

MVL 49  
Summer 2005

Artist:	Album Title & Record Company:	Song Title:	Study by:
HOUSE OF HEROES THEHOUSEOFHEROES.COM	HOUSE OF HEROES GOTEE RECORDS	SERIAL SLEEPERS	KEVIN WILLIAMS FIRST NAZARENE CHURCH BARTLESVILLE OKLAHOMA REVKEVJODY@SBCGLOBAL.NET



## Theme

Zeal

## Objective

This session will remind your young people that they need to stay in the light and to wake up. **Ephesians 5:13-14** says, *“But everything exposed by the light becomes visible, for it is light that makes everything visible. This is why it is said: ‘Wake up, O sleeper, rise from the dead, and Christ will shine on you.’”*

## Set Up

*Whose Room Are We In?* — As you notice from the band’s video, there is a guy going to sleep in his bedroom. Have some fun with a camcorder or digital camera, get pictures/movies of various bedrooms of your students — while they are out! (With the parents’ permission, of course.) Show the pics/vids to your group and play a quick game of “Whose Room Are We In?” Just make certain that you are being tasteful and don’t show things you shouldn’t show to everyone. Never embarrass any students!

## Warm Up

Play a little “get to know each other better” game: either pass out a prepared list of students, or break into groups and have them quickly write down all the names of the kids in attendance. Then, without looking of course, have them write down what color eyes each student has. Reward the student who has the most correct answers.

## Transition

Ask about bedtime rituals when your students were children. Who usually tucked you in at night — your father, your mother, or both? What else happened before bed, a prayer or devotional? Did you sleep with a stuffed animal? A real animal? Did you listen to music to go to sleep? (Christian music, right?!) How about a nightlight? What time did you usually get up?

## The Video

Say, “The band **House of Heroes** has a new video called ‘Serial Sleepers.’ Let’s watch it.” Show the video.

## Bible Study

Have a volunteer read **Ephesians 5:1-20**. Say, “Sleeping in the light is unusual — we sleep in darkness. And we are more than physical beings — we are spiritual. We need to stay in ‘the light’ to keep from spiritually sleeping.”

- Paul says in verse 9 that light produces fruit. Plants need light to survive, but especially to produce fruit. If you are in spiritual darkness, then your life will never produce fruit.
- In verse 10 Paul said that we should find out what pleases the Lord. Light pleases the Lord. Think about all the times you hang out with friends — is there light? We fellowship in the light, don’t we? We were created for fellowship, and fellowship happens in the light. Light pleases the Lord.
- In verse 11 we discover that light exposes. Paul says we should have nothing to do with deeds of darkness, but rather expose them. Expose in a Christ-like way. The time will come when we will be in the presence of the light and all will be exposed. Until then, we must bring the light into the darkened world.

- Finally, in the NASB version verse 13 reads, “...everything that becomes visible is light.” Everything that becomes visible is light. Everything. Christ is light. There is safety, comfort, peace, assurance, security and confidence in light. What is in the dark frightens us. Christ provides safety, comfort, peace ... get the idea? Without Christ we can be frightened and lonely.

## Closing

If you can change the color of your room with lighting, change it to blue for the closing. Say, “In the song we heard from House of Heroes, ‘*sleep with the light on / and keep the loneliness away.*’ We don’t normally sleep with a light on (except in school!) But remember, Christ is light, and without Him there is darkness. Sincerely evaluate your life — are you sleeping spiritually? Even when you turn a physical light out, is the light of Christ still burning bright through you? Remember verse 9: are you producing fruits of goodness, righteousness and truth?”

Provide candles for each student and close with students praying as they light each other’s candle.

# HOUSE OF HEROES

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HOUSE OF HEROES  
THEHOUSEOFHEROES.COM

Album Title & Record Company:

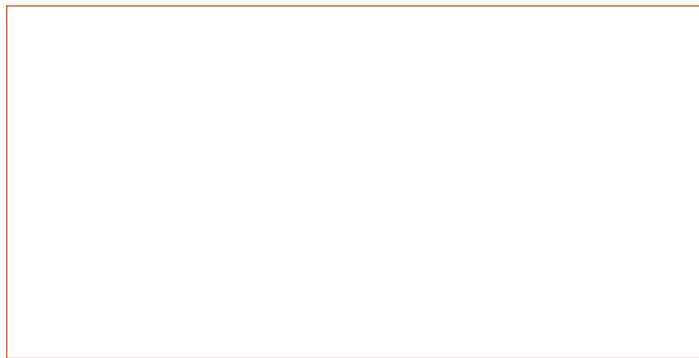
HOUSE OF HEROES  
GOTEE RECORDS

Song Title:

SERIAL SLEEPERS

Theme:

ZEAL



Ephesians 5:1-20

Light \_\_\_\_\_  
The \_\_\_\_\_.

Light \_\_\_\_\_.

Light Produces \_\_\_\_\_.

\_\_\_\_\_ That Becomes \_\_\_\_\_  
Is Light.