

# A Different Kind Of Freedom

## PRESCHOOL LESSON PLAN

**Theme:** We are called to be free, but not free to do whatever we want.

**Scripture:** Galatians 5:13

**Memory Verse:** Serve one another humbly in love. - Galatians 5:13

## The Children's Sermon

Have you ever seen a bird fly out of its cage for the first time? Or maybe you've watched a dog run around in the park, off its leash, happy and free. That feeling of freedom is something very special. But did you know, as Christians, we have something called Christian freedom? It's a bit like when the bird flies out of the cage or the dog runs freely in the park, but even better.

Christians believe that a long time ago, we were all like pets stuck in a cage. This cage wasn't made of metal or wood, but it was made of something called sin. Sin are the things we do that are not good, like telling lies or being mean to others. Jesus, who is very special because He is God's Son, opened the cage door for us. He did this by dying on a cross, which might sound sad, but He did it because He loves us so much. He wanted to give us Christian freedom.

But wait, there's more to Christian freedom than just getting out of the cage. Imagine if the bird flew out and didn't know where to go, or the dog ran in the park but forgot how to play nicely with other dogs. It wouldn't be very good, right? That's why Christian freedom isn't just about being free to do anything we want. It's about learning to live the best way.

The Bible tells us something important in Galatians 5:13. It says, "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love." This means that with Christian freedom, we should help and love each other, not just think about ourselves.

So, how do we do this? How do we use our Christian freedom the right way? Well, it's like learning to ride a bike. At first, you might need training wheels and someone to help guide you. In the same way, God helps guide us. He gave us the Bible to be our training wheels, and Jesus is like the friend who holds onto the back of the seat until we find our balance.

One way we can use our Christian freedom is by being kind. Have you ever helped a friend who fell down? Or shared your favorite toy with someone else? That's using your freedom to love others.

Another way is by saying kind words. Words are very powerful. They can make someone's day brighter or hurt their feelings. When we choose to say nice things, encourage others, and not tell lies, we are using our Christian freedom in a good way.

We can also use our Christian freedom by being patient and forgiving. Sometimes, friends or siblings might make us upset. Instead of staying mad or seeking revenge, we can forgive them. Remember, Jesus forgave us, so we can forgive others too.

But here's something very important: we can't do all of this on our own. Just like a plant needs water and sunlight to grow, we need God's help to use our Christian freedom the right way. We can talk to Him through prayer, asking for His help to be kind, patient,

and forgiving. We can also read the Bible to learn more about how Jesus lived and how we can be like Him.

Christian freedom is a wonderful gift. It's not just about being free from sin; it's about living a life full of love, kindness, and goodness. It's about making the world a better place, one act of love at a time.

So, the next time you see a bird flying or a dog running freely, remember the Christian freedom you have. Think about how you can use it to help others and show love. Remember, with God's help, you can make a big difference in the world.

Let's pray together: Dear Jesus, thank you for giving us Christian freedom. Help us to use it to love and serve others, just like You did. Teach us to be kind, patient, and forgiving. We want to live like You and make You happy. Amen.

Remember, kids, Christian freedom is a special gift. Let's use it the right way and make the world a brighter place, filled with love and happiness.

## Bible Memory Verse

### **Serve one another humbly in love. - Galatians 5:13**

You Will Need:

- Construction paper
- Scissors
- Markers or crayons
- Stickers (optional)

Get Ready:

- Cut the construction paper into heart shapes, one for each child.
- Write 'Serve one another humbly in love. - Galatians 5:13' on each heart ahead of time if the children are too young to write.

Do This:

1. Give each child a heart and ask them to decorate it with markers, crayons, and stickers. While they decorate, talk to them about what it means to serve and love others like Jesus loves us.
2. Once they have finished decorating, gather the children in a circle and have them share who they would like to give their heart to as an act of service and love. It could be a parent, sibling, friend, or teacher.
3. Encourage them to give the heart they decorated to that person as a reminder to serve one another in love, just like the Bible verse says. Explain that serving and loving others is a way we can be free to do good, just like Jesus wants us to.

## Bible Interactive Experience

You'll Need:

- A large piece of paper or poster board
- Markers or crayons
- Stickers (stars or hearts work well)
- "Freedom" and "Rules" signs (make these from paper ahead of time)

Get Ready:

- Write "Freedom" at the top of the poster board on one half and "Rules" on the other half.
- Place the "Freedom" and "Rules" signs on the floor at opposite ends of the room.

Do this:

1. Gather the children and explain that we are learning about how God wants us to use our freedom. Say, "God gives us freedom, but He also gives us rules to follow because He loves us."
2. Play a simple game: call out actions (like hop, clap, spin) and let the children do them freely. Then hold up the "Rules" sign and call out actions they can only do if they follow specific rules (like hop on one foot, clap three times, spin slowly). Discuss how rules can help us enjoy our freedom safely.
3. Bring the children to the poster board and give them stickers. Ask them to think of good things we can do with our freedom that shows love to others (helping, sharing, being kind). Each time a child names a good action, they put a sticker on the "Freedom" side. If they mention something not safe or unkind, gently explain why it's a "Rules" side action, to keep us safe and happy.

## Snack Activity: Freedom Fruit Boats

You'll Need:

- Bananas
- Assorted small fruits (like grapes, blueberries, strawberries)
- Plastic knives or spoons
- Small paper plates or napkins

Get Ready: Wash all the fruits and place them in accessible bowls.

Do this:

1. Explain to the children that just like we have the freedom to choose our fruits, we also have freedom in life. But, we need to make good choices, just like choosing healthy fruits to eat.
2. Let each child pick a banana and help them slice it in half (lengthwise) to create a 'boat'. This represents our journey in life, where we have freedom but need guidance.
3. Encourage the children to fill their banana boat with other fruits, teaching them that while we are free to make choices, we should choose what is good and beneficial for us and others, just like choosing fruits that are good for our health.

## Game Activity: Freedom Garden

You'll Need:

- A set of colorful flower pictures or toys
- Boundary markers (cones, tape, or anything safe to mark boundaries)
- Music player for playing and pausing music

Get Ready: Place the flower pictures or toys inside a designated area to represent the 'Freedom Garden'. Mark a clear boundary around the garden with the markers. The area outside the boundary is the 'Wilderness'. Prepare the music player with a playlist of fun, upbeat songs.

Do this:

1. Explain to the children that the Freedom Garden is a special place where they can be free to play with the flowers, but they must stay within the boundaries to be safe and respect the garden. The Wilderness outside is not safe, and they should not go there.
2. Start the music and allow the children to enter the Freedom Garden to play freely with the flowers. They can dance, hop, or move around gently among the flowers, but they must stay within the boundaries.

3. Pause the music intermittently. When the music stops, the children must freeze in place. Discuss the importance of listening and following directions to stay safe and enjoy freedom responsibly. Resume the music and continue the game, reinforcing the theme of freedom within boundaries.

## Craft Activity: Freedom Heart Chains

You'll Need:

- Construction paper (red, white, and blue)
- Safety scissors
- Glue stick
- Markers

Get Ready: Pre-cut strips of construction paper (about 1 inch wide and 6 inches long) for younger children. Older children can use safety scissors to cut their own strips under supervision.

Do this:

1. Talk about Galatians 5:13 and explain that we are free to make choices, but we should use our freedom to serve and love others, not just do whatever we want. Explain that the chains will represent our choices.
2. Have the children choose strips of paper and help them form a chain by looping the strips into circles and gluing the ends together. Each time they add a link to their chain, encourage them to think of a way they can use their freedom to help or love someone else (e.g., sharing toys, helping clean up, saying kind words).
3. Once the chain is long enough, help the children form the last few links into a heart shape at the end of the chain to symbolize love guiding our freedom. They can use markers to decorate their heart and write their name or a message of love on it.

# Prayer Activity: Freedom to Love Prayer

You'll Need:

- Colorful paper hearts
- Markers or crayons
- A small basket or box

Get Ready: Write 'Freedom to Love' on each paper heart before the activity.

Do this:

1. Gather the children in a circle and explain that God gives us freedom, but He wants us to use our freedom to love others and make good choices.
2. Give each child a 'Freedom to Love' heart and a marker or crayon. Ask them to think of one way they can show love or kindness to someone else (helping a friend, sharing toys, obeying their parents, etc.).
3. Once they have thought of something, help them write or draw it on their heart. After everyone is done, let them come one by one to place their hearts in the basket or box as a prayer offering, saying, 'God, help me to use my freedom to love.'