

Get a Life!

Ephesians

Grace
And
Peace

Lesson Two

Get a Life!

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Ephesians

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

Ephesians 4:1

Grace And Peace

Lesson Goal: To show students the full meaning of two great words of the Christian faith.

Scripture: Ephesians 1:1, 2; 2:8, 9; Philippians 4:7

Paul began his letter to the church at Ephesus as he did all his other letters. He said, “Grace and peace to you from God our Father and the Lord Jesus Christ.” (In the two letters to Timothy, he adds the word “mercy.”) These two great words of Christianity, grace and peace, are most important in understanding what life in Christ is really all about.

We are emphasizing the idea that we should “get a life.” That means that we can’t just assume that we have all of life that there is just because we are awake and breathing. You may have heard the phrase, “life happens.” That is true, but it isn’t true that healthy, good, satisfying life just happens, and certainly eternal life in Christ doesn’t just happen. Paul picked two words that show us exactly what makes life in Christ happen.

The first word is grace. Some think of grace as having to do with beauty. Grace does mean loveliness. It also has to do with how we behave. Have you ever heard someone described as gracious? Have you ever known someone who went beyond simple goodness and might be called elegant...a word that describes someone beautiful inside and out? Grace is about attractiveness.

Grace is also about giving. When we think of grace we should think of giving that is without any qualification. That is, a gift given that the recipient does not earn, or even deserve. Have you ever received a gift and wondered, “What did I do to deserve this?” Have you ever given someone something just because you could, and just because they would be happy to have it? Have you ever wanted to give a complete stranger something, just because you could see that they needed it? That is a “gracious” gift.

Once there was a little girl named Leila. She sat on her front porch and watched the other children ride their bikes up and down the sidewalk. She really wanted to ride with them, but she had no bike. Her parents wanted to give her one, but they didn’t have the money to buy one. One day, Jeremy, who lived two doors down, brought a bicycle and told Leila that his parents wanted her to have it. Jeremy’s family was new in the community and Leila didn’t know them. However, here they were “graciously” giving her a bicycle. She was blown away. What could she have done that would make them want to give her something? The answer is: nothing. She would later get to know the family well and she found that they were very kind and loving people. They enjoyed doing good things for people. They knew what grace meant.

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The other very special word that Paul used in his greeting to the people at Ephesus was “peace.” Most often we think of peace as the absence of war. That war might be two brothers who fight a lot. It might be the quiet that happens at home when parents and children aren’t fighting. It might be the calm that comes after a strong storm with rain, thunder and lightning. It might be the undisturbed quiet when the guns and bombs of a war are silenced.

However, that is not what Paul meant when he prayed for peace in the church at Ephesus. In the Bible, peace is much more than quiet or calm. It isn’t just about the absence of trouble or fear. It has to do with what a person can be. There are many who “have it all.” But, they have no real peace. There are people who have little of what most of us think of as the necessities of life, but they have real peace. The peace to which Paul referred is available only from God. (Psalm 29:11) It is His blessing on us in making us all that we can be. (Psalm 37:37; John 14:27; Romans 5:1; 8:6)

So, the two words that will most help us “get a life” are grace and peace. We should look to God to offer us salvation by His grace. There is no way that we can earn salvation. There is no way that we can deserve salvation. Only by the gracious gift of our beautiful, perfect God can we have salvation. That salvation changes our life from the moment we believe all the way into eternity.

While the grace of God provides an escape from sin, the peace of God provides an escape from worry and fear. Every day we can count on God to keep us as His own children. He has graciously adopted us. Also, we can count on God to provide calm, certainty and harmony in our lives. His peace is stronger than anything that can threaten you in this life. That is why that even when we face difficult times, when we aren’t certain of the outcome, when we aren’t sure that we can do what needs to be done, we can depend on Him to give us peace.

The only true peace in our world is found as we trust in the great, gracious God of peace.

Memory Verse: “Grace and peace to you from God our Father and the Lord Jesus Christ.” Ephesians 1:2

*Underlined sentences in the Teacher’s Guide appear in the Student Worksheet with blanks to be filled in by the student during the lesson. Words in the Student Worksheet may not appear exactly as printed in the Teacher’s Guide.

Student Worksheet

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Memory Verse: “Grace and peace to you from God our Father and the Lord Jesus Christ.” Ephesians 1:2

>These two great words of Christianity, _____ and _____, are most important in understanding what life in Christ is really all about.

>Healthy, _____, satisfying life doesn't just happen, and certainly _____ life in Christ doesn't.

>Grace is about _____. Grace is also about _____.

>Have you ever wanted to _____ a complete stranger something, just because you could see that they _____ it? That is a “_____” gift.

>Peace has to do with what a person _____.

>The peace to which Paul referred is available only from _____. It is His _____ on us in making us all that we _____.

>While the _____ of God provides an escape from sin, the _____ of God provides an escape from worry and fear.

>The only true _____ in our world is found as we _____ in the great, gracious God of peace.

How to begin a Personal Relationship with God:

First, believe that there is a God.

Second, believe that Jesus, God's Son, was sent to earth to die so that you can have a relationship with God.

Third, ask God to forgive your sins in Jesus' name. Jesus' death on the cross paid the price of every sin you commit.

Fourth, ask Jesus to be your Savior and the Lord of your life.

Fifth, believe that He has answered your prayer and be ready to live for him all the rest of your life.