

RAISED TO

LIFE

Nine Studies from Ephesians

Secondary Resource

CRU[®] | 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)

RAISED TO

LIFE

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
- › An activity
- › Discussion questions with guided explanations
- › Prayer ideas
- › 1 x set of leader's notes for an outreach meeting



8x sets of student pages for regular meetings

Each sheet includes:

- › Bible passage/s (NIV)
- › Questions



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
- 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 group.
- Note: Aboriginal and Torres Strait Islander people should be aware that this resource contains names of people who have (or may have) since passed away.



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.

RAISED TO LIFE

Nine Studies From Ephesians

Week	Title	Passages	Main Idea
1	Countless Blessings	Ephesians 1:3-14	Through Jesus, God has lavished us with every spiritual thing we need.
2	Brought Back From The Dead <i>Outreach Week</i>	Ephesians 2:1-5	Jesus brings dead people back to life.
3	Only By Grace	Ephesians 2:8-10	Eternal life through Jesus is God's gift – not something we can ever earn.
4	Powerful God, Powerful Prayer	Ephesians 3:14-21	Our loving God is able to do immeasurably more than all we ask or imagine.
5	A New Way To Live	Ephesians 4:1-6, 4:25-32	Jesus' followers imitate Him by treating others well.
6	Gifts That Keep On Giving	Ephesians 4:11-16	Christ gives each of His followers gifts to serve God and others.
7	Be Careful!	Ephesians 5:3-5, 15-21	Jesus' followers are careful how they live, making the most of every opportunity.
8	Honour Your Parents	Ephesians 6:1-3	We honour our heavenly Father when we honour our earthly parents.
9	Ready For Battle	Ephesians 6:10-18	God equips His people for daily spiritual battles.

Week 1 *Countless Blessings*

Ephesians 1:3-14



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 recognise and be thankful for all the spiritual blessings God gives.
- ✓ Read through the above Bible passage, familiarising yourself with its context and content.
- ✓ Photocopy the Week 1 Students' page for everyone (p.24).
- ✓ Ensure you have the facilities to show the Web Extras PowerPoint 'Weekly Bible Verses and Headings', and the Web Extras video 'You Say'.
- ✓ Print out the Web Extras 'I Am cards' and 'Outreach Invitations'. Plan to ask students to invite their friends to next week's Outreach Week.
- ✓ For the activity, bring a gift box and various objects to be placed in it (e.g. a ball, pen, banana, clip, coin, etc.)

Activity: *What's In The Box?*

6 minutes

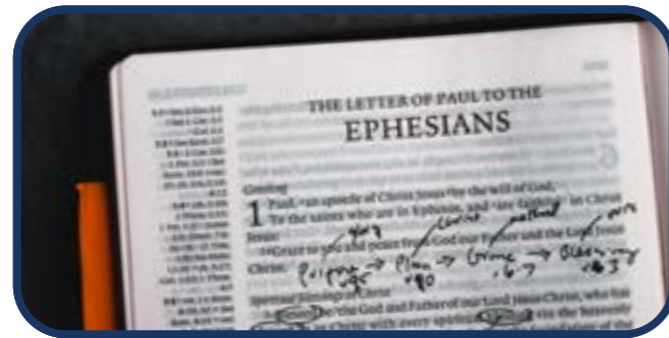
In this up-front game, invite students to guess what object is inside a gift box. Students cannot open the box and look in it, but can shake it, hear it, and feel the weight. Allow multiple guesses before revealing the correct answer. Put a new object in it for each subsequent round. Plan to link this when you talk about the gift discussion in question 1.

Intro: *The Book of Ephesians*

1 minute

If you're a follower of Jesus, you are rich beyond measure. It's true! You may not have realised it yet. A bit like if a bird found a hole in the roof of a bank and was taking off with bank notes to build its nest – they'd be sitting on wealth without even realising it. Well, over the next nine weeks, we're going to be looking at the New Testament book of Ephesians, and it's going to reveal all the riches and blessings God has given His people through Jesus, and what that means for how we should live today. It's going to be amazing and life-changing!

- ▷ Pray with the students, giving thanks to God for speaking through the book of Ephesians, and pray that the students would be amazed by what He reveals.



Discuss

15 minutes

- ❓ 1. What are the top three gifts you've ever received at Christmas or on your birthdays? What do you think is the best gift you could ever get?

As great as some of these gifts may be, in many cases they're probably not the things we need the most in life. Nor might they be things that last a long time. This means that, ultimately, they won't bring true and lasting joy.

The start of Ephesians tells us that God has something even better for His followers. Gifts for them that truly satisfy because they are exactly what we need. Plus, these things last forever. As we read through Ephesians 1:3-14, see if you can find all the things that God has done and will do for His followers.

- ▷ Have a student read out Ephesians 1:3-14 (ESV) from the 'Weekly Bible Verses & Headings' on screen.

- ❓ 2. In small groups, list all the things God has done and will do for His followers in Ephesians 1:3-14. Share answers afterwards.

- ▷ Using the table and Bible verses on the students' page or PowerPoint, encourage students to fill in the missing 'Blessing' and 'What's said about the blessing' columns (answers given below).

Blessing	What's said about the blessing
v.4 Chosen in Christ	God's choosing of us happened before the world was made - before we had done anything. The purpose behind it: for us to be holy and blameless (clean of sin).
v.5-6 Adopted into God's family	God's choosing to adopt us happened because of God's free and unconditional love. We now have a permanent place in God's family.
v.7-8 Redemption	To be redeemed is to be set free from something. In this case, Jesus' payment of His own blood redeems us from the penalty of sin. It's an extravagant gift from God.
v.9-10 Knowledge of God's will	God doesn't leave us in the dark, but helps us to understand truth and reality as it really is - especially about His plans for us and the world through Jesus.
v.11 Inheritance	As God's adopted children, we stand to receive all the eternal benefits that come from being in His family.
v.13-14 Guarantee through the Holy Spirit	Nothing can take away our future inheritance. The Holy Spirit - God's presence within us - seals all this as the first taste of our inheritance.

- ▷ Watch the Web Extras video 'You Say' (note the time guide on the webpage).

Pray

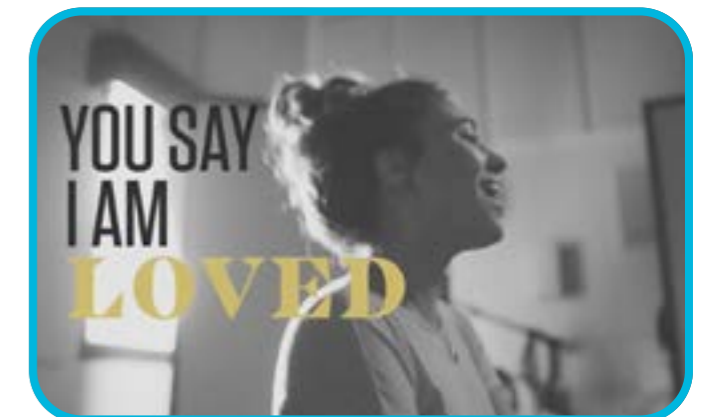
3 minutes

Pause for a moment and, with the students in their small groups, spend some time simply thanking God for all the countless blessings we have been given through Jesus.

- ❓ 3. When do you find it difficult to praise or thank God? How do these verses help you to do those things?

Truly we are loved by God and rich beyond measure! The things that we truly need, God abundantly gives to those who trust in Jesus. Perhaps one of the reasons we often struggle to praise or thank God daily is because we forget or don't think much about all that God has done, is doing, and will do for us. But these verses from today's passage are a great reminder that should move us to praise and thank God - "to the praise of His glorious grace" (verse 6).

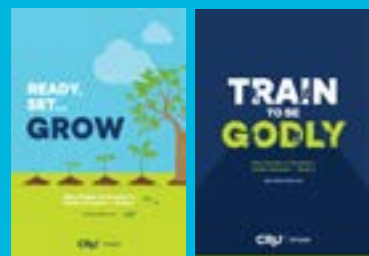
- ▷ As you finish with the students, play the rest of the 'You Say' video. Hand out to any interested students the Web Extras 'I Am cards' so they can be reminded each day of God's blessings. Also hand out the Outreach Week invitations so students can invite friends to next week.





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.



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.

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



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

Move for your students

Each year, CRU® provides opportunities for students to be equipped and grow in their love for Jesus through camps and combined school events.

Find out more:



crugroups@clu.edu.au



(02) 9874 8933



www.cru.edu.au/schools-ministry

CrossTrain

Student leadership camp

NOW for
Years 7-12!



Inter-CRU®

Inter-school events

- Gather
- Grow
- Unite



Being a Christian at school can be challenging... but CrossTrain is a fantastic way to help your students grow in their faith, live for Jesus and serve Him in their school!

CrossTrain camps are run in NSW and WA each year. During the week, students will hear from the Bible, pray together, engage in discussion groups, and attend workshops to equip them with practical skills to use at their school and lunchtime CRU® Group. The program caters for all stages of Christian maturity and different year groups.

Campers will enjoy meeting Christians from other schools. Through prayer, fellowship and fun, they support each other in their faith & form friendships that often last well beyond school years.

If you want to live for Jesus at school, we'd love to see you at CrossTrain!

Register now: crucamps.com.au/crosstrain

CrossTrain will help students:



Stand firm in their faith



Be equipped to serve



Love the Bible



Know the gospel and share it at school



Value and practice prayerfulness



Love and care for other students



Live godly lives

Inter-CRU events are a great way of connecting your Year 7-12 students with like-minded students from other local high schools.

The events are held at various locations across Sydney, Canberra and Perth, and typically happen on a Friday afternoon. Your students will enjoy singing, talks from the Bible, and hearing the amazing things that God is doing in other schools. We also finish the year with Mega-CRU where all schools are invited!

Inter-CRU is always a huge encouragement for those who come, so please bring your students along to the next event near you!

“

"The best thing is to being able to meet with people from other schools and year groups, and encourage each other in our faith journeys."

- Annese, student

"We get to learn about God in a supportive and encouraging environment. It also challenges us in our faith."

- Sebastian, student

"I enjoy the fellowship with older Christians and hearing great talks from a range of people. It's nice getting to grow in my friendships with other sisters in Christ."

- Anastasia, student

”



School camps that build character, resilience & hope

CRU Educational Camps

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

Our camps are run by a dedicated team of approachable, fun and qualified leaders. Schools tell us that they are the main reason they keep returning year after year.

Our leaders run camp from daybreak to bedtime and make intentional efforts in getting to know each student. By spending every meal time, free time and activity with the students, our leaders build a trusting camp community - giving students the confidence to push themselves to go further. On camp, students are also given the opportunity to explore their beliefs alongside our leaders, who are great Christian role models.

“

The enthusiasm, energy and participation of the CRU leaders is amazing. The rapport they immediately build with the students is impressive and is remembered for a long time afterwards. It's the main reason we keep returning.

- Teacher at Danebank Anglican School for Girls

”

For more information, contact us:



www.cru.edu.au/educationalcamps



(02) 9653 1676



educationalcamps@cru.edu.au

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- Indoor high ropes course to challenge your students' vertical limits

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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 Raised To Life

If you're a follower of Jesus, you are rich beyond measure - you just may not have realised it yet. 'Raised To Life' (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

”

“

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

- Matthew Mulready, Armidale Secondary College

”

“

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

- Tony Payne, Matthias Media

”

CRU® | Groups

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