

Day of Prayer Secondary Lesson

God is limitless!



Bible Passage

Ephesians 3:14 - 21

Introduction (5 mins)

What do you invest your time in and why? Imagine we are out of lockdown: if you had a few hours to do whatever you wanted, what would you do with your time? Do you think that is a worthwhile time investment? Some examples...

- After school clubs like sports or music groups
- Studying for exams
- Spending time on social media
- Duke of Edinburgh Awards

If you have time, split the group into areas of interest (e.g., social media, sport, music) and nominate a spokesperson to give feedback on what's so good about their area of interest that they want to invest so much time in it.

Explain that today we are going to be thinking about how utterly worthwhile and life-changing it is to invest our time in growing in knowledge and experience of God's love. We are going to see this in a prayer Paul prayed for the Ephesian Christians. Paul wants them to understand that Jesus' death and resurrection means they can now know God's powerful love and presence deep in their own lives every day – and we can too!



Aim

To encourage the young people to explore how God's limitless love might impact their lives.



You will need

- Knowledge of how to use the Whiteboard facility on Zoom in order to share the Bible passage. (This is explained below)
- If you are doing this with young people in your own household face-to-face you will need printouts of Ephesians 3:14-21 and pens
- The video [Top Ten Biggest Houses in the World](#) ready to play on a device or by Zoom screen share. Play from the beginning until 04:34mins
- Knowledge of how to use the Breakout Rooms facility on Zoom (if you are meeting with a group online)

Bible – Paul’s prayer for the Ephesians (7 mins)

Ask the group if they ever pray for other people. If so, what do they pray? Let’s see what Paul prayed for the Ephesian Christians. **Read Ephesians 3:14 - 21 (NLT)**

>>If you are meeting on Zoom –

- Copy the Bible passage from the Appendix below
- Select ‘Screen Share’
- Select ‘Whiteboard’
- From the top ribbon, select ‘Text’
- Paste the Bible passage onto the Whiteboard (Control + V)

Ask the young people to select ‘Draw’ from the top ribbon and one of the wiggly lines, so they are ready to underline any truths about God they see while you read. They can also select a colour (the passage should look a real mess when you’re finished reading!). Can they spot five amazing truths about God?

>>If you are meeting face-to-face, give the young people the Bible passage print outs and ask them to underline the amazing truths.

After you are finished reading the passage, ask the group to shout out the amazing truths about God they saw in the passage, or read out what they underlined on the Zoom Whiteboard.

>> Five amazing facts about God from the passage -

- Absolutely *everything* you can think of was made by him! (v15)
- He wants to use his *unlimited* resources to empower us and make us strong! (v16 and 19)
- He does that by Jesus coming to live in us through the Holy Spirit! (v16b and 17a)
- God’s love for us is wider, higher, longer and deeper than we could ever imagine! (v18 and 19a)
- He is able to do infinitely more than we can even think to ask him! (v20)

We’re going to focus on just one of those amazing truths about God: His love for us is limitless! It is wider, higher, longer and deeper than we could ever imagine! (v18 and 19a)

Paul had experienced God’s limitless love. He wrote this letter from prison (it’s pretty cool, isn’t it, to think that some of the Bible was written from jail!). But it was the brutal Roman regime that had imprisoned him – he didn’t know if he would live... or die a horribly painful death. How would you feel in his position? How would you feel about *God*?

But Paul did not doubt God – he was still filled with God’s love. He was convinced of God’s love in his mind, and experienced it in his life. He wanted the same for the Ephesian Christians; to be in awe of God’s love and to grasp that this limitless love was for them personally. They too could know and experience God’s limitless love, and so can we!

God’s love for us is beyond our understanding – wider, higher, longer and deeper than we could ever imagine. But this is the most worthwhile thing we can invest our time in – to delve deep into understanding and experiencing God’s love. The impact on our lives is immeasurable.

Activity (7 mins) – The World’s Biggest Houses

In a moment we are going to watch a short video of the world’s biggest houses. What do you imagine they are like? What features would the world’s biggest homes contain? How much would they be worth?

Play the following clip from the start until 04:34mins [Top Ten Biggest Houses in the World](#)

Ask the group what they thought about those houses. If they could visit only one of the three, which one would they choose and why?

Chat (10 mins)

Watching a video only gives us a small glimpse of what the world’s biggest houses are actually like. It would be completely different if one of them was your very own home! But God’s love is so much better than all the wealth in the world – bigger than the biggest house! God invites us, not only to have a glimpse of his love, but to make our homes there -

to invest time in growing in our understanding of his love and our experience of it. Like Paul prays for the Ephesians, God wants us to be rooted in his love, like a tree with deep roots in the best soil next to a powerful river.

Almost every pop song is about the power of love. It seems like the best thing in the world is to be loved by another person. How much more to be rooted in God's love?! Ask the young people to reflect on what difference it would make in their lives to experience God's powerful love for them every day.

- What difference would it make to how they feel about themselves?
- How would it change how they feel when others are unkind to them?
- How would it help them be kind to others?

Remind the group of the things they said, at the start of the session, they were invested in. Some of these things might be very worthwhile, others maybe not so much. Explain that investing time in knowing, grasping and understanding God and his love for us is always utterly worthwhile!

Encourage them to take some time after this session to read the whole of Ephesians chapters 1-3. It will take them about ten minutes. Suggest they have a pen and paper to note down all the evidence they find there of God's limitless love, and then write a prayer of thanks to God. Encourage them also to sign up for the Scripture Union **WordLive daily email** or to use The Bible App for a daily Bible reading plan, so they can continue to root themselves in God's love for them every day.

Popcorn Prayers (3 mins)

Mention that this is a special week of prayer for SU Scotland and that there are lots of people across the country praying for them. Explain that God loves it when we pray to him. We can pray to God for people we care about, just like Paul did, asking that God would be close to them and fill them with his love.

Ask the young people to think of someone they would like to ask God to fill with his love. Explain 'popcorn prayers': You will pray a short prayer of thanks to God for his limitless love, and ask him to fill the whole group with his

love. Leave space then for the young people to say out loud, "Please fill X with your love". If your session is on Zoom, tell them not to worry if they pray at the same time.

For more information on how you can get involved:

Visit our website:

suscotland.org.uk/dop

Follow us on Facebook, Instagram & Twitter:
@suscotland

We have also set up a Spotify playlist to help you engage with worship and thanksgiving. Check it out at: https://open.spotify.com/user/su_holidays?si=Zf-piB4jQYenFlp05PnAjQ

Appendix

Bible Passage: Ephesians 3:14-21 (NLT)

When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.