

Don't Get All Tangled Up In Sin

PRESCHOOL LESSON PLAN

Theme: Don't get all tangled up in sin

Scripture: Hebrews 12:1-2

Memory Verse: Let us throw off everything that hinders and the sin that so easily entangles. - Hebrews 12:1

The Children's Sermon

Hey kids! Today, we're going to talk about something really important from the Bible. It tells us to throw off everything that keeps us from serving the Lord and throw off the sin that gets us all tangled up. You know, like when your shoelaces get all knotted up and you can't walk properly? Sin does that to us, but in our hearts and minds.

If we fix our eyes on Jesus, we're going to keep our feet where they belong and stay on the right path. Imagine you're walking on a narrow beam, like in gymnastics. If you look down or around, you might fall off. But if you look straight ahead, at something that doesn't move, like Jesus, you can walk straight and true.

When we're reading our Bibles, worshiping him, serving others, and telling people about Jesus, we're 'fixing our eyes on Jesus!' It's when we take our eyes off Jesus that we allow sin to get us all tangled up! So this week, let's keep our feet on the right path and fix our eyes on Jesus and throw off that sin that so easily entangles!

Now, let's dive a bit deeper. Imagine you have a big, heavy backpack on. It's filled with rocks, each one labeled with things like "lying," "being mean," "not listening," and so on.

These rocks are like the sins that weigh us down. Jesus tells us to throw off that heavy backpack and be free to run and play and live the way He wants us to. When we fix our eyes on Jesus, it's like He helps us take that backpack off and throw it away.

But how do we keep our eyes fixed on Jesus? Well, it's like when you're learning to ride a bike. You have to keep looking ahead to where you want to go. If you look down at your feet or get distracted by what's around you, you might wobble and fall. So, every day, we can read stories about Jesus, talk to Him in prayer, and listen to what He says in the Bible. This helps us keep looking ahead, keeping our balance, and following the path He has for us.

Sometimes, though, it can be hard to fix your eyes on Jesus, especially when there are so many distractions around us. It's like when you're trying to watch a butterfly or a bird, and it keeps moving. You have to really focus and not look away. The world around us has lots of things that can take our eyes off Jesus—TV shows, games, even what our friends are doing. But remember, when we focus on Jesus, He helps us see what's really important.

Let's talk about what it means to serve others and tell people about Jesus. When we help someone, like sharing our toys or being kind to a new kid at school, we're showing them Jesus' love. And when we tell them about how much Jesus loves them, it's like we're giving them a map that shows them the way to Him. This is a big part of fixing our eyes on Jesus—by acting like Him and sharing His love with others.

But what if you mess up? What if you take your eyes off Jesus and stumble? Does that mean you're off the path forever? No way! Jesus is always ready to help you back up.

Just like when you fall off your bike, you can get back on and try again. Jesus forgives us and helps us to keep going. That's the amazing thing about His love.

So, kids, let's make a promise this week. Let's promise to try our best to fix our eyes on Jesus. When we wake up, let's think about Him. When we're at school or playing, let's remember His love and try to live like Him. And if we start to look away, let's ask Him to help us focus back on Him.

Before we finish, let's pray together.

Dear Lord, help us to fix our eyes on Jesus so we can stay on the right path and serve you this week. When things get tough or we get distracted, remind us of Your love and help us to focus back on You. Thank you for being with us always. AMEN.

Remember, kids, fixing your eyes on Jesus is the best way to live a happy, fulfilling life. He's the best guide we could ever ask for, and He's always there to help us stay on the right path. So, let's keep our eyes on Him and see all the amazing places He'll lead us!

Bible Memory Verse

Let us throw off everything that hinders and the sin that so easily entangles. - Hebrews 12:1

You Will Need:

- String or yarn
- Scissors
- Obstacle course items (chairs, cones, pillows)

Get Ready:

- Cut the string or yarn into long pieces, enough for each child to have one.
- Set up a simple obstacle course in your classroom using chairs, cones, pillows, or whatever is available.

Do This:

1. Give each child a piece of string and explain that it represents sin that can get us all tangled up and make it hard to follow Jesus.
2. Have the children try to walk through the obstacle course while holding the string loosely in their hands, showing how sin can trip us up.
3. After everyone has had a turn, gather the children and discuss how letting go of the string (sin) makes it easier to navigate the course (life), emphasizing the importance of asking Jesus for help to avoid sin.

Bible Interactive Experience

You'll Need:

- A ball of yarn or string
- Scissors
- Pictures of simple "sins" for this age group (e.g., not sharing, lying, being unkind)
- Tape

Get Ready:

- Cut the yarn into lengths about 5-10 feet long, one for each child.
- Tape the pictures of simple "sins" around the room at a low height for the children to easily see.

Do this:

1. Give each child a piece of yarn and explain that it represents the race God wants us to run, which is mentioned in Hebrews 12:1-2. Tell them we need to avoid getting tangled in sin so we can run freely to Jesus.
2. Ask the children to walk around the room with their piece of yarn, and each time they come to a picture of a "sin," they have to make a loop or a knot in their yarn. This represents getting a little tangled up each time we sin.
3. After everyone has a few knots in their yarn, gather the children and talk about how Jesus helps us untangle our sins when we ask for forgiveness. Help them untie the knots in their yarn, explaining that when we say sorry and ask Jesus for help, He helps us not to be tangled in sin anymore.

Snack Activity: Untangle the Pretzel Paths

You'll Need:

- Mini pretzel sticks
- Cream cheese or peanut butter (check for allergies)
- Raisins
- Small plates
- Plastic knives or spreaders

Get Ready: Lay out the small plates and place a small amount of cream cheese or peanut butter on each plate. Make sure each child has access to pretzel sticks and a few raisins.

Do this:

1. Talk to the children about Hebrews 12:1-2, explaining that sometimes we can get tangled up in things that are not good for us, like sin. But Jesus helps us to stay on the right path.

2. Have the children use the pretzel sticks to create 'paths' on their plates using the cream cheese or peanut butter as 'glue'. Explain that the straight paths represent following Jesus and staying away from sin.
3. Encourage the children to place raisins along the pretzel paths as 'obstacles' and discuss how we can avoid obstacles (sin) by asking Jesus for help and following Him.

Game Activity: Untangle Race

You'll Need:

- A ball of yarn or string for each child
- Small prizes or stickers
- Cones or markers to set start and finish lines

Get Ready: Before the game, set up a start and finish line in your play area using cones or markers. Cut lengths of yarn or string long enough that when laid out, they can create a bit of a tangled path from the start to the finish line. Each piece of yarn should be a manageable length for a preschooler to handle.

Do this:

1. Give each child a piece of yarn and have them stand at the start line. Explain that the yarn represents things that can tangle us up in life, like not sharing, telling lies, or not listening. Our goal is to get to the finish line without getting tangled in 'sin'.
2. On 'Go', children will walk, hop, or skip while holding their piece of yarn, trying to lay it out straight from the start to the finish line without getting it tangled.
3. Once they reach the finish line, they can exchange their untangled yarn for a small prize or sticker. Celebrate their success in not getting 'tangled up' and discuss how we can avoid 'sin' by making good choices, like being kind and listening.

Craft Activity: Untangle Your Heart

You'll Need:

- A ball of yarn or string
- Scissors
- Construction paper
- Markers or crayons

Get Ready: Cut the yarn into lengths of about 2 feet, one for each child. Draw a simple heart on each piece of construction paper and write 'Hebrews 12:1-2' on it.

Do this:

1. Give each child a piece of yarn and have them intentionally tangle it up. Explain that the tangled yarn represents sin and how it can make our lives complicated.
2. Next, help the children untangle their piece of yarn. Discuss how asking for forgiveness and following Jesus can help 'untangle' the mess sin makes.
3. Have the children glue their untangled yarn onto the construction paper around the heart, symbolizing a heart untangled from sin. They can then decorate around their heart with markers or crayons.