**Oh Be Careful**

**Theme:** Living a spirit-filled life will glorify God.

**Object:** The song, "Oh Be Careful Little Eyes"

**Scripture:** Ephesians 5:15-20

**Memory Verse:** Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ. Ephesians 5: 20 (NIrV)

There’s an old, favorite Sunday school that lots of people like to sing. It’s called "O Be Careful Little Eyes." If you don’t know it, I’ll teach it to you. It goes like this:

O be careful little eyes (make circles with fingers around eyes), what you see,  
O be careful little eyes (make circles around eyes), what you see,  
For the Father up above is looking down in love,  
So be careful little eyes (make circles around eyes) what you see.

There are several other verses too:  
O be careful little ears, what you hear.

O be careful little mouth, what you say.

O be careful little hands, what you do.

O be careful little feet, where you go.

(Repeat, as time allows.)

That song reminds me of a letter the apostle Paul wrote to the church in a city called Ephesus. In his letter, Paul wrote, "So be careful how you live. Don't live like fools, but like those who are wise. Understand what the Lord wants you to do. Be filled with the Spirit, singing Psalms and spiritual songs, and making music to the Lord in your hearts. Give thanks for everything to God the Father in the name of our Lord Jesus Christ."

That is good advice, isn't it? It was good advice to the Ephesians almost 2,000 years ago, and it is still good advice for us today.

God, we’re thankful for Paul’s letter to the Ephesians. Help us live out those teachings to our daily life. In Jesus’ name, amen.

**Activities + Resources**

* [› Coloring Page](https://sermons4kids.com/o_be_careful_what_you_say_coloring_page?fromSermonId=542)
* [› Crossword](https://sermons4kids.com/o_be_careful_crossword?fromSermonId=542)
* [› Decoder](https://sermons4kids.com/o_be_careful_decoder?fromSermonId=542)
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