as everyone else. It means celebrating the gifts God has given each person and using those gifts to work together!

### How can unity be maintained?

- Prayer! When we pray and ask for a filling of the Holy Spirit, we can ask for two things to help us be unified:
  - First, we can pray that our bad attitudes, or selfish thoughts, would be taken away. When we are in a bad mood it is hard to love like Jesus did.
  - Second, we can ask the Holy Spirit to fill us up with good attitudes. We can be patient, loving and humble, just like Jesus!

### What will unity look like?

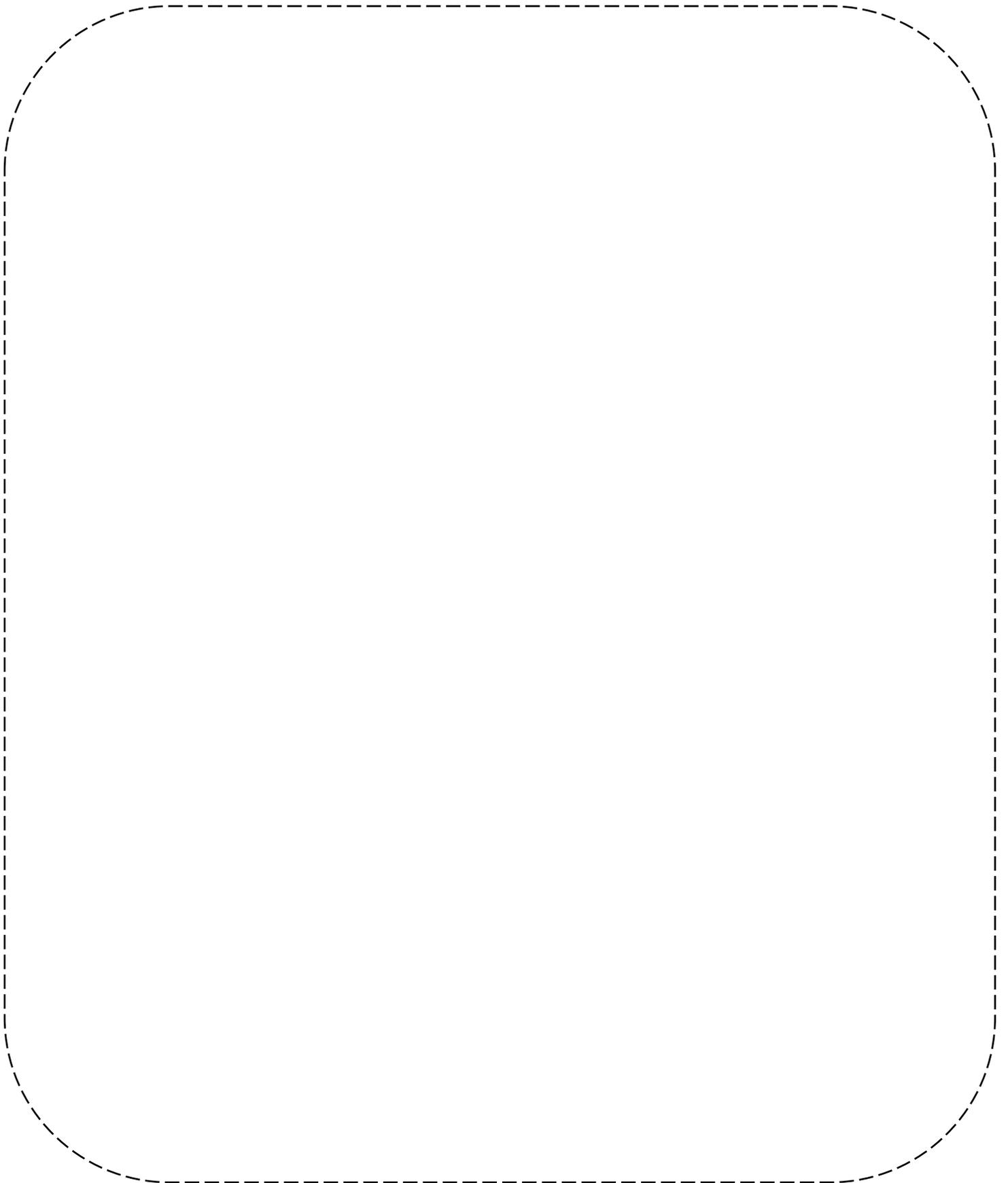
- Unity in real life can look different. It isn’t always happy, smiling people all the time. Unity can mean living in a community, with people who don’t believe in God, in a respectful and loving way.
- The best way to keep living in unity is to remember verse 2, which tells us to be *humble, gentle, patient and loving*.

### Some questions to discuss as a family:

How can I be humble, gentle, patient and loving to people in my life who don’t know Jesus?

Do I live in unity with the church? What does that look like?

Draw a picture of what you learned today.



# Family Challenge

Your family challenge this week is to live in unity! Here are a few steps to help you do that this week:

- Print out the verse below and put it in a high traffic area as a reminder of how to live together in unity.
- Pray to the Holy Spirit as a family to take away your bad attitudes and replace them with humility, gentleness, patience and love.
- Do a mid-week check-in as a family to talk about any areas in which you're struggling, or to highlight ways you've practiced unity!

Be completely  
humble and gentle;  
be patient, bearing  
with one another  
in love.

*Ephesians 4:1-6*



# Unity Cake

Think about all the different ingredients needed to make a cake – flour, sugar, eggs, etc. The ingredients are all **very** different from each other, right? But, when they're mixed together by a baker who knows the right measurements, they make batter! Once it's baked, all those ingredients make one tasty dish!

The church is like a cake. We all have different gifts given to us by God and we look and act differently from each other. But when we all work together, with God as our baker, we can do amazing things!

Below is a cake recipe. Take some time to make a tasty treat together and discuss how you fit into the church as a family and as an individual. What talents, gifts or skills has God given you, and how can you use them to work in unity with the rest of the church?

## Cake Ingredients

- 1/2 cup of butter, softened
- 1 1/3 cups white sugar
- 2 eggs
- 2 cups all-purpose flour
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 1 tbsp vanilla extract

## Cake Instructions

1. Preheat oven to 350° C. Spray a 9x13 pan with non-stick cooking spray.
2. Put butter and sugar in a large bowl and cream together.
3. Add eggs and mix until combined.
4. Add milk and vanilla, and mix until combined.
5. Add flour, baking powder and salt, and mix until all the lumps are gone.
6. Pour the batter into the baking dish, put in the oven and bake for 40 minutes or until a toothpick comes out clean when poked.
7. Let the cake cool before decorating it.
8. Decorate it however you would like, serve and enjoy!

Tag us in a picture of your unity cake on social media! Have fun and enjoy!

# “How To Get Along” | January 9 & 10, 2021

The Small Group Sermon Study

Ephesians 4:1-6



**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 how God (Father, Jesus, Holy Spirit) views unity and works to make it happen?
  
  - b. What do we learn about our role as Christ-followers in contributing to or damaging unity?
  
  - c. What does unity in our small group look like? Can you identify any ways we could improve or strengthen it?
  
  - d. In what ways can our small group contribute to unity in the church?
  
3. What don’t you understand or what other questions does this passage raise for you?

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

4. What emotions does this passage or key theme stir up in you?
  
5. What is God saying to you about your heart for and contribution to unity? How will you respond to what He is showing you?
  
6. 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.).***