

# Welcome to Issue Five

## The Promise Keeper

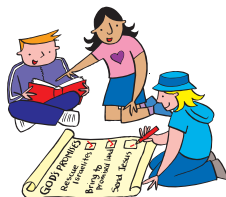


**XTB** stands for **eXplore The Bible**.

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!**



**This book belongs to**

**Sometimes I'm called**

..... (nickname)

**My birthday is**

**My age is**

**I look**

**like this:**



## **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.



## 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

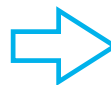
## NEW TESTAMENT

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...

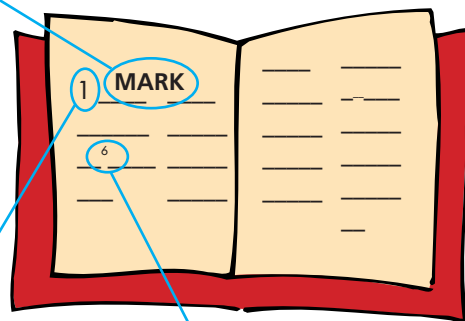
Look out for the **READ** sign.  
It tells you what Bible bit to read.



**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!




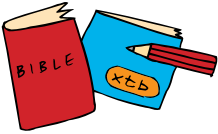
**Oops! Keep getting lost?**


Cut out this bookmark and use it to keep your place.





# How to use


- 

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.

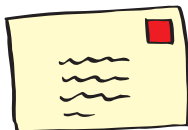


**Are you ready to start? Then hurry on to Day 1.**

# 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.



A



E



H



L



P



S



U



To: Christians living in \_\_\_\_\_



From: \_\_\_\_\_

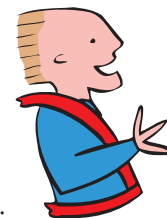
But we can read it too!

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 1, 2, 3, GO!

CONTINUED



## 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.



Christmas



Birthdays



Parties



Chocolate



Holidays

xtb

Ephesians  
1v1-3

## 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.



**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!



**PRAYER  
DIARY**

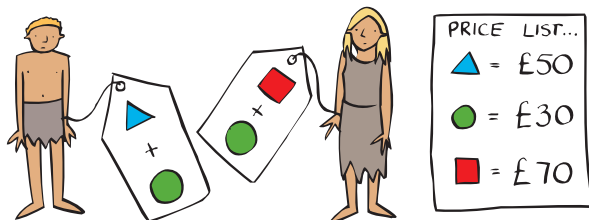
Fill in blanks 4-5 in your **Prayer Diary** (page 9) and pray up to the second 😊 .

# 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

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      **GENEROUS**  
Tiny



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**



**WOW!**

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.



## 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 and Gentiles can receive God's blessings through **Jesus**. It's all part of God's plan to bring Him praise.

Who guarantees (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.



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

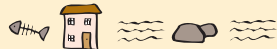


We've explored from before creation to the end of time!

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



God has given us **E** \_\_\_\_\_ spiritual



blessing because of \_\_\_\_\_ .

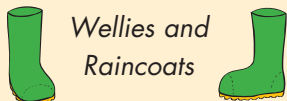
If God's already given us every spiritual blessing, what should we pray for?

**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

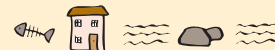


This means that Paul wants the Holy Spirit to help us see and understand something more clearly.



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's **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!

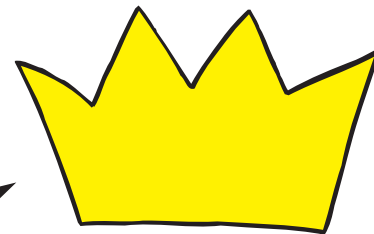
**WOW!**

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 before 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



xtb

Ephesians  
2v1-3

**Before** people follow Jesus they don't 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 *red* 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 lo-n-g reading.  
Look out for **mercy** and  
**grace** as you read it.

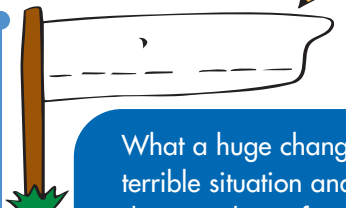
What has God done through Jesus?

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!

**Wow!**



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**

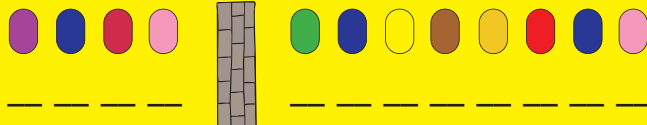
It's **God** who deserves the  
praise! If you are a Christian, thank  
Him for saving you.

# 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

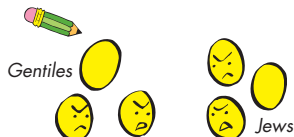
Keeping God's law made Jews different from Gentiles. God wanted the Jews to teach Gentiles about Him. Instead they hated each other! It was like there was a wall between them!

**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).

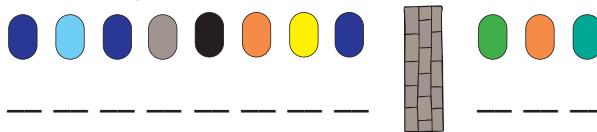


God's New People  
Jews **and** Gentiles

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!

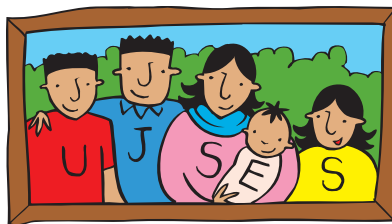
How does Paul describe them now? (v19)

Draw a 😊 by the right answers.

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

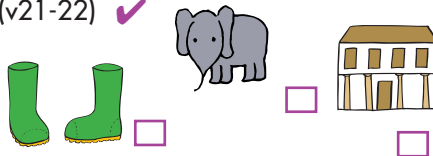
Once strangers, now part of the family!

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) ✓



**WOW!**

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

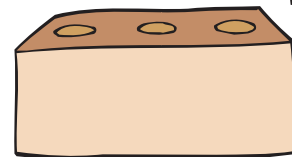
How does Paul describe Jesus? (v20)

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

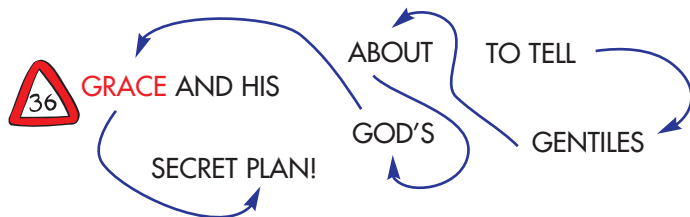
xtb

Ephesians  
3v1-7

What would you like to be when you grow up?



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



**What secret plan?**

*Read the verses to find out.*

**READ**  
**Ephesians 3v1-7**

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

God's  
Jews  
Gentiles  
Jesus

**G** \_\_\_\_\_ can be part of **G** \_\_\_\_\_ people  
as well as **J** \_\_\_\_\_ because **J** \_\_\_\_\_ died.

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!

## READ

**Ephesians 3v14-19**

How strong are you?

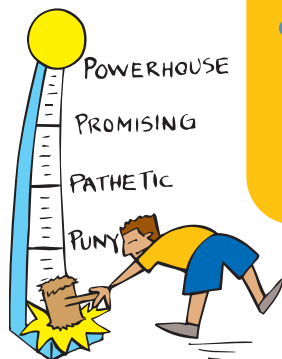
*Shade up to level that describes you.*

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.**

xtb

**Ephesians  
3v14-19**



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!



**CONGRATULATIONS!**

**You've successfully explored Ephesians 1-3!**

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