

From Death to Life

Read Ephesians 2:1-13, then briefly consider the questions below.

This week in Sunday School, the kids will learn that salvation is made available by God's grace! This passage is packed with incredible truth that is just as necessary for our hearts as it is for theirs.

In the opening verses of Ephesians 2, Paul gives a powerful reminder of how we once were "dead in trespasses and sins" and "carrying out the desires of the body" (Eph 2:1-3).

- Whether you became a Christian at age 3 or 93, we *all* were once dead in our sin. As you prepare your heart to teach, take a moment to remember how God has saved you and brought you from death to life. Write out a prayer of thanksgiving here.

Paul goes on to say we have been "made alive," "raised up," and "seated with Christ" (Eph 2:5-6).

- How can we find strength in knowing we are "made alive" and "raised up" with Christ? How does this union with Christ give us courage in the face of trials, or perseverance when we feel defeated?
- What does it mean to be "seated *with* Christ"? How might the knowledge that Christ is *sitting down* on the throne help us trust in His sovereignty?
(For further study on the meaning of "seated with Christ" check out Heather Holleman's book "Seated with Christ: Living Freely in a Culture of Comparison")

Verse 13 tells us we have been "brought near by the blood of Christ." We have been brought into the family of God through Christ.

- How can you intentionally encourage your brothers and sisters in Christ this week?