



# Wednesday



## 5.13.26

### MIDDLE SCHOOL— Small Group Ephesians Lesson #5 “True Strength Begins with Submission”

#### *Summary (KEY TEXT Ephesians 5:21)*

In small group tonight, we learned from Ephesians 5:21 that we are to submit to one another out of reverence, that is respect, for Jesus. We were taught to serve others, putting their needs above ours. This, Paul says, should flow from our love and respect for Christ. We were reminded that being strong does not come from physical abilities or mighty works, it instead comes from humbly serving others because we love Jesus.

### HIGH SCHOOL—Large Group Lesson: “Ready for War”

#### *Summary (KEY TEXT Ephesians 6:10-18)*

In large group tonight, Pastor Cam taught on Ephesians 6:10-18. We learned that we are in the midst of a spiritual war, and we must expect, be prepared for, and stand strong against it. Paul taught us that we need to put on the full armor of God, which equips us to fight against Satan and evil. We learned that we need Jesus in our lives to win this war and to be able to live our lives to the fullness that He promised us.

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### ***Four questions for parents to ask their students regarding tonight's RUSH lesson:***

1. Was there anything you were surprised to learn from tonight's lesson?
  2. Where did you see God in tonight's lesson?
  3. Did you get to talk to someone new at RUSH or in your small group tonight?
  4. Did you enjoy a specific worship song tonight? If so, which one?
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