



## **Summer Series Parent Guide: Part 1**

A question that many have asked over the past year is, “When will life get back to normal?” What is more likely the case is that this past year will bring about a new normal in all our lives. Paul shares about a similar theme in his letter to the Ephesians. Because of who Jesus is and what Jesus has done for us, when we invite Jesus into our lives, we become part of a new normal, a new life, with Jesus. This New Normal can transform every part of our lives. This summer, we are going to take time to read Paul’s letter together as we discover the New Normal and our new life in Jesus.

### **Week 1**

- **Scripture:** Ephesians 1
- **Main Idea:** God’s new plan to set us free
- **Memory Verse:** In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace. Ephesians 1:7
- **Additional Resource:** “Altar” and “Sacrifice” are not words that we use frequently. To learn more, check out this video: <https://bibleproject.com/explore/video/sacrifice-and-atonement/>
- **Additional Resource:** Here’s a [blog](#) on our true identity in Christ. This is true of your kids, but it is also true of you.

### **Week 2**

- **Scripture:** Ephesians 2
- **Main Idea:** Knowing God’s Grace So We Can Show God’s Grace
- **Memory Verse:** For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God. Ephesians 2:8
- **Additional Resource:** To learn more about the meaning of grace, please check out this video: <https://bibleproject.com/explore/video/character-of-god-grace/>

### **Week 3**

- **Scripture:** Ephesians 3
- **Main Idea:** Boldly following Jesus
- **Memory Verse:** In him and through faith in him we may approach God with freedom and confidence. Ephesians 3:12
- **Additional Resources:** We have some articles for you to check out. One is on [helping your kids be bold](#) and the other is on [confidence in children](#).

## **Try This!**

We are coming out of a very challenging year and a half, especially for those 10-18 years old. Socialization is such an important developmental part of growing up. And this was stripped away for a long time. So our focus this summer is reconnecting, rebuilding, and growing together in our relationships with each other and Jesus. We'd love it if you would encourage your child to come each week to Menlo Students. To encourage them to make plans outside of our weekly program to hang out with their friends and leaders from Menlo. Offer to host a gathering in your home or yard, if you and your family are comfortable. Together as a team, let's help the middle and high school students across the bay connect with each other in a new and healthy way.

## **Summer Spiritual Practice**

We want to encourage students and leaders each week to go a little deeper into studying that week's chapter in Ephesians, using what we call "The SOAP Method." Try it for yourself! We've outlined it below for you.

- **S—Scripture:** Read the passage. Write out a verse or two that stand out to you.
- **O—Observe:** What stands out to you about this verse? What does this teach us about Jesus, us, or our life/relationships with Jesus? What does this verse say about our role in the body of Christ/church?
- **A—Application:** How do you think Jesus is inviting you to respond in this practice? How can you apply this verse to your life today?
- **P—Prayer:** Write a prayer asking God to help you live into the truths and applications that you thought about above.

## **Resources to Help You Grow as a Family**

- **Video:** [How to Read the Bible](#)
- **Blog Post:** [How to Interpret the Word](#)
- **Blog:** [You Get What You Are](#)



## **Summer Series Parent Guide: Part 2**

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### **Week 4**

- **Scripture:** Ephesians 4
- **Main Idea:** Be Good to One Another
- **Memory Verse:** Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Ephesians 4:29
- **Additional Resource:** [The Importance of Words](#)

### **Week 5**

- **Scripture:** Ephesians 5
- **Main Idea:** Reflecting Jesus
- **Memory Verse:** Imitate God, therefore, in everything you do, because you are his dear children. – Ephesians 5:1 (New Living Translation)
- **Additional Resource:** [What Our Actions Say](#)

### **Week 6**

- **Scripture:** Ephesians 6
- **Main Idea:** Finish Strong
- **Memory Verse:** And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people. Ephesians 6:18
- **Additional Resources:** [Passing on Your Faith](#)

## Try This!

Socialization and community continue to be great needs for middle and high schoolers. In addition to coming each week to Menlo Students and encouraging them to gather with peers throughout the summer, we want to provide some fun ideas of things you can do as a family. Because things are opening back up! Consider allowing your student to bring along a friend or two to join in!

- **Museums:** [Hiller Aviation Museum](#); [Asian Art Museum](#); [California Academy of Sciences](#); [Exploratorium](#); [San Jose Museum of Art](#); [Winchester Mystery House](#); [Children's Discovery Museum](#); [The Tech Interactive](#)
- **Parks and Local Attractions:** [Great America](#); [Gilroy Gardens](#); [Monterey Bay Aquarium](#); [San Francisco Zoo](#); [Oakland Zoo](#); [Raging Waters](#)
- **Sporting Events:** [Giants Games](#); [A's Games](#)

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## Resources to Help You Grow as a Family

- **Video:** [Overview of the book of Ephesians](#)
- **Blog Post:** [Ephesians for Teenagers](#)
- **Book:** Ephesians: [Teen Bible Study—Your Identity in Christ](#)