



# MADE ALIVE

**Nine Studies from Ephesians**  
*Primary Resource*

**CRU**<sup>®</sup> | Groups

Praise be to the  
God and Father  
of our Lord Jesus  
Christ, who has  
blessed us in  
the heavenly  
realms with **every**  
**spiritual blessing**  
in Christ.

Ephesians 1:3 (NIV)



Nine Studies From Ephesians



CRU® is a Bible-based, interdenominational Christian youth organization whose vision is to proclaim the gospel of Jesus Christ to the students of the independent schools of Australia, to nurture Christians, encourage church membership and train young Christians for a life of servant leadership.

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# Welcome!

This resource has been specifically written with school groups in mind but can be adapted depending on your needs. It is based on the group running for approximately 30 minutes each meeting.

## What's Inside?



**9x** sets of leader's notes for regular meetings

Includes:

- › The aim of the study
- › A fun activity
- › Guidelines for an interactive talk
- › Prayer ideas
- › Memory verse
- › Song ideas



**2x** colour advertising posters

- › Designed to grab the attention of students. There is space for you to fill in your group name and where you meet.
- › We encourage schools to use the 'CRU® Groups' logo when promoting their group so as to link students with the work that God is doing in other schools.

## Before You Start

- Please note that all pages in this resource can be photocopied but CRU requests each school or church purchase at least one original.
- Whilst this resource is aimed at easing the load for the group leader, it is vital that time is spent adapting it to the specific needs of your group. Time also needs to be spent on working through the Bible passage and questions before the group meets.
- A variety of video clips and other resources (including PowerPoint slides with the Bible verses for each week) are used in this series. All resources, including video clips, should be checked before the meeting to make sure they are appropriate for your group and there are no technical problems. The resources can be accessed from the Web Extras section of the CRU website: [www.cru.edu.au/webextras](http://www.cru.edu.au/webextras)
- It would be very easy to spend too much time on the activity each week. Remember that looking at the Bible and praying together are the most important parts of the meeting, so divide your time accordingly.
- All games, activities and illustrations should be evaluated to make sure they can be safely done for your group. This will include considering safety in physical and food games, and appropriate illustrations considering the maturity level of your groups.



**We pray that this resource will be a great help as you join in God's work of bringing students to Himself and growing them to be like His Son.**



Week	Title	Passages	Main Idea
1	So Many Blessings	Ephesians 1:3-4, 7-8, 14	Through Jesus, God gives us every spiritual thing we need.
2	Before And After	Ephesians 2:4-5	Jesus brings dead people back to life.
3	Only By Grace	Ephesians 2:8-9	Eternal life through Jesus is God's gift — not something we can ever earn.
4	Powerful God, Powerful Prayer	Ephesians 3:19-21	Our loving God is able to do immeasurably more than all we ask or imagine.
5	A New Way To Live	Ephesians 4:31-32	Jesus' followers imitate Him by treating others well.
6	Gifts That Keep On Giving	Ephesians 4:11-13, 15b-16	Christ gives each of His followers gifts to serve God and others.
7	Be Careful!	Ephesians 5:3-5a	Jesus' followers are careful how they live, making the most of every opportunity.
8	Obey Your Parents	Ephesians 6:1-3	We honour our heavenly Father when we obey our earthly parents.
9	Ready For Battle	Ephesians 6:10-11, 13-18	God gives us protection against things that might lead us astray.

# Week 1 *So Many Blessings*

Ephesians 1:3-4, 7-8, 14



*Lesson Aim:*  
For students to be amazed at all that God has done, is doing, and will do for those who trust in Him.

## Prepare

- ✓ Pray that the students would be excited about the spiritual blessings God offers to them.
- ✓ Read through Ephesians 1:3-14, familiarising yourself with the passage.
- ✓ Ensure you have the facilities to show the optional Web Extras infants' song, and PowerPoints for the Bible Reading and Memory Verse.
- ✓ A small, wrapped gift box for the Activity.
- ✓ Print the optional Web Extras infants craft 'God Chose You'.

## Activity: *The Secret Gift*

5 minutes

Using the small, wrapped present you've made from the prepare section, arrange for all the students to stand in a circle, facing each other. Their goal is to pass the gift around behind their backs, while one student in the middle of the circle has to guess who is currently holding it. If you have a large group, you may wish to form two or more games (and wrapped gifts) going on at once.



## Bible Time

7 minutes

? **What is the top present you've ever received, or you could ever receive, at Christmas or on your birthday?** *[Allow responses]*

Today we're going to start looking at a book in the Bible called Ephesians. It begins by telling us about some even more amazing gifts that God gives to His followers — gifts that we really need and that last forever!

▷ *Using the Web Extras Weekly Bible Verses PowerPoint (the animated treasure chest section), go through each of the three blessings it lists and talk about each one below.*

There are so many blessings that God gives to those who follow Jesus, but for today we're going to focus mainly on three.

The first gift God gives is being **chosen in Christ**. It's nice when someone gets you a surprise present for no reason. It shows that they are thinking about you and that they care. In the same way, before the world even began, God in His kindness chose us to be in His family even though we didn't deserve it. Jesus is God's ultimate surprise gift!

And with this gift also comes this — we are **saved from sin's penalty**. Because God sent Jesus to die on the cross, our sins are now forgiven. We get to start a new life forgiven and free today despite all our mistakes!

That's already so amazing, but there's even more! Because God chose us and sent Jesus to save us, we will be given an **eternal inheritance** — life forever in God's kingdom. That's better than any earthly present we could get at Christmas or on our birthday, because none of them will last forever.

## Application

8 minutes



? **1. Which one of God's gifts are you most excited about at the moment, and why?** *[Allow a few responses]*

All of them are really amazing and exciting! They all last forever (unlike many other gifts we get in life) and are exactly what every person needs to have the fullest and best life ever. And these blessings (plus many more) are for anyone who wishes to have them. Would you like to have all of these spiritual blessings today and forever? Then trust in and follow Jesus — since they all come from Him.

? **2. According to verse 14, what should we say to God for the gifts He gives us? What should we also do?**

▷ *Display the Web Extras Weekly PowerPoint verses, and allow responses.*

What do we say to anyone who gives us a gift? We say "thank you". In fact, today's Bible verse (verse 14) also tells us that God should be honoured and praised for all His blessings. We can do this with our words, but also with our actions. With our actions we can trust and follow Jesus. We can obey the things He says in the Bible. We can also remember all the things God has given us and live gratefully each day — all as a way of saying thank you to God for lavishing us with these amazing, everlasting gifts.

▷ *Introduce and go through the series' memory verse in the Web Extras PowerPoint 'Memory Verse'. Arrange to use this memory verse week-by-week.*

## Extras For Infants

5 minutes

**Craft: God Chose You**

Complete the **God Chose You** colouring in Web Extras sheet with any infants if you feel this would be appropriate for your group.

**Song Idea**

*"Jesus Loves Me"*

by Listener Kids

## Pray

2 minutes

Invite three students to give thanks and praise to God for each of the three blessings that were looked at today. Close with a prayer that asks God to help the students to live thankfully.





## Resources for School Christian Groups

CRU® produces Bible-based resources for both primary and secondary students, especially **written to fit into a 30-minute session.**



### SERIES 26: Growing in Godly Character

God's plan for His followers isn't just to save them, but also to change them from the inside out through His Holy Spirit's transforming work. These studies help students identify areas where they need to grow, and show how godly character can be developed in them.



### SERIES 25: The Book of John

Based in John's Gospel, these studies dive deep into the person of Jesus - who He is, what He said, and what He did - to help students see and believe that He is the Son of God, so that they may have eternal and fullness of life through Him.

Great balance of Bible and activity. The Bible content is solid, not waffle, short enough to do during lunchtime. It is all in the book and I don't have to rework it.

- Lynda McKerrell, Casino High



### SERIES 24: The Book of Jonah (primary) & Big Questions (secondary)

These studies on Jonah aim to help students see God's heart for the lost and share in that concern with Him. 'Big Questions' wrestles with current issues from a biblical foundation and equips students to live as faithful followers of Jesus in the world.



With over 25 topics to choose from, you will find something in the range that is perfect for your group.

[www.cru.edu.au/resources](http://www.cru.edu.au/resources)



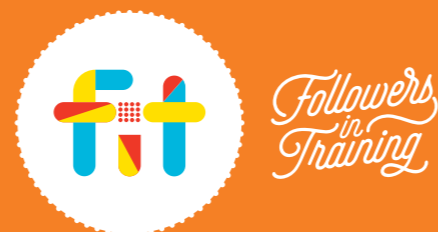
### CRU Educational Camps

Since 1988, CRU Educational Camps (formerly Summit Educational Camps) has been partnering with over 150 schools around NSW and the ACT to create exceptional camp programs for students and teachers.

- Our camps are run by a dedicated team of approachable, fun and qualified leaders.
- Our leaders run camp from daybreak to bedtime and make intentional efforts in getting to know each student.
- Students are given the opportunity to explore their beliefs alongside our leaders, who are great Christian role models.

Find out more:  
[www.cru.edu.au/educationalcamps](http://www.cru.edu.au/educationalcamps)

## Want to train your student leaders?



### FIT can help!

Each year, CRU's Schools Ministry team runs free FIT events at various locations in NSW and the ACT, for students in Years 5 and 6.

Your students will be encouraged to follow Jesus and be inspired to serve Him and others, particularly at school. Through workshops and interactive sessions, students will be equipped with foundational leadership training that will benefit them for the rest of their lives!

Students will:

- Receive training on how to serve God and others at school
- Be equipped with practical skills for leadership in a lunchtime CRU® Group
- Make new friends from other schools

Bring your students along to the next FIT near you!



*We love FIT. The kids come back and they are just pumped to be able to put into practice the things that they've learned.*

*- Emily Thaux, teacher at Nowra Christian School*



For more information about FIT, visit:  
[www.cru.edu.au/fit](http://www.cru.edu.au/fit)

## Camps that build character, resilience & hope



### CRU Lake Mac

Stay at the newly redeveloped CRU Lake Mac on the sparkling shores of Lake Macquarie!

- Just over 1 hour from Hornsby or Newcastle
- New air-conditioned ensuite accommodation and facilities
- New activities including the 4-faced rock climbing tower, giant stand up paddle boards, dragon boat & more!

Find out more: [www.cru.lakemac.com.au](http://www.cru.lakemac.com.au)



### CRU Galston Gorge

The perfect venue for your next school camp!

- Just 45 minutes from Sydney's CBD
- Modern air-conditioned rooms with ensuite bathrooms
- Famous for its delicious food and snacks and plenty of it!
- Indoor high ropes course to challenge your students' vertical limits

Find out more: [www.crugalstongorge.com.au](http://www.crugalstongorge.com.au)

# Preparing well for school Christian groups can be tough.

CRU's resources aim to help you run a great group that creatively engages students with the Bible. Each session is short enough to fit into a lunchtime but deep enough to stretch your students' faith. Simple activities and plenty of interaction with the Bible make a fantastic blend to help you grow strong followers of Christ.

## About Made Alive

If you're a follower of Jesus, you are rich beyond measure - you just may not have realised it yet. 'Made Alive' (from the book of Ephesians) will help your students realise the rich blessings they have in being raised to life with Christ, and what that means for living thankfully and joyfully today.

“

*Very creative and adaptable. They not only work in lunchtime groups, but we have used them in our chapel services and for classroom teaching as well.*

- Elizabeth Errington, Georges River Grammar School

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“

*A flexible resource for engaging God's word in students' lives. Suitable for student-leaders to grab hold of.*

- Matthew Mulready, Armidale Secondary College

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“

*I thought they were excellent. I can see these resources being used very widely in schools ministry.*

- Tony Payne, Matthias Media

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**CRU**® | Groups

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