I THANK GOD THAT YOU MAY KNOW HIM BETTER

See Christ. Pray On.

A FAMILY GUIDE

Ephesians 1:3–23



PARENTS & FAMILIES

You don't need to be a Bible expert. Open your Bible, read these words, ask the questions, and let the conversation happen. Help your child discover what God has given us in Jesus and how we can pray for others to know Him better.

LET'S EXPLORE EPHESIANS 1:3-23 TOGETHER

Read Ephesians 1:3–23 together.

1 GOD HAS BLESSED US IN JESUS.



Before Paul asks God for anything, he praises Him! Through Jesus, God forgives His people, brings them into His family, and gives them the Holy Spirit.

ASK:

- What has God given us through Jesus?
- Why should we thank God for these gifts?

2 THANKFUL PEOPLE PRAY.



Paul heard that the believers loved Jesus and cared for others. He thanked God for them and kept praying for them.

ASK:

- Why did Paul thank God for these people?
- Who is someone you can thank God for?

3 GOD HELPS US SEE.



Paul prayed that God would open the eyes of their hearts. He wanted them to understand and trust what is true about Jesus more clearly.

ASK:

- What do you think it means for God to open the eyes of our hearts?
- Why do we need God's help to know Jesus better?

4 JESUS GIVES US REAL HOPE.



Because Jesus rose from the dead, God's people have hope, belong to Him, and can trust His great power.

ASK:

- Why is it good news that Jesus is alive?
- How can Jesus give us hope when life is hard?

5 JESUS REIGNS OVER EVERYTHING.



God raised Jesus from the dead and placed Him above every ruler and power. Our problems are real, but Jesus is greater.

ASK:

- Who is greater than every power?
- How can knowing Jesus reigns help us when we worry?

LET'S TALK

- What do you usually ask God to change?
- What is one thing Jesus has already done for us?
- How can we ask God to help us know Jesus better?
- Who can our family thank God for and pray for this week?

FIRST CHRISTIAN CHURCH
WOLFEBORO, NH
FOUNDED 1812
www.firstchristianwolfeboro.org

I THANK GOD THAT YOU MAY KNOW HIM BETTER

See Christ. Pray On.

A FAMILY GUIDE

Ephesians 1:3–23

PARENTS & FAMILIES

You don't need to be a Bible expert. Open your Bible, read these words, ask the questions, and let the conversation happen. Help your child discover what God has given us in Jesus and how we can pray for others to know Him better.

LET'S EXPLORE EPHESIANS 1:3-23 TOGETHER

Read Ephesians 1:3–23 together.

1 GOD HAS BLESSED US IN JESUS.

Before Paul asks God for anything, he praises Him! Through Jesus, God forgives His people, brings them into His family, and gives them the Holy Spirit.

ASK:

- What has God given us through Jesus?
- Why should we thank God for these gifts?

2 THANKFUL PEOPLE PRAY.

Paul heard that the believers loved Jesus and cared for others. He thanked God for them and kept praying for them.

ASK:

- Why did Paul thank God for these people?
- Who is someone you can thank God for?

3 GOD HELPS US SEE.

Paul prayed that God would open the eyes of their hearts. He wanted them to understand and trust what is true about Jesus more clearly.

ASK:

- What do you think it means for God to open the eyes of our hearts?
- Why do we need God's help to know Jesus better?

4 JESUS GIVES US REAL HOPE.

Because Jesus rose from the dead, God's people have hope, belong to Him, and can trust His great power.

ASK:

- Why is it good news that Jesus is alive?
- How can Jesus give us hope when life is hard?

5 JESUS REIGNS OVER EVERYTHING.

God raised Jesus from the dead and placed Him above every ruler and power. Our problems are real, but Jesus is greater.

ASK:

- Who is greater than every power?
- How can knowing Jesus reigns help us when we worry?

LET'S TALK

- What do you usually ask God to change?
- What is one thing Jesus has already done for us?
- How can we ask God to help us know Jesus better?
- Who can our family thank God for and pray for this week?

FIRST CHRISTIAN CHURCH
WOLFEBORO, NH
FOUNDED 1812
www.firstchristianwolfeboro.org

I THANK GOD THAT YOU MAY KNOW HIM BETTER

KIDS & FAMILIES

Ephesians 1:3–23



KEY VERSE

"having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you"

Ephesians 1:18 (ESV, excerpt)

HAND MOTIONS

SAY THE VERSE. DO THE MOTIONS. REPEAT TOGETHER!

1. "having the eyes"



Point gently to your eyes.

2. "of your hearts enlightened"



Put both hands over your heart, then open them outward like light shining.

3. "that you may know"



Tap your head gently.

4. "what is the hope"



Lift your hands upward with open palms.

5. "to which he has called you"



Point toward God, then toward yourself.

MAKE IT STICK

Try one (or more) of these this week as a family to help remember the verse!

1. **SAY & SHOW**
   Practice the key verse together using all five hand motions.



2. **DRAW THE LIGHT**
   Draw a dark room and the same room with the lights on. Talk about how God helps us see what is true about Jesus.



3. **MEMORY CHALLENGE**
   Say the verse in five parts. Try remembering each part without looking.



LIVE IT OUT

Simple ways to put this verse into practice as a family this week.

1. **THANK GOD FIRST**
   Name one wonderful thing God has already done for us through Jesus. Thank Him together.



2. **PRAY FOR ONE**
   Choose one person. Each day ask Jesus to help that person know Him better.



3. **REMEMBER JESUS REIGNS**
   When something worries you, tell God about it. Remember together that Jesus is alive and reigns over everything.



FAMILY CONVERSATION

- What is something you are worried about right now?
- What has God already given us through Jesus?
- Why can we have hope even when things don't change right away?
- Who will our family pray for this week?

FAMILY PRAYER

Jesus, thank You for loving us, forgiving us, and bringing us into God's family. Open the eyes of our hearts so we can know You better. When we worry, help us remember that You are alive and reigning. Help the people we love know You better too. Amen.



FIRST CHRISTIAN CHURCH
WOLFEBORO, NH
FOUNDED 1812

www.firstchristianwolfeboro.org



I THANK GOD THAT YOU MAY KNOW HIM BETTER

KIDS & FAMILIES

Ephesians 1:3–23



KEY VERSE

"having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you"

Ephesians 1:18 (ESV, excerpt)

HAND MOTIONS

SAY THE VERSE. DO THE MOTIONS. REPEAT TOGETHER!

1. "having the eyes"



Point gently to your eyes.

2. "of your hearts enlightened"



Put both hands over your heart, then open them outward like light shining.

3. "that you may know"



Tap your head gently.

4. "what is the hope"



Lift your hands upward with open palms.

5. "to which he has called you"



Point toward God, then toward yourself.

MAKE IT STICK

Try one (or more) of these this week as a family to help remember the verse!

1. **SAY & SHOW**
   Practice the key verse together using all five hand motions.



2. **DRAW THE LIGHT**
   Draw a dark room and the same room with the lights on. Talk about how God helps us see what is true about Jesus.



3. **MEMORY CHALLENGE**
   Say the verse in five parts. Try remembering each part without looking.



LIVE IT OUT

Simple ways to put this verse into practice as a family this week.

1. **THANK GOD FIRST**
   Name one wonderful thing God has already done for us through Jesus. Thank Him together.



2. **PRAY FOR ONE**
   Choose one person. Each day ask Jesus to help that person know Him better.



3. **REMEMBER JESUS REIGNS**
   When something worries you, tell God about it. Remember together that Jesus is alive and reigns over everything.



FAMILY CONVERSATION

- What is something you are worried about right now?
- What has God already given us through Jesus?
- Why can we have hope even when things don't change right away?
- Who will our family pray for this week?

FAMILY PRAYER

Jesus, thank You for loving us, forgiving us, and bringing us into God's family. Open the eyes of our hearts so we can know You better. When we worry, help us remember that You are alive and reigning. Help the people we love know You better too. Amen.



FIRST CHRISTIAN CHURCH
WOLFEBORO, NH
FOUNDED 1812

www.firstchristianwolfeboro.org

