

Ephesians 1.¹⁵⁻²³

A growing family!

One of the reasons why Paul wrote this letter to the church at Ephesus was because he wanted to help them grow.



Draw a circle round the person in the picture above who you think is closest to you in age.

How **old** are you?

What **height** are you?

What **weight** are you?

What **year at school** are you?

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Paul wanted the believers at Ephesus to grow in other ways! There were three ways he wanted them to grow – can you spot what they are in the prayer he makes?

Verse 17

Verse 18

Verse 19

That's a bit like an old prayer which a bishop called Richard a long, long time ago used to pray.

Why don't you make this your prayer too?

Day by Day
Dear Lord of Thee, three things I pray,
To see Thee more clearly,
Love Thee more dearly,
follow Thee more nearly,
Day by Day.

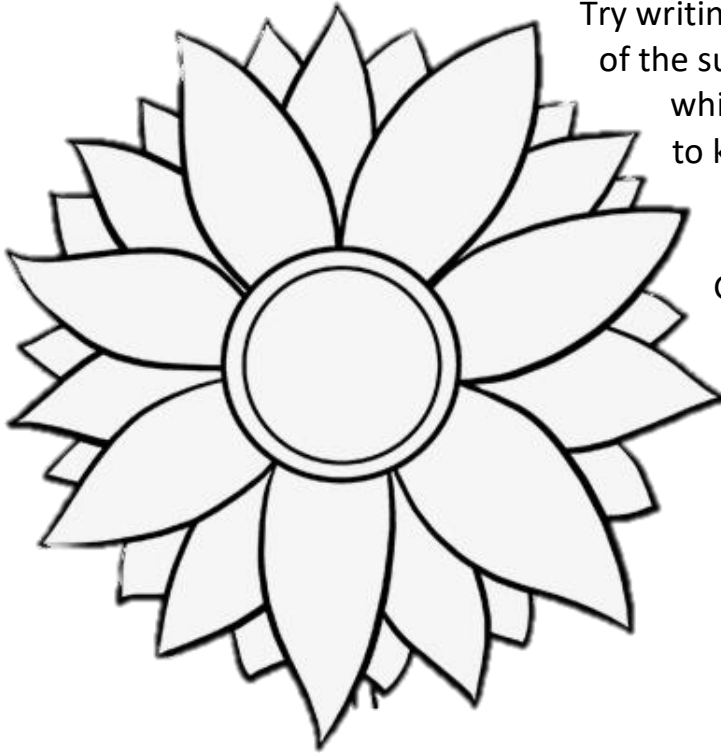
What helps you grow?

Which of the pictures below help you grow healthy and strong?

Put a ✓ on the ones which help you grow healthy and strong,
and a ✗ on the ones which don't!



what helps you get to know Jesus better?



Try writing in each of the big petals of the sunflower different ways in which you're helped to get to know and love Jesus better.

God works in our lives by His Spirit to make us more and more like His

His Son

the Lord Jesus!

Learn to 'flower' like the Son!

Try colouring in the sunflowers below – and if you've got time, why not try drawing a sunflower yourself!

