



The Power of One

Biblical Truth: One is a powerful number.

Key Verse: Ephesians 4:7

Biblical Text: Ephesians 4:1-16

Lesson Goal: To realize that one submitted person has the power to join God in rescuing the world.

🎯 Breaking Ice

Play a game called start the motion. Select one person to be “IT” and have that person leave the room. Then instruct your students to stand up and get into a circle. Select one student in the circle to be the “Motion Starter”. All of the people in the circle must watch this person and do the motion that he or she starts (i.e. clapping hands, marching in place, patting head, etc . . .) The “motion starter” can change the motion whenever he or she wants to and the rest of the circle must watch them without being too obvious. Have the first motion going and bring “IT” back into the room and have them stand in the middle of the circle. Instruct “IT” that they are supposed to choose the “Motion Starter” and if they do then the “Motion Starter” becomes “IT” and the game continues. Follow-up with these discussion questions:

1. (To all of the Motion Starters) How did your actions affect the rest of the circle?
2. (To all of the Motion Starters) What was it like to know that you had power over the group to change the motion?
3. What does this game say about modeling the right behavior?
4. What does this game say about leading and following?
5. Do you believe that one person can have this same kind of influence in their world?

🎯 Jumping In

Use the attached worksheet to talk about the importance of one person submitting to God and saying yes, and how that person was used by God to change the world. Do the

worksheet and then use it to spark a dialogue with the following questions:

1. What was the key ingredient to these people’s success in changing the world?
2. How do these stories of “heroes” make you feel?
3. Are there any other stories of people who have said “Yes” that have encouraged you?
4. What is the quality of your “Yes” right now? Do you need to say it again?

🎯 Diving Deep

Invite the students to read the text. Say, **In Ephesians 4, the power of One can easily be seen.** Have a student read the text. Tell them to count how many times the word “One” is used. Spend some time teaching and then allow the students to answer the discussion questions.

Tell the students, In God’s economy, the number one is a powerful number. The fact is that God calls each person to join him in a unique adventure . . . an adventure that will rescue and restore the world. One person can choose to stop focusing so much on his or her own needs and start changing the world. One person can do whatever it takes to rescue people. Sometimes people need to be rescued spiritually because they have no relationship with Christ and inside they seem so empty. Sometimes people need to be rescued physically because they are hungry, or poor, or dying, or in slavery; they need someone to help them because they can’t help themselves. In both of these cases, the scripture today reminds us that we are One with God and our actions and reactions represent God’s actions and reactions here on earth in our own little worlds. So, to harness the power of one we must:

1. Be in unity with each other.
 - a. We must come together as a church and be real and loving. Are we?
 - b. We must come together with the Holy Spirit and go deeper in our faith? Are we?
 - c. We must be an example of HOPE to the rest of the world? Are we?

2. Be in unity with Jesus.
 - a. We must each allow Christ to be in charge? Do we?
 - b. We must let our doubts strengthen our faith and affect the way we live? Do we?
 - c. We must do the things a Christian does? Do we?

Drip Drying

Point the students back to the first game you played and challenge them to become “Motion Starters.” Encourage them to start realizing the power that each of them has by simply saying Yes to Christ. Pray and ask the students if they’d like to “renew” their Yes today.

 **Action Step:** Start praying that God will show you where He’s at work in your own world, and then be the one that makes a difference.



Instructions: Draw a line connecting the person who said “yes” to God and what God did with their lives.

One Person

What God Did With Them

Mary	She spent her life working in orphanages in India and helping people to see God through her caring hands.
Moses	Saying yes on a road changed him from a Hater of Christ to a player for Him. He became the primary leader and writer in the early church.
John the Baptist	His simple yes in a revival led him to preach to millions about the good news of Christ and become a world changing evangelist.
Martin Luther King Jr.	Followed God’s crazy commands and though ridiculed, his obedience weathered the storm and floated on the flood.
Joshua	Freed a nation of captives and led them safely through the sea.
Mother Theresa	Her yes meant that salvation would be “smuggled into the world” through a teenagers womb.
Noah	Faithfully followed God’s will and was used to knock walls down and keep a whole nation firmly committed to God.
Billy Graham	Announced the coming of Christ and pointed his followers to Jesus for forgiveness of sins.
Saul of Tarsus	Became the primary figure in the fight for Civil Rights. He was used to help bring racial peace to a racist country.