

Don't Get All Tangled Up In Sin

LOWER ELEMENTARY 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:

- Several rolls of streamers (or toilet paper as a substitute)
- A timer
- Space to move around

Get Ready:

- Gather all materials and make sure you have enough space for children to move around without bumping into each other or objects.
- Explain the concept of sin being like things that tangle us up and keep us from running freely towards Jesus.

Do This:

1. Divide the children into pairs. In each pair, one child plays the role of 'runner' and the other as the 'entangler'. The 'entangler' gently wraps streamers around the 'runner's arms and legs (not too tightly).
2. Set the timer for 1 minute. On 'Go', the 'runner' tries to gently break free from the streamers without tearing them. The 'entangler' can hold the end of the streamer to add gentle resistance.
3. After everyone has had a turn, gather the children and discuss how sin can entangle us and keep us from running our race towards Jesus. Emphasize the importance of asking Jesus for help to break free from sin.

Bible Interactive Experience

You'll Need:

- A large ball of yarn or string
- Scissors
- Pictures of common sins for kids (e.g., lying, not sharing, being disobedient to parents) printed on paper
- Tape
- A finish line made with tape or a rope on the floor
- A picture of Jesus (to represent looking unto Jesus)

Get Ready:

1. Cut the yarn into lengths that can stretch across your room.
2. Tape the pictures of sins onto different parts of the yarn randomly.
3. Create a start and finish line in your room using tape or a rope.
4. Place the picture of Jesus near the finish line where it's clearly visible.

Do this:

1. **Introduction**: Explain Hebrews 12:1-2 in simple terms: "The Bible tells us to live like we're in a race. We should get rid of anything that slows us down, especially bad choices or sins, and keep our eyes on Jesus."
2. **The Tangle Walk**: Have the children line up at the start line. Hand the end of the yarn with the sins taped on it to the first child. Explain that this yarn represents our life. As they walk to the finish line, they'll encounter sins (point out the pictures on the yarn) that can tangle them up and slow them down in their race towards Jesus.
3. **Walking the Race**: One by one, each child walks the length of the yarn towards the finish line, gently unraveling it as they go. When they reach a sin, they should pause and say, "I choose Jesus over (name of sin)" and then continue walking. This represents throwing off sin and not letting it tangle them up.
4. **Looking Unto Jesus**: When they reach the finish line, they should look at the picture of Jesus and say, "I'm keeping my eyes on You, Jesus." This step emphasizes the part of the verse about focusing on Jesus instead of the things that can distract or entangle us.
5. **Group Reflection**: Once everyone has finished, gather the children and discuss how it felt to acknowledge the sins and choose Jesus. Emphasize that in real life, choosing Jesus helps us avoid getting tangled in sin. Encourage them to always focus on Jesus, just like they did when they reached the finish line.

Snack Activity: Race to Unravel the Pretzel Path

You'll Need:

- Mini pretzels
- White chocolate chips
- Wax paper
- A microwave-safe bowl
- A spoon
- A picture of a race track (for inspiration)

Get Ready: Melt the white chocolate chips in the microwave-safe bowl. Heat them for 30 seconds, stir, and repeat until they're completely melted. Be careful, the bowl might be hot!

Do this:

1. Lay out a piece of wax paper on a flat surface. Using the spoon, help the kids to drizzle the melted white chocolate on the wax paper in the shape of a race track. This represents the race set before us, as mentioned in Hebrews 12:1-2.
2. Before the white chocolate hardens, place mini pretzels along the track. The pretzels represent the 'cloud of witnesses' cheering us on and the twists in the pretzels symbolize the sins that can easily entangle us. Discuss how we should avoid getting tangled in sin so we can run our race well.
3. Allow the chocolate to harden, then enjoy eating the snack together while talking about the importance of focusing on Jesus, the 'author and finisher of our faith,' to avoid getting tangled up in sin.

Game Activity: Race to Jesus: Avoiding the Tangles of Sin

You'll Need:

- A large open space (indoors or outdoors)
- Several rolls of crepe paper or streamers
- Pictures of Jesus (one for each team)

Get Ready: Before the game, create 'tangle zones' in the open space by loosely draping streamers across various areas, simulating tangles or webs. Place pictures of Jesus at one end of the play area, far from the start line.

Do this:

1. Divide the children into teams and line them up at the start line, away from the pictures of Jesus. Explain that the goal is to reach Jesus without getting tangled in sin, represented by the streamers. Each team will take turns sending one runner through the course at a time.
2. When you say 'Go,' the first runner from each team tries to navigate through the 'tangle zones' without touching the streamers. If a runner touches a streamer, they must go back to the start and try again. The rest of the team can give directions to help their runner avoid the tangles.
3. The first team to have all members successfully reach Jesus without getting tangled wins. After the game, gather the children and discuss how sin can tangle us up and make it hard to follow Jesus, but with help from others and focusing on Jesus, we can avoid getting caught in sin, just like Hebrews 12:1-2 teaches us.

Craft Activity: Untangle the Sin

You'll Need:

- A ball of yarn or string
- Scissors
- Permanent markers
- Small cardboard squares

Get Ready: Cut the yarn into lengths of about 3 feet. Write various 'sins' (like lying, stealing, being unkind) on the cardboard squares with the markers. Tie each piece of yarn to a cardboard square.

Do this:

1. Talk about Hebrews 12:1-2, explaining that sin can tangle us up and make it hard to follow Jesus. Show the yarn tied to the 'sin' cards as a visual.
2. Ask each child to pick a piece of yarn with a sin card. Let them talk about why that sin is bad and how it can 'tangle' us up.
3. Have the children work together to untangle the yarn, helping each other out. As they untangle, explain that with Jesus' help, we can overcome sin and run the race set before us without getting tangled.

Prayer Activity: Untangling from Sin

You'll Need:

- A ball of yarn
- Scissors
- Permanent markers

Get Ready: Cut a long piece of yarn for each child in your class, enough so they can easily hold it with both hands stretched out.

Do this:

1. Gather the children in a circle and give each one their piece of yarn. Explain that in Hebrews 12:1-2, we are encouraged to throw off everything that hinders and the sin that so easily entangles. The yarn represents things that might tangle us up in sin (like lying, being unkind, not listening to our parents).
2. Ask the children to gently wrap the yarn around their hands, symbolizing how sin can entangle us. As they do this, encourage them to think quietly about times they've felt 'tangled' by wrong choices.
3. Then, using the scissors (with the teacher's help for safety), cut the yarn to free their hands. Lead them in a prayer, asking God to help them stay away from sin and run the race set before them with perseverance, just like Jesus did. Encourage them to use the markers to write a word or draw a symbol on their piece of yarn that represents their commitment to avoid getting tangled in sin.