Welcome to xtb Issue Five

The Promise Keeper

XTB stands for **eXplore The Bible**.

Read a bit of the Bible each day and...

- Zoom in on **Mark** to meet Jesus, the promised King.
- Journey to the Promised Land in **Numbers** and **Deuteronomy**.
- Read about God's promise and plan in Paul's letter to the **Ephesians**.

Are you ready to explore the Bible? Fill in the bookmark...
...then turn over the page to start exploring with XTB!

Table Talk FOR FAMILIES

Look out for **Table Talk** — a book to help children and adults explore the Bible together. It can be used by:

- Families
- One adult with one child
- Children's leaders with their groups
- Any other way you want to try

Table Talk uses the same Bible passages as XTB so that they can be used together if wanted. You can buy Table Talk from your local Christian bookshop—or call us on **0845 225 0880** to order a copy.

xtb

This book belongs to

.....

Sometimes I'm called

..... **(nickname)**

My birthday is

.....

My age is

.....

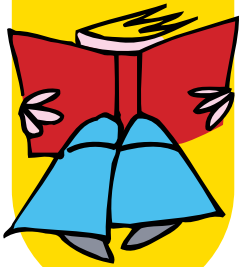
I look like this:

OLD TESTAMENT

Genesis
Exodus
Leviticus
Numbers
Deuteronomy
Joshua
Judges
Ruth
1 Samuel
2 Samuel
1 Kings
2 Kings
1 Chronicles
2 Chronicles
Ezra
Nehemiah
Esther
Job
Psalms
Proverbs
Ecclesiastes
Song of Solomon
Isaiah
Jeremiah
Lamentations
Ezekiel
Daniel
Hosea
Joel
Amos
Obadiah
Jonah
Micah
Nahum
Habakkuk
Zephaniah
Haggai
Zechariah
Malachi

NEW TESTAMENT

Matthew
Mark
Luke
John
Acts
Romans
1 Corinthians
2 Corinthians
Galatians
Ephesians
Philippians
Colossians
1 Thessalonians
2 Thessalonians
1 Timothy
2 Timothy
Titus
Philemon
Hebrews
James
1 Peter
2 Peter
1 John
2 John
3 John
Jude
Revelation



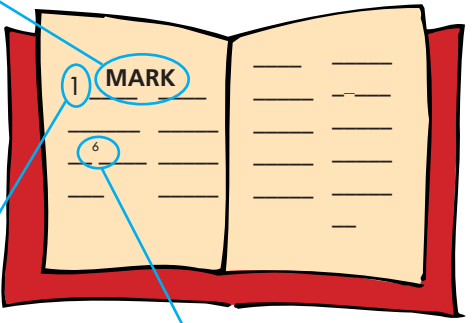
How to find your way around the Bible...

Look out for the READ sign.
It tells you what Bible bit to read.

READ
Mark 1v2-6

So, if the notes say... READ Mark 1v2-6
...this means chapter 1 and verses 2 to 6
...and this is how you find it.

Use the **Contents** page in your Bible to find where Mark begins



The chapter numbers are the **GREAT BIG** ones

The verse numbers are the tiny ones!

Oops! Keep getting lost?
Cut out this bookmark and use it to keep your place.

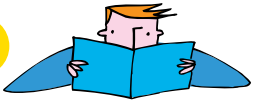
How to use xtb

1.
Find a time and place when you can read the Bible each day.

2.

Get your Bible, a pencil and your XTB notes.

3.
Ask God to help you to understand what you read.

4. 
Read today's XTB page and Bible bit.

5.
Pray about what you have read and learnt.

6.
If you can, talk to an adult or a friend about what you've learnt.

YOUR FREE XTB PRAYER DIARY

This copy of XTB comes with a free **Prayer Diary**.

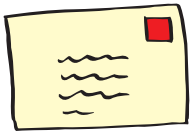
When we talk to God He always listens! Your prayer diary has loads of ideas for different ways of talking to God. You can use it keep a record of His answers too.

As we explore Mark, Numbers, Deuteronomy and Ephesians, there'll be plenty to talk to God about.

Are you ready to start? Then hurry on to Day 1.

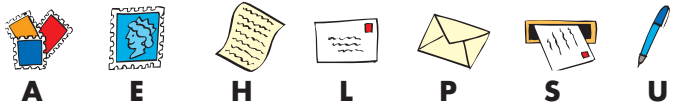
DAY 36 EXPLORING EPHESIANS

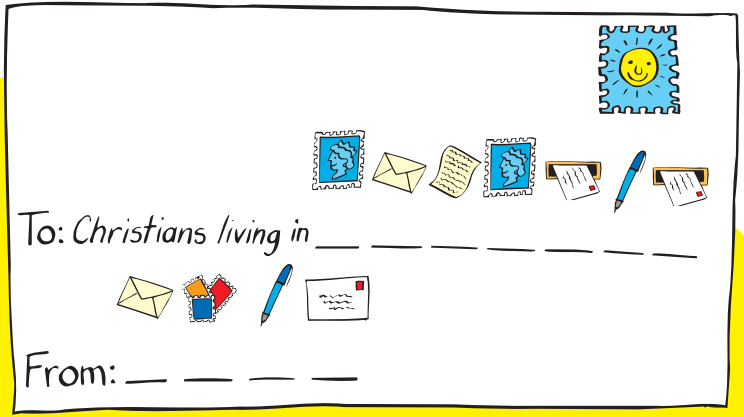
xtb The Book of Ephesians



Do you like getting letters? I love it! As soon as the postman arrives I stop what I'm doing and rush to see if anything exciting has arrived!

Crack the code to see who this letter is for and who sent it.





But we can read it too!
It's in the Bible, and it's called **Ephesians**.

Warning! Ephesians is a letter packed full of **BIG IDEAS** and ***exciting news***. Please make sure you understand the following symbols before attempting to read it!

Put on your imaginary seat belt for high-speed journeys through time and space.

Stop and learn a great new word.

Check you remember what this word means? Go to Day 36 to remind yourself.

This is a **BIG** idea. Read this bit again, and say the word ***"Wow!"*** out loud five times.

Great! Let's get started!
Go straight on to Day 36.

DAY 36 CONTINUED 1, 2, 3, GO!

xtb Ephesians 1v1-3

READ Ephesians 1v1

What's special about Paul? (v1)

He's an **a**_____

An apostle is someone who was chosen by God and sent to teach us the truth about Jesus. We should listen to what he says!

Who's Paul writing to? (v1)

_____ in Ephesus.

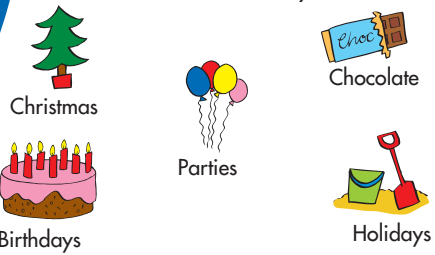
Your Bible may say **saints**. That doesn't mean extra-special people. It means everyone who believes in Jesus!

READ Ephesians 1v2

Your Bible may have used our first special word: **GRACE**.

Read around the present to see what GRACE means.

Circle the things that make you excited. Add some of your own.



READ Ephesians 1v3

...to see why Paul's so excited!

Underline the correct words

Paul's **cross with/thanking and praising** God for giving us EVERY spiritual **banana/blessing** because of **our good behaviour/Jesus**.

No wonder Paul's excited! Spiritual blessings are the good things God gives us because of Jesus. *More about exactly what these blessings are in the next few days.*

PRAYER DIARY

GO! It's your turn to praise God! Fill in blanks 1-3 on **pages 8 + 9** of your Prayer Diary and pray up to the first ☺.

DAY 37 CHOSEN CHILDREN

xtb Ephesians 1v4-6

Have you ever been chosen to…

- ❑ answer a question
- ❑ play in a team
- ❑ be in a play

If you're a Christian you've been chosen for something very special. This choice was made a long time ago!

READ
Ephesians 1v4-6

Who chose us and when? (v4)

_____ chose us **before** _____

_____

What did God choose us to be? (v5)

His _____

Cleaners Children Gardeners

WOW! Did you know God chose you to be His child before the world was made?

Why did God choose us? (v5, 6)

Draw a ☺ by the 2 right answers.

- ○ It pleased Him, He wanted to.
- ○ Because we're great.
- ○ To bring Him praise.

He didn't choose us because we are really nice or good—but because He **wanted** to.

How did God make us His children? (v5)

Through **J**_____.

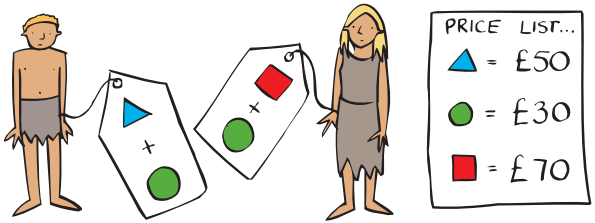
Being God's child is one of the amazing spiritual blessings we have because of Jesus!

Fill in blanks 4-5 in your **Prayer Diary** (page 9) and pray up to the second ☺.

DAY 38 FREE AND FORGIVEN

xtb Ephesians 1v7-8

We're in the slave market and we want to set free two slaves. How much will it cost to set them free?



But how much did **God** pay to set us free?
Read the verses to find out.

READ
Ephesians 1v7-8

Paul says we've been **set free**.
What does he mean? (v7)

Our **s**_____ are **f**_____

Sin is doing what **we** want instead of what **God** wants. Sin traps us and separates us from God. It's just like we are slaves and need to be set free (or redeemed).

Did you know?
Redeem / Redemption
Means to pay a price to set someone free.
Your Bible may use these words in v7.

Use the code to see what price Jesus paid to set us free from sin.

L	B	O	D
1	2	3	4

	2	1	3	3	4
His	___	___	___	___	___

Jesus set us free by dying on the cross!

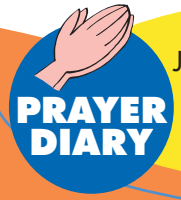
That's a huge price to pay!

Why did God free us? (v7)
- ❑ We deserved it
- ❑ His grace and kindness

*Check out Day 36 to see what **grace** means.*

Circle the words that describe **God's grace**. (v7, 8)

HUGE Stingy Tiny **GENEROUS**



Join Paul in praising God. Fill in blanks 6-7 on **Page 9** of your **Prayer Diary**. Pray up to the third ☺.

DAY 39 A GRAND PLAN

Colour in the dotted shapes to see who God's plans are all about!

God chose us and set us free through **Jesus**. But that's not all!

We're going forward to the end of time when Jesus comes again!

READ
Ephesians 1v9-10

God wants **you** to know His plans!

What is God's plan? (v10)

Cross out the wrong words.

To bring **some things/everything** in heaven **and/or** earth together with **us/Jesus** in the centre, in charge.

xtb Ephesians 1v9-10

What spoils our world?

Unjumble the letters

_ _ _

Sin spoils our world. People ignore God and do what they want! God plans to make a **new world**. There'll be no sin, and Jesus will be at the centre, in charge!

Read around the world to see what God's plans are like.

What a great ending to God's rescue plan! Jesus in charge over a whole new world!

Fill in blank 8 on **Page 9** of your **Prayer Diary** and pray up to the 4th ☺.

DAY 40 IT'S FOR YOU!

xtb Ephesians 1v11-14

Who can be sure of receiving the good things God gives through Jesus?

Take the first letter of each picture.

_ _ _

_ _ _ _ _ _ _ _ _ _

READ
Ephesians 1v11-12

In v11-12 Paul's talking about **Jews** (God's Old Testament people).

Why did God choose some Jews to follow Jesus? (v11, 12)

- ☐ They're clever
- ☐ He planned it
- ☐ They're good
- ☐ For His praise

T = *true*
F = *false*

Everyone who wasn't a Jew was called a **Gentile**. God also chose some Gentiles to believe.

READ
Ephesians 1v13-14

Put these events in order by numbering the boxes **1**, **2** *and* **3**. *(v13)*

- ☐ Given the Holy Spirit
- ☐ Heard about Jesus
- ☐ Believed

Both Jews <u>and</u> Gentiles can receive God's blessings through **Jesus**. It's all part of God's plan to bring Him praise.

Who <u>guarantees</u> (makes us sure) that we'll receive God's promises? (v14)

The _ _ _ _

_ _ _ _ _ _

God gives all Christians the Holy Spirit to show we belong to Him and to keep us going until we're with God in heaven.

PRAYER DIARY

Fill in blanks 9-11 in your **Prayer Diary** (page 9) and pray up to the final ☺ .

DAY 41 MORE TO EXPLORE

xtb Ephesians 1v15-19

We've explored from before creation to the end of time!

Use the explorer's map to see what we've discovered.

God has given us **E** __ __ __ __ __ spiritual

blessing because of __ __ __ __ __ .

If God's already given us every spiritual blessing, what should we pray for?

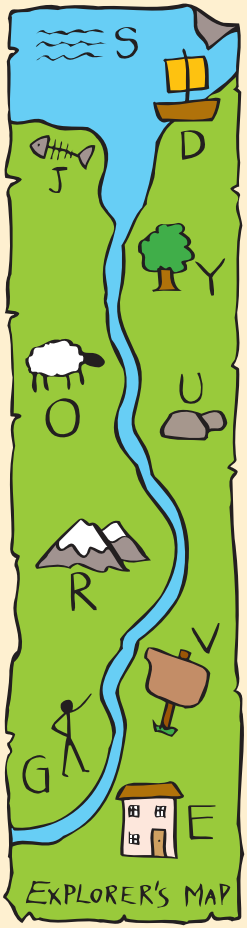
READ
Ephesians 1v15-19

What does Paul want the Holy Spirit to give the Ephesians? (v17)

W_____ and **R**_____

Wellies and Raincoats

Wisdom and Revelation



This means that Paul wants the Holy Spirit to help us <u>see</u> and <u>understand</u> something more clearly.

Use the map to find out what!

The __ __ __ __ things we have

through __ __ __ __ __ .

Write down two things to understand and enjoy more.

1.The **h**_____ Christians have (v18)

We can be sure God's great plan will happen and He'll keep all His promises.

2.God' **p**_____ (v19)

We can rely on God's power to help us follow Jesus.

PRAY

Dear God, help me to explore and understand the good things I have through Jesus more and more. Amen.

DAY 42 POWER TRIP

xtb Ephesians 1v19-23

Paul's praising God again!
Cross out the **X**, **Y**, *and* **Z***s to see what for.*

XHIYSPZYOWXXYZEZXYZR

Paul's taking us on a trip to heaven to see the **power** God the Father has given Jesus.

READ
Ephesians 1v19-23

How did God show how **great** His power is? (v19, 20)

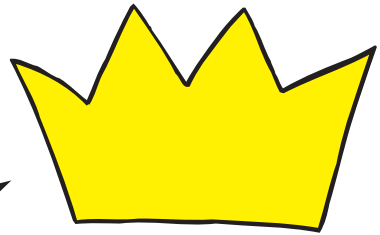
He **r**_____ Jesus from the **d**_____.

Remember—God uses that power to help us follow Him!

Now Jesus is at God's right hand—the most important place of all!

What does Jesus rule over? (v22)
Some things / Everything

Write ***Jesus*** *in the crown to show that He rules over* *all* *other powers.*



Angels *Evil spirits*
Human rulers

Who does Jesus use His power to help? (v22)

THE __ __ **U R** __ __

Did you realise how important God's people are to Him? Powerful King Jesus is looking after His people (the church) and using us in His plans!

PRAY **Praise God for the power He's given Jesus.**

DAY 43 BEFORE...

Draw lines to the correct pictures.

Before a haircut
Before a bath
Before dinner
Before a bike ride
Before a party

Today Paul reminds the Ephesians what they were like <u>before</u> they followed Jesus.

READ
Ephesians 2v1-3

What were they before they followed Jesus? (v1) **D**_____

They weren't physically dead!
—but they were separated from God and the eternal life He gives.

Which ways did they follow? (v2)

Tick the 2 correct signs. ☑

Who did they please? (v3)

☐ God
☐ Themselves

Put a cross in the box next to God's Way ☒

xtb Ephesians 2v1-3

Before people follow Jesus they <u>don't</u> go God's way. They please themselves, follow everyone else and go the way the devil wants.

How does Paul describe them at the end of v3?

☐ God's friends
☐ God's enemies facing His anger

What a terrible situation they were in!
Get the good news tomorrow!

Pray for someone you know who isn't a Christian using Page 10 of your Prayer Diary.

DAY 44 AMAZING GRACE

xtb Ephesians 2v4-10

Remember the terrible situation the Ephesians were in?

Read along the smile to see what changed everything.

God's _ _ _ _ _ **and** _ _ _ _ _

MERCY: God's decision to help us and not treat us the way we deserve.

GRACE: See Day 36.

READ
Ephesians 2v4-10

*It's a l-o-n-g reading. Look out for **mercy** and **grace** as you read it.*

What has God done through Jesus?

v5 Made us **a**_____

v6 Raised us to be with **J**_____

AND verse 7 says God uses us to show the universe how wonderful He is!

Use the red letters to discover what way the Ephesians are going now. (v10)

What a huge change! God saved them from their terrible situation and helped them go His way and do great things for Him!

Why does God save us? (v4-5, v8-9)

Because of…

- ☐ Our good works—we deserve it.
- ☐ His mercy, grace and love.

Who's saying the right thing? (v9)

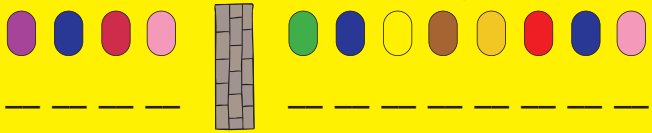
PRAY

It's God who deserves the praise! If you are a Christian, thank Him for saving you.

DAY 45 WALLBREAKER, PEACEMAKER

xtb Ephesians 2v14-18

Crack the code to see who the wall separates.



Jews: *God's Old Testament people*

Gentiles: *Everyone else*

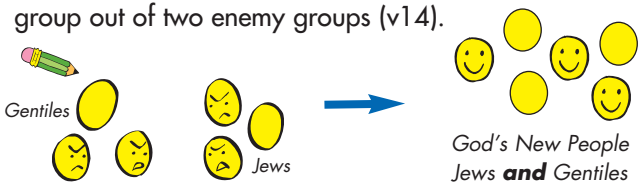
Keeping God's law made Jews different from Gentiles. God wanted the Jews to teach Gentiles about Him. Instead they hated each other! It was like there was a wall between them!

READ
Ephesians 2v14-18

Who brought peace between Jews and Gentiles? (v14, 15)

J

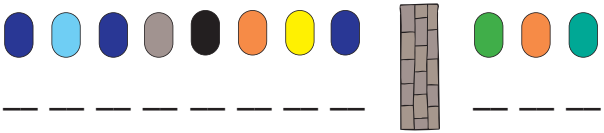
Finish the picture to show Jesus creating one new group out of two enemy groups (v14).



Wall Code

D E G I J L N O R S T V W Y

That's not the only wall Jesus broke down. Who does this wall separate?



Sin (*doing what we want and disobeying God's law*) separates Jews and Gentiles from God. They both need Jesus to bring them peace with God.

How did Jesus bring peace? (v16)

By dying on the **c**_____

Because Jesus died, Jews and Gentiles can be together with God! (v18) The wall's broken!

WOW!

PRAY

Read v18 again. You can go into God's presence and talk to Him anytime because Jesus died for you! Thank God for this.

DAY 46

YOU BELONG

xtb Ephesians 2v19-22

Paul wants the Gentiles (non-Jews) in Ephesus to be **sure** they're members of God's new people.

READ
Ephesians 2v19-22

What had the Gentiles been like? (v19)

F_____

They were so cut off from God's people they were like foreigners!

How does Paul describe them now? (v19)
Draw a ☺ *by the right answers.*

- ◯ Part of God's family (household)
- ◯ Still foreigners
- ◯ Citizens of God's kingdom

Once strangers, now part of the family!

Find the letters in the family portrait to discover what made the difference.

_ _ _ _ _

Everyone who believes in Jesus is part of God's amazing family that stretches round the world!

How does Paul describe God's people? (v21-22) ✔

☐

☐

☐

We're like a building where the Holy Spirit lives!

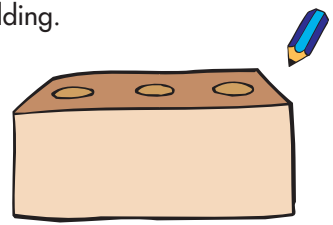
How does Paul describe Jesus? (v20)

The _____ **stone**

The cornerstone! The most important stone! Without Jesus God's people would fall apart!

If you follow Jesus, you're like a brick in God's building.

Write your name in the brick!



PRAY

Thank God that Jesus makes us part of God's new people.

DAY 47 GRACE AT WORK

What would you like to be when you grow up?

Follow the arrows to find out about **Paul's** amazing job.

36 GRACE AND HIS SECRET PLAN!

ABOUT GOD'S

TO TELL GENTILES

What secret plan?

Read the verses to find out.

READ
Ephesians 3v1-7

What is God's secret plan (mystery)? (v6)

God's *Gentiles* *Jews* *Jesus*

G_____ can be part of **G**_____ people as well as **J**_____ because **J**_____ died.

xtb **Ephesians 3v1-7**

How did the apostle Paul know God's secret? (v5) ✔

- ☐ He's very clever
- ☐ The Holy Spirit revealed it to him

God kept some of His plan secret until Jesus died and rose again. Then the Holy Spirit showed it to people like Paul.

Tick two **true** statements about Paul's great job. (v7)

- ☐ Paul deserved it
- ☐ It was a gift from God because of His grace
- ☐ God gave Paul the power to do it

Loads of grace! The Gentiles are part of God's family and God is helping Paul to tell them!

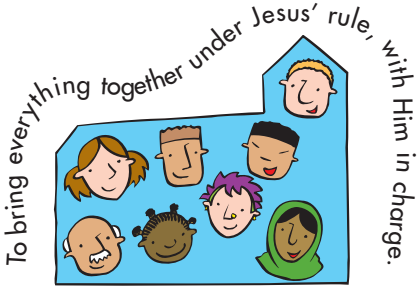
THINK + PRAY

Grace is God's HUGE kindness to people who don't deserve it. People like you and me! Thank God for His grace!

DAY 48 PART OF A PLAN

xtb Ephesians 3v8-13

Read around the church to remind yourself about God's big plan.



God's people, (called the church), are part of that plan!

READ
Ephesians 3v8-13

Gentiles are becoming part of God's people just like God planned! Who does Paul want to tell? (v9)

All people / Some people / No people

Why did God bring Jews and Gentiles together in His church? (v10)

Take the first letter of each picture.

To make known His ___ ___ ___ ___ ___ ___

Look at the picture of the church. It's full of different people! Circle someone younger than you, someone older, and someone with different colour skin.

God makes all sorts of different people friends through Jesus. People who wouldn't normally be friends! God uses His people, the church, to show how wise He is and to show that His plan is happening.

WOW!

Why might the Ephesians be discouraged? (v13)

- ☐ Their football team is losing
- ☐ Paul is suffering in prison

But they don't need to worry! God's in charge and He's got a great plan!

THINK + PRAY

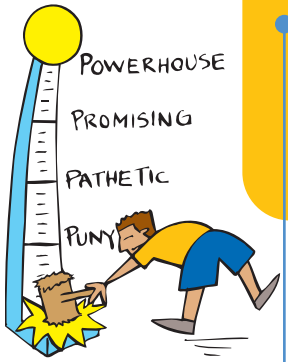
Are there other Christians you find it hard to be friends with? It's important that Christians love each other. Ask God to help you to love other Christians, even when it's hard.

DAY 49 GET PRAYING!

xtb Ephesians 3v14-19

READ
Ephesians 3v14-19

How strong are you?
Shade up to level that describes you.



What sort of strength does Paul want the Spirit to give Christians? (v16)

Underline the answer.

BIG MUSCLES

STRENGTH INSIDE, IN OUR HEARTS

Who lives in our hearts to make them strong? (v17) _____

PRAY

It's not easy being a Christian! We need help to live God's way. Pray that Jesus would live in your heart forever and make you strong.

O L V E

Paul wants us to understand how **BIG** Jesus' ___ ___ ___ ___ is. (v18, 19)

We've found out lots about Jesus' love as we've explored Ephesians. *Find these words in the wordsearch:* ***chosen, forgiven, mercy, grace, set free***.

Some are backwards!

But we need God's help to find out ___ ___ ___ ___

Use the leftover letters (in order)

Jesus' love is so large there's always more to explore!

PRAY

Pray that God would help you understand and enjoy Jesus' love more and more.

DAY 50 A GLORIOUS ENDING

xtb Ephesians 3v20-21

Circle the things you **can't** do.

Handstands

Tie shoelaces

Fly helicopters

Swim

Live on the moon

Paul praises God because there's **nothing** God can't do.

READ
Ephesians 3v20-21

What does Paul believe God can do? (v20, 21)

✔ *Tick the two right answers.*

- ☐ Bits of what he's asked for
- ☐ Exactly what he asked
- ☐ More than he asked
- ☐ More than he can imagine asking

WOW! Paul knows that God will do more for the Ephesians than he can even think of asking!

Use the first letter of each picture to complete the speech bubble.

God is _ _ _ _ _ !

God's does _ _ _ _ _ **things!**

How long should we bring glory and praise to God! (v21)

For

Have you found Ephesians hard? Well done for getting this far!

PRAYER DIARY

CONGRATULATIONS!

You've successfully explored Ephesians 1-3!

Your final task is to explore the prayer on **Page 11** of your **Prayer Diary**.