For Sunday 15th November 2026

Passage: Ephesians 3.1-13

St Peter's
COLCHESTER

St Peter's Kids Resources

Welcome to the resources for St Peter's Kids.

Each Sunday, Seekers and Diggers will normally explore the same Bible passage or theme as the rest of the church, in ways that are right for their different ages.

Our hope is to help the children:

- engage seriously with the Bible;
- grasp one clear central truth;
- understand why it matters;
- respond appropriately to God;
- enjoy being together and build good relationships.

How to use these resources

These are resources, not a script. Please use your knowledge of the children and your own strengths as a leader, and feel free to adapt what is here. You certainly do not need to use everything suggested.

A simple, engaging conversation about the Bible can be far more valuable than an elaborate activity. The aim is always to help the children understand, remember and respond to God's word.

Seekers and Diggers

- Seekers – Reception to Year 2: keep things short, concrete and interactive, using repetition, movement, visual material and questions they can genuinely answer.
- Diggers – Years 3 to 6: give children real opportunities to read the Bible, notice things in the text, think, question, discuss and respond. Aim for material that stretches them without feeling childish.

What about craft?

Craft can be a great way to reinforce the Bible teaching or help children respond, but it is entirely optional. If you enjoy using craft and it genuinely helps the session, please do. If it does not, there is absolutely no need to include it.

Summary

- Paul prays for the Father to strengthen believers through his Spirit.
- He asks that Christ will dwell in their hearts through faith and that they will be rooted in love.
- He wants them to grasp Christ's great love together and ends by praising God, whose power is at work in his people.
- Key verse: Ephesians 3:17–19
- Aim: To help children see that God strengthens his people by the Spirit and helps them know Christ's love together.

Things to notice in the passage

- Paul's "For this reason" connects his prayer to everything he has said about God bringing people together in Christ.
- Paul kneels before the Father. Kneeling is one way to show dependence and respect; the important point is that Paul asks God to act.
- He prays for the Spirit to strengthen believers in their "inner being". He is asking for inward faith and strength to trust Christ, not promising that Christians will never feel weak or sad.
- Paul asks that Christ may dwell in their hearts through faith. He is praying that Christ will make his home among them and shape their lives as they trust him.
- "Rooted and grounded" are pictures of a tree with strong roots and a building with a firm foundation. Both show the security Christ's love gives.
- Paul wants Christians to grasp Christ's love "with all the saints". This is a shared prayer: we learn about Jesus and his love together.
- The love of Christ is greater than we can fully understand, yet Paul prays that believers will know it more deeply.
- Verses 20–21 turn from prayer to praise. God can do more than we ask or imagine, and glory belongs to him in the church and in Christ.

Possible approach for Seekers

Roots that hold: Show a plant with visible roots, or a picture of a tree growing in strong wind. Ask what roots do and what might happen if the plant had no roots. Explain that Paul uses this picture for growing strong in Christ's love.

Read Ephesians 3:14–21, or retell Paul's prayer: he asks God to make his people strong inside, help them know Jesus' love, and help them grow together.

Ask:

- Who does Paul ask to make the church strong?
- What can help us remember that Jesus loves us?
- Why is it good to learn about Jesus with other Christians?
- What could we ask God to help us with this week?
- Keep returning to: God helps us grow strong in Jesus' love, together.

Possible approach for Diggers

Read Ephesians 3:14–21. Ask the children to find and list what Paul asks God to do in verses 16–19. Then ask them to notice how verses 20–21 turn the prayer into praise.

Questions:

- Where does Paul expect the church's strength to come from?
- What might it mean for Christ to dwell in our hearts through faith?
- Why does Paul say we need to understand Christ's love "with all the saints"?
- How can Christ's love be greater than we can fully understand?
- What does Paul praise God for in verses 20–21?
- Does Paul promise that Christians will never have problems? What does he pray God will give them?

Invite each child to choose one phrase from Paul's prayer for the group: strength through the Spirit, Christ dwelling in us, growing in love together, or praising God. Let them pass if they prefer.

Connecting it with St Peter's

The passage is a prayer for God to work in his people, not a demand that they become strong by sheer effort. Christians may still feel weak or sad; Paul prays for God's help within real life.

The love is shared "with all the saints". We learn and grow as part of a church family, including by praying for one another and receiving encouragement.

As the series ends, gather its movement: God makes us alive by grace, brings us together through the cross, gives our shared life a purpose, and strengthens us in Christ's love.

Possible activities

- **Roots and foundations**: Compare roots holding a plant in place with a firm foundation holding up a building. Ask what helps Christians keep trusting Jesus.
- **Build Paul's prayer**: Put the phrases "strength through the Spirit", "Christ at home in us", "grasping his love together" and "praise to God" on separate cards. Children arrange them in passage order and choose one to pray.
- **A growing tree**: Draw a tree. On its roots, write or draw ways God helps us know Christ's love. On its branches, add ways the church can show that love to others.

A note for leaders

Do not suggest that a Christian who feels weak has failed to trust God. Paul prays for strength because believers need God's help. "Christ dwelling in our hearts" describes Christ making his home among people who trust him, not a test of whether a child feels a particular emotion. "With all the saints" means Paul's prayer is for the church together. Avoid promising that God will grant every request or make all difficulties disappear.

Prayer

- Praise God, our loving Father.
- Ask him to strengthen us through his Spirit.

- Ask him to help our church know Christ's love together.
- Thank him that his power is at work among his people.