



Freedom in Christ: 4-Week Children's Ministry Curriculum

 **Big Idea:** Jesus sets us free—then teaches us to use our freedom to worship, live changed, and serve others in love.

 **Memory Verse:** John 8:36 — “So if the Son sets you free, you will be free indeed.”

 **Theme Hook:** Kids discover the true meaning of freedom.

Kids hear that freedom means “do whatever I want.” This series shows what Scripture says: true freedom comes from Jesus—freedom from sin, fear, and selfishness—so we can love God and people.

 **Gospel Connection:** Jesus broke the chains of sin by His death and resurrection. When we trust Him, He gives new life and the Spirit's power to worship in every circumstance and to serve others.

4-Week Lesson Overview

Week 1 — Free Indeed!

- Bible Story: Jesus Sets Us Free (John 8:36)
- Key Discovery: Only Jesus can set me truly free from sin.
- Takeaway: I can admit my sin, trust Jesus, and follow Him.

Week 2 — Locked Up but Still Free

- Bible Story: Paul & Silas in Jail (Acts 16)
- Key Discovery: Worship brings breakthrough—God is with me in hard places.
- Takeaway: I can pray and praise God no matter what.

Week 3 — The Unchained Girl

- Bible Story: The Servant Girl Set Free (Acts 16:16–19)
- Key Discovery: Jesus' power sets people free and changes communities.
- Takeaway: I can ask Jesus for help and share His freedom with others.

Week 4 — Free to Help Others

- Bible Story: Carry One Another's Burdens (Galatians 5:13–14)
- Key Discovery: We're set free to love and serve.
- Takeaway: I can use my freedom to help others.





John 8:36 NIV

So if the Son sets you free,
you will be free indeed.

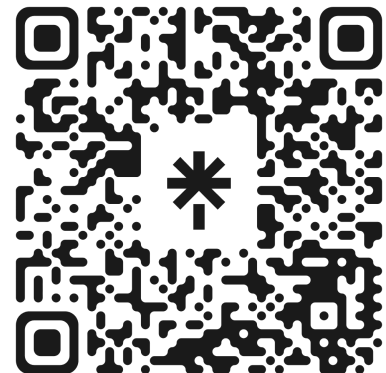


Week 1 — Free Indeed!

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Week 1 – Supply List

Group Game — Freeze Freedom Tag

- ☐ open space for movement
- ☐ optional: upbeat worship or fun background music

Object Lesson — The Tangled Rope

- ☐ long piece of rope, yarn, or string

Bible Story Teaching

- ☐ Bible

Word Search & Coloring Page

- ☐ printed word-search handouts (provided below, 1 per child)
- ☐ printed coloring page (provided below, 1 per child)
- ☐ crayons or colored pencils

Craft — Paper Chain Breaker

- ☐ colored paper (cut into strips, about 1" x 8")
- ☐ crayons or washable markers
- ☐ glue sticks or tape
- ☐ scissors (optional — pre-cut for younger kids)



Introduction Game (5 minutes)

Freeze Freedom Tag

Supplies Needed

- open space for movement
- optional: upbeat worship or fun background music

TEACHER: Today's game is called Freeze Freedom Tag! It's a reminder that Jesus came to set us free—not just to move around, but to live in joy, kindness, and love.

Setup

1. Choose one or two kids to be "Taggers" (representing the things that keep us trapped—like sin or fear).
2. When someone is tagged, they must freeze in place with their arms spread out.
3. To get unfrozen, another player must gently tag them while saying: "Jesus sets you free!"
4. When everyone is frozen, reset the round with new Taggers.

How To Play

- Play several quick rounds (1–2 minutes each).
- Mix it up: let the teacher be a "super-freezer" or make kids say the memory verse (*"So if the Son sets you free, you will be free indeed!"*) to unfreeze a friend.

TEACHER: When Jesus sets us free, we can move, love, and live the way God made us to. And we can help others find that same freedom too!

Debrief: Jesus gives us real freedom—freedom to love, forgive, and follow Him every day!



Object Lesson (5 minutes)

The Tangled Rope

Supplies Needed: Long piece of rope, yarn, or string

Setup (30 seconds): Pull out several loose loops from the ball so it already looks messy. Place it on a tray or inside a bin so strands don't roll across the floor.

TEACHER: This is my week when I make a bunch of little choices that aren't God's best—like unkind words, hiding the truth, or choosing my way over God's way.

Hold up the messy ball - Gently tug a few strands so the tangle looks worse.

See what happens? It gets more tangled. I'm not tied up, but my life feels messy and stuck. In our Bible lesson today we are learning John 8:36, "If the Son sets you free, you will be free indeed."

Start loosening one knot/loop slowly.

Jesus doesn't just cut the mess and walk away—He forgives, guides, and helps us choose what's right. He teaches us how to make things right with God and with people.

Loosen a few more loops (don't aim for perfect).

It won't always be instant, but with Jesus, the mess doesn't have to stay a mess.

Let's remember, no matter how our mess, Jesus can set us free.



Bible Story (15 minutes)

Week 1 – Jesus Sets Us Free (John 8:31–36)

TEACHER: Have you ever thought that freedom means doing whatever you want? Jesus taught that *true freedom* isn't about doing anything we feel like—it's about being free from sin so we can live God's way!

BIBLE BACKGROUND: Jesus was teaching people who said they believed in Him, but they didn't understand what real freedom meant. They thought being part of Abraham's family already made them free. Jesus explained that sin traps us, but He came to set us free forever.

READ (NIV): John 8:31–32

"To the Jews who had believed him, Jesus said, 'If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.'"

Jesus said that when we follow His teaching, we discover truth—and that truth makes us free! God's truth helps us make right choices and live without fear.

READ (NIV): John 8:33–34

"They answered him, 'We have never been slaves of anyone. How can you say that we shall be set free?' Jesus replied, 'Very truly I tell you, everyone who sins is a slave to sin.'"

The people didn't realize that sin keeps us trapped—like being stuck in chains. When we lie, fight, or disobey God, we're not free. But Jesus came to break those chains!



READ (NIV): John 8:36

"So if the Son sets you free, you will be free indeed."

Only Jesus can set us free from sin. When we trust Him, He gives us a brand-new heart and a fresh start!

Summary: Jesus gives real freedom—not to do whatever we want, but to live in joy, peace, and love.

Say together: Only Jesus can set me truly free from sin!

GOSPEL CONNECTION: Jesus gave His life on the cross to break the chains of sin. When we put our trust in Him, He forgives us and fills us with His Spirit. That's what true freedom feels like!



Discussion Questions & Prayer (5-10 minutes)

TEACHER: Jesus doesn't just give us a little freedom—He gives us *real* freedom, the kind that changes our hearts! When we follow Him, He helps us live with joy, peace, and purpose.

Discussion Questions:

1. What did Jesus mean when He said, "The truth will set you free"?
2. What kinds of things can "trap" us or keep us from living free?
3. How does trusting Jesus make your life better and lighter?

PRAYER: God, thank You for sending Jesus to set us free. Thank You that Your truth shows us the right way to live. Help us to follow You and use our freedom to do good, love others, and stay close to You. In Jesus' name, Amen.



Jesus Sets Us Free (John 8:31-36)



Word Search Puzzle

BELIEVE – CROSS – FAITH – FREE – GOD – HEART – JESUS

LOVE – SIN – SON – SPIRIT – TRUTH – WORSHIP

G	A	I	H	M	R	J	F	P	L	X
S	J	C	R	Z	M	X	L	G	O	D
W	I	H	I	B	E	L	I	E	V	E
W	O	N	V	F	I	F	R	E	E	P
H	O	I	Z	A	C	R	O	S	S	G
S	J	R	P	I	V	J	U	Z	L	D
B	P	K	S	T	J	S	F	L	F	D
O	S	I	A	H	E	A	R	T	R	O
J	V	V	R	J	I	Z	S	X	J	D
K	S	T	A	I	D	P	S	C	V	Z
C	Z	C	G	W	T	R	U	T	H	L



Word Search Answers



Craft Activity (5-10 minutes)

Paper Chain Breaker

Supplies Needed

- colored paper (cut into strips, about 1" x 8")
- crayons or washable markers
- glue sticks or tape
- scissors (optional — pre-cut for younger kids)



TEACHER: Jesus said, “If the Son sets you free, you will be free indeed!” Today, we’re going to make a Paper Chain Breaker to remind us that Jesus breaks every chain that holds us back!

1. Give each child 6–8 paper strips.
2. On each strip, have them write or draw things that can “trap” us—like *fear, lying, anger, selfishness, worry, pride*.
3. Glue or tape the strips together to make a paper chain.
4. On one new strip, write “JESUS” in big bold letters.
5. Use that link to connect the chain—and then gently *tear it open!*
(Encourage them to say together: “Jesus breaks every chain!”)
6. Optionally, tape the broken chain to a piece of paper and draw hearts or sunshine to show joy and freedom.

Say together: Only Jesus can set me truly free from sin!

Debrief: Sin tries to trap us, but Jesus’ love is stronger. He breaks every chain and gives us real freedom to live for Him.

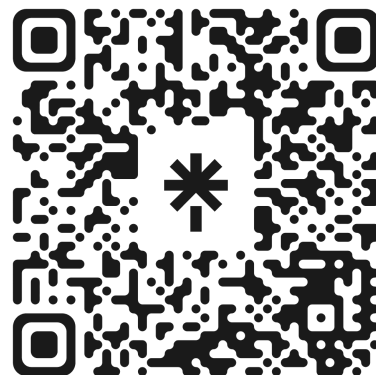


Week 2 — Locked Up but Still Free

- Bible Story: Paul & Silas in Jail (Acts 16)
- Key Discovery: Worship brings breakthrough—God is with me in hard places.
- Takeaway: I can pray and praise God no matter what.

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Week 2 – Supply List

Group Game — Breakout Relay

- ☐ 3–4 “challenge stations” (cups, puzzles, beanbags, paper chains)
- ☐ upbeat worship or fun background music

Object Lesson — The Shaking Cup

- ☐ 1 plastic cup with lid (or small container)
- ☐ a few tablespoons of rice, beans, or beads
- ☐ optional: stickers or label “PRAISE”

Bible Story Teaching

- ☐ Bible
- ☐ optional: printed visual (provided below)

Word Search & Coloring Page

- ☐ printed word-search handouts (provided below, 1 per child)
- ☐ printed coloring page (provided below, 1 per child)
- ☐ crayons or colored pencils

Craft — Praise Silhouette

- ☐ white or colored paper (1 per child)
- ☐ crayons or washable markers
- ☐ optional: black paper for tracing silhouettes
- ☐ optional: scissors and glue sticks (if cutting out)



Introduction Game (5 minutes)

Breakout Relay

Supplies Needed

- 3–4 “challenge stations” (each with a simple task)
- optional props: plastic cups, puzzles, beanbags, paper chains, or soft balls
- upbeat worship or fun background music

TEACHER: Paul and Silas were locked in jail—but instead of panicking, they prayed and sang to God! Today’s challenge is called Breakout Relay—because when we work together, God helps us find freedom and joy!

Setup

1. Divide kids into small teams (3–5 players).
2. Set up several “stations” around the room, each representing part of the prison challenge:
 - **Station 1:** Stack 6 cups into a pyramid.
 - **Station 2:** Untangle a paper chain.
 - **Station 3:** Balance a beanbag on your head while walking 5 steps.
 - **Station 4:** Say the memory verse (*“So if the Son sets you free, you will be free indeed!”*) together.
3. Play upbeat worship music as they begin.

How To Play

- Teams race to finish all four stations in order.
- When they complete all the challenges, have them cheer, “We’re free in Jesus!”

TEACHER: When Paul and Silas praised God, the prison doors flew open! God’s power breaks every chain—He gives us freedom inside and out. Even when we feel stuck, we can pray and praise God. His power sets us free and gives us joy that no prison can hold.



Object Lesson (5 minutes)

The Shaking Cup

Supplies Needed

- 1 plastic cup with lid (or small container)
- a few tablespoons of rice, dry beans, or beads inside
- optional: decorate the outside with stickers or the word “PRAISE”

TEACHER: Paul and Silas were locked in jail—but they didn’t cry or complain. They started praising God, and something amazing happened!

1. Hold up the cup and shake it gently.

“This cup reminds us of what the prison must have felt like—dark, small, and quiet.”

2. Shake it harder.

“But then Paul and Silas began to sing and pray to God. Let’s listen to what happens when praise starts moving!”

3. Shake it loudly, letting it rumble.

“When they worshiped, the ground shook, the doors opened, and the chains fell off! God’s power moved through their praise.”

4. Stop shaking.

“When we praise God—especially in hard times—He fills our hearts with light and joy. That’s true freedom!”

Debrief: Even when life feels hard or unfair, we can praise God. He fills us with peace and turns our prison moments into praise parties!



Bible Story (15 minutes)

Week 2 – Paul & Silas in Jail (Acts 16:16–34)

TEACHER: Today we're learning about two men who were thrown in jail for doing the right thing—but they didn't give up or get angry. Instead, they prayed and praised God, and He did something amazing!

BIBLE BACKGROUND: Paul and Silas were missionaries who traveled to tell people about Jesus. One day, after helping a girl who was trapped by an evil spirit, they were beaten and thrown into prison. But instead of complaining, they trusted God.

READ (NIV): Acts 16:25

"About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them."

Even though they were in pain and chained up, Paul and Silas chose to praise God. They knew He was still with them!

READ (NIV): Acts 16:26

"Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose."

God's power showed up! When Paul and Silas praised, the ground shook, and the doors opened—but they didn't run away. They stayed to help others find freedom too.

READ (NIV): Acts 16:29–31



"The jailer called for lights, rushed in and fell trembling before Paul and Silas... They replied, 'Believe in the Lord Jesus, and you will be saved—you and your household.'"

The jailer saw God's power and wanted to believe too! That night, he and his whole family came to know Jesus.

Summary: Paul and Silas showed that even when life feels hard, worship brings breakthrough.

Say together: I can pray and praise God no matter what!

GOSPEL CONNECTION: When Jesus died and rose again, He broke the chains of sin forever. Like Paul and Silas, we can share that freedom with others by showing joy, hope, and faith in every situation.



Discussion Questions & Prayer (5-10 minutes)

TEACHER: Paul and Silas remind us that worship is powerful! Even when they were hurt and locked up, they chose to pray and sing. And God turned their prison into a place of freedom and joy.

Discussion Questions:

1. What did Paul and Silas do while they were in jail?
2. How did God show His power when they praised Him?
3. What can you do to praise God when you're sad, scared, or frustrated?

PRAYER: God, thank You for always being with us—even in hard times. Thank You for the story of Paul and Silas that shows us how powerful worship is. Help us to remember that we can pray and praise You no matter what happens, because You are always good and always near. In Jesus' name, Amen.



Paul & Silas in Jail (Acts 16:16-34)



Word Search Puzzle

ACTS – BELIEVE – CHAINS – EARTHQUAKE – FAITH – FREEDOM

GOD – JAILER – JESUS – PAUL – PRAYER – PRAISE – SILAS

W	O	M	I	J	E	S	U	S	H	Q
K	N	L	U	C	A	G	B	U	Y	S
A	E	K	W	F	H	I	E	U	A	J
W	C	F	P	T	R	A	L	L	G	H
S	Q	S	J	R	L	E	I	E	B	H
H	G	Q	E	U	A	S	E	N	R	C
D	Z	R	A	F	C	Y	V	D	S	W
R	Y	P	R	A	I	S	E	G	O	D
T	S	S	R	I	I	G	N	R	O	M
J	V	A	C	T	S	J	H	Q	V	F
E	A	R	T	H	Q	U	A	K	E	B



Word Search Answers

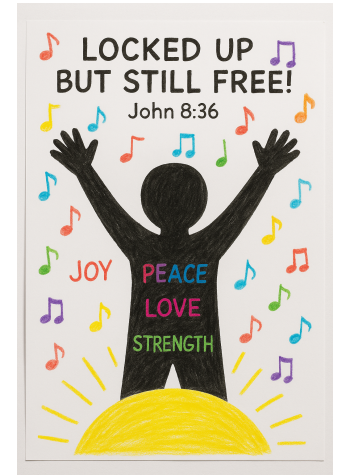


Craft Activity (5-10 minutes)

Praise Silhouettes

Supplies Needed

- white or colored paper (1 per child)
- crayons or washable markers
- optional: black construction paper for tracing silhouettes
- optional: scissors and glue sticks (if doing cutouts)



TEACHER: Paul and Silas praised God even while they were

locked up in jail. That's how we know joy doesn't depend on where we are—it depends on who we're trusting! Today we're making Praise Silhouettes to show that we can worship God anywhere.

1. Give each child a sheet of paper.
2. Have them draw a large outline of themselves—arms raised high in praise!
(You can trace a classmate's arm position for fun.)
3. Inside or around the silhouette, have them draw or write words that describe how it feels to worship: *joy, peace, strength, love, freedom*.
4. Add colorful music notes, hearts, or sunshine in the background.
5. At the top, write "Locked Up but Still Free!" and the memory verse (*John 8:36*).

Say together: I can pray and praise God no matter what!

Debrief: When we praise God, He fills our hearts with light and freedom—no matter where we are or what we face.



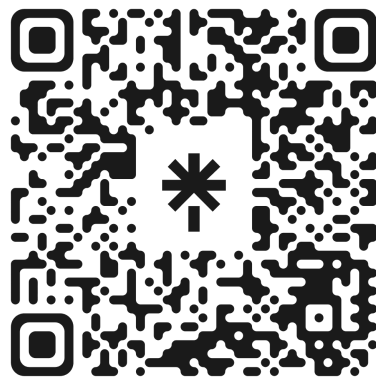


Week 3 — The Unchained Girl

- Bible Story: The Servant Girl Set Free (Acts 16:16–19)
- Key Discovery: Jesus' power sets people free and changes communities.
- Takeaway: I can ask Jesus for help and share His freedom with others.

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Week 3 – Supply List

Group Game — Chain Reaction

- ☐ open space for circle activity
- ☐ optional: music for background fun
- ☐ optional: paper chain or rope prop

Object Lesson — The Dirty Mirror

- ☐ small mirror or clear plastic sheet
- ☐ washable marker or paint
- ☐ paper towel or cloth labeled “Jesus”

Bible Story Teaching

- ☐ Bible
- ☐ optional: printed visual (provided below)

Word Search & Coloring Page

- ☐ printed word-search handouts (provided below, 1 per child)
- ☐ printed coloring page (provided below, 1 per child)
- ☐ crayons or colored pencils

Craft — Freedom Butterfly

- ☐ white or colored paper (1 per child)
- ☐ crayons or washable markers
- ☐ scissors (optional — pre-cut templates for younger kids)
- ☐ optional: glitter glue or stickers



Introduction Game (5 minutes)

Chain Reaction

Supplies Needed

- open space for a large circle
- optional: music for background fun
- optional: paper chain prop or lightweight rope for visuals

TEACHER: Today we're learning that Jesus' power sets people free—and when He does, that freedom spreads to others! We're going to play a game called Chain Reaction to see how one small action can make a big difference.

Setup

1. Have everyone stand in a large circle holding hands (or link elbows if preferred).
2. Tell them: "When I squeeze the hand of the person next to me, they'll pass it on around the circle."
3. Start slow and say, "Let's see how long it takes for the squeeze to go all the way around!"

How To Play

1. Time the first round, then try to make the chain reaction go faster each time.
2. After a few rounds, add fun challenges—eyes closed, switch directions, or try two squeezes going opposite ways!
3. When finished, talk about how the "chain" only worked when everyone was connected and paying attention.

TEACHER: When Jesus changed the servant girl's life, it didn't stop there! Her freedom helped others see God's power too. When God sets us free, it can start a chain reaction of kindness, love, and faith!



Object Lesson (5 minutes)

The Dirty Mirror

Supplies Needed

- small mirror or clear plastic sheet (1 large demo or per group)
- washable marker, dry-erase marker, or a bit of washable paint
- paper towel or cloth labeled “Jesus”

TEACHER: When Jesus met the servant girl in our story, her heart was trapped and hurting—but His power set her free! This mirror will help us see what that means.

1. Hold up the clean mirror and say:

“When God made us, He made our hearts clear and clean—like this mirror.”

2. Start drawing on it with the marker (make smudges and scribbles).

“But when we sin or get stuck in bad habits, it’s like dirt on our hearts. We can’t see God’s reflection clearly anymore.”

3. Ask: “What are some things that can make our hearts feel messy?” (Kids might say lying, anger, selfishness.)

4. Now take the cloth labeled ‘Jesus’ and wipe the mirror clean.

“Only Jesus can wash our hearts clean! When He forgives us, He gives us a brand-new start.”

TEACHER: When the servant girl was set free, everyone saw God’s power at work. Jesus doesn’t just clean our hearts—He helps others see His love through us too!”

Debrief: When Jesus makes our hearts clean, we can shine His love so others can find His freedom too!



Bible Story (15 minutes)

Week 3 – The Servant Girl Set Free (Acts 16:16–19)

TEACHER: Have you ever felt stuck doing something you didn't want to do? Or like someone else was making your choices for you? In today's story, there was a girl who was trapped—not with ropes or chains, but by something inside her heart. But when Jesus' power showed up through Paul, everything changed!

Paul and his friends were traveling to share the Good News about Jesus. In one city, they met a servant girl who was controlled by an evil spirit. Her owners made money off her because she could tell people's fortunes—but the girl herself was trapped and hurting.

READ (NIV): Acts 16:16–17

"Once when we were going to the place of prayer, we were met by a female slave who had a spirit by which she predicted the future. She earned a great deal of money for her owners by fortune-telling."

This girl wasn't free—someone else controlled her body and her choices. But when she met Paul and Silas, God's power was stronger than anything that held her!

READ (NIV): Acts 16:18

"Paul became so troubled that he turned around and said to the spirit, 'In the name of Jesus Christ I command you to come out of her!' At that moment the spirit left her."



In one powerful moment, Jesus set her free! The chains that no one could see were gone. Her heart was finally free to live in peace and joy.

READ (Summary): Acts 16:19

When the girl's owners realized she couldn't tell fortunes anymore, they got angry at Paul and Silas—but many others saw what Jesus had done.

When Jesus changes one life, it can change a whole community! God's freedom doesn't just help one person—it spreads to everyone around them.

Summary: Jesus' power sets people free and changes communities.

Say together: I can ask Jesus for help and share His freedom with others!

GOSPEL CONNECTION: Just like Jesus freed the servant girl, He frees us too—from sin, fear, and anything that holds us back. When we follow Him, He gives us peace and strength to help others find that same freedom.



Discussion Questions & Prayer (5-10 minutes)

TEACHER: The servant girl's story reminds us that Jesus' power is stronger than anything that traps us. He set her free—and He can help us too! When Jesus changes our hearts, it's not just for us; it helps others see His love and freedom.

Discussion Questions:

1. What was trapping the servant girl, and how did Jesus set her free?
2. How did her freedom show other people God's power?
3. Who can you tell or help this week so they can learn about Jesus' freedom too?

PRAYER: God, thank You for Your amazing power that sets people free. Thank You for loving us and cleaning our hearts, just like You helped the servant girl. Help us to share Your love and kindness with others so they can know Your freedom too.

In Jesus' name, Amen.



The Servant Girl Set Free (Acts 16:16-19)



Word Search Puzzle

ACTS – CHANGE – FAITH – FREEDOM – GIRL

GOD – HELP – JESUS – LOVE – PAUL – POWER – PRAYER – TRUTH

F	R	E	E	D	O	M	M	E	P	P
J	G	B	O	Y	P	A	U	L	O	R
S	C	M	F	I	O	C	E	O	W	A
K	K	G	Y	P	X	H	W	V	E	Y
E	D	A	Y	A	G	A	F	E	R	E
T	D	M	D	O	D	N	A	T	E	R
U	E	H	A	F	S	G	I	R	L	R
P	E	F	C	H	P	E	T	U	G	P
H	A	O	T	J	J	I	H	T	P	M
U	J	E	S	U	S	I	D	H	K	G
V	V	V	G	Y	G	O	D	Y	B	E



Word Search Answers



Craft Activity (5-10 minutes)

Freedom Butterfly

Supplies Needed

- white or colored paper (1 per child)
- crayons or washable markers
- scissors (optional – pre-cut butterfly templates for younger kids)
- optional: glitter glue or stickers for decoration



TEACHER: When Jesus set the servant girl free, her life was changed forever! Just like a butterfly that comes out of its cocoon, Jesus transforms our hearts and gives us freedom and new life. Today, we'll make Freedom Butterflies to remind us that Jesus makes us brand-new.

1. Give each child a sheet of paper.
2. Fold the paper in half and draw one side of a butterfly's wings along the fold (or use a template).
3. Cut along the outline, then unfold to see the full butterfly.
4. On one wing, write: "Jesus Sets Me Free!"
5. On the other wing, write or draw what freedom feels like—*joy, peace, love, helping others*.
6. Decorate with bright colors, patterns, hearts, and sunshine to show new life.
7. Optional: add glitter or stickers for extra sparkle!

Say together: Jesus' power sets people free and changes everything!



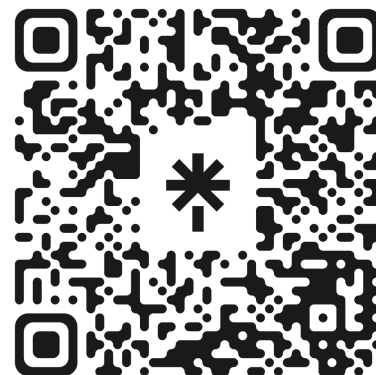
Week 4 — Free to Help Others

- Bible Story: Carry One Another's Burdens (Galatians 5:13-14)
- Key Discovery: We're set free to love and serve.
- Takeaway: I can use my freedom to help others.

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Week 4 – Supply List

Group Game — Team Tower Build

- plastic cups, blocks, or paper rolls (10–15 per team)
- timer or upbeat music
- open space

Object Lesson — The Two Balloons

- 2 balloons (different colors if possible)
- optional: marker to label *SELFISH* and *SERVE*

Bible Story Teaching

- Bible
- optional: printed visual (provided below)

Word Search & Coloring Page

- printed word-search handouts (provided below, 1 per child)
- printed coloring page (provided below, 1 per child)
- crayons or colored pencils

Craft — Love in Action Collage

- white or colored paper (1 per child)
- scissors (optional — pre-cut for younger kids)
- glue sticks
- crayons or markers
- magazines, printed photos, or clip art showing acts of kindness



Introduction Game (5 minutes)

Team Tower Build

Supplies Needed

- plastic cups, building blocks, or paper rolls (10–15 per team)
- open space for teams to build
- optional: timer or upbeat music

TEACHER: Today we're learning that Jesus set us free so we can serve others in love! In our game, we'll see how working together—and even helping others—makes everyone stronger.

Setup

1. Divide kids into small teams of 3–5.
2. Give each team the same number of building materials.
3. Tell them their goal: build the tallest tower in two minutes!

How To Play

1. Start the timer and let teams build.
2. If a team's tower falls, shout: "Helpers unite!" and allow other teams to lend a few pieces or helping hands.
3. After the timer ends, measure each tower. Celebrate all teams who shared or helped others—not just the tallest one.

TEACHER: When we help others, everyone wins! Jesus set us free to use our time and energy to serve—not just to get ahead.

Debrief: True freedom isn't about doing whatever we want—it's about choosing to love and help others, just like Jesus does.



Object Lesson (5 minutes)

The Two Balloons

Supplies Needed

- 2 balloons (different colors if possible)
- optional: permanent marker to label each balloon (*SELFISH* and *SERVE*)

TEACHER: Jesus didn't set us free just so we could do whatever we want—He set us free so we can love and serve others with joy! These balloons will help us see what that means.

1. **Hold up the first balloon** and blow it up. Tie the end.

"This balloon looks full—but it's tied shut! It can't move or help anyone. This is what happens when we only think about ourselves."

(Label it *SELFISH* if desired.)

2. **Hold up the second balloon** and blow it up, but don't tie it.

"Now this one is free to move and share its air with others!"

Release it and let it zoom around the room.

"When we live to serve others, God's love moves through us. We don't stay still—we make a difference!"

3. **TEACHER:** The Bible says in *Galatians 5:13*, 'Serve one another humbly in love.'

Jesus gives us freedom so we can help others, not just ourselves.

Debrief: When we live for God instead of ourselves, His love fills us and moves through us—just like a balloon that's free to fly!



Bible Story (15 minutes)

Week 4 – Free to Serve in Love (Galatians 5:13–14)

TEACHER: All month we've learned that Jesus gives us freedom—but today we'll see what that freedom is *for*! It's not just about being free *from* sin; it's about being free *to love and help others*.

BIBLE BACKGROUND: The Apostle Paul wrote a letter to the church in Galatia. The people there were arguing about rules and who was "better." Paul reminded them that following Jesus isn't about showing off or doing whatever we want—it's about serving one another in love.

READ (NIV): Galatians 5:13

"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love."

Paul wanted everyone to remember—freedom is a gift, not a pass to be selfish. Jesus set us free so we could love and serve others just like He did!

READ (NIV): Galatians 5:14

"For the entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.'"

Paul said that when we love others, we're already doing what God's law says! Every act of kindness, forgiveness, and help shows Jesus' love to the world. When we use our freedom to serve, we become a team for God—helping, sharing, and spreading joy. That's how we show that Jesus lives in us. Freedom



isn't about doing whatever we want—it's about doing what's right and loving others the way Jesus does.

Summary: We're set free to love and serve others.

Say together: I can use my freedom to help others!

GOSPEL CONNECTION: Jesus showed us perfect love by serving others—even giving His life for us. When we follow Him, His Spirit helps us live freely and love deeply every day.



Discussion Questions & Prayer (5-10 minutes)

TEACHER: When Jesus sets us free, it's not just so we can do what we want—it's so we can love and serve others! Helping others is how we show God's love in action.

Discussion Questions:

1. What does it mean to "serve one another in love"?
2. How can you use your freedom to help someone at home, at school, or at church this week?
3. Why is it important to remember that Jesus is the one who gives us freedom?

PRAYER: God, thank You for setting us free through Jesus. Thank You for teaching us that real freedom means helping and loving others. Show us ways to serve with joy this week—helping friends, being kind, and sharing Your love wherever we go.

In Jesus' name, Amen.



Free to Serve in Love (Galatians 5:13–14)



Word Search Puzzle

FAITH – FREE – FRIEND – GOD – HELP – JESUS – KINDNESS

LOVE – NEIGHBOR – SERVE – SHARE – SPIRIT – TRUTH

O	G	K	I	N	D	N	E	S	S	N
A	J	G	T	N	P	D	J	Y	P	Y
J	E	S	U	S	N	B	V	M	I	Z
B	L	O	V	E	H	E	L	P	R	W
I	U	M	I	T	V	A	P	A	I	R
Y	T	R	U	R	B	F	R	J	T	Z
E	F	R	E	E	N	A	G	E	O	F
A	T	S	R	C	X	I	S	O	W	V
V	E	V	J	L	Q	T	V	C	D	E
O	W	N	E	I	G	H	B	O	R	A
K	S	H	Z	G	W	C	Q	F	J	O



Word Search Answers



Craft Activity (5-10 minutes)

Love in Action Collage

Supplies Needed

- white or colored paper (1 per child)
- scissors (optional — pre-cut images for younger kids)
- glue sticks
- crayons or washable markers
- magazines, printed photos, or provided clip art (showing people helping others)



TEACHER: God's Word says, "Serve one another humbly in love." When Jesus gives us freedom, He invites us to use it for *others*! Today, we're going to make Love in Action Collages to show what it looks like when we help, share, and love like Jesus.

1. Give each child a blank sheet of paper.
2. Let them look through magazines or clip art for pictures of people helping others—like sharing food, giving hugs, cleaning up, or praying.
3. Cut or tear out the pictures and glue them onto the page.
4. At the top, write: "Free to Help Others!" or "Serve One Another in Love" (Galatians 5:13)
5. Add drawings of their own showing ways they can help—like *smiling*, *listening*, or *being kind at school*.
6. When finished, share a few examples aloud and celebrate each act of love!

Say together: I can use my freedom to help others.

