

A Different Kind Of Freedom

LOWER ELEMENTARY LESSON PLAN

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

Scripture: Galatians 5:13

Memory Verse: For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. - 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

For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. - Galatians 5:13

You Will Need:

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

Get Ready:

- Cut the construction paper into strips long enough to make bracelets.
- Write the memory verse on each strip with markers or crayons before the class.

Do This:

1. Give each child a strip of construction paper with the memory verse written on it.

Explain that this will be their very own 'Freedom Bracelet' to remind them of what freedom in Christ means.

2. Allow the children to decorate their 'Freedom Bracelets' using markers, crayons, and stickers. Encourage creativity and individual expression.

3. Once everyone is done decorating, help the children to tape or glue the ends of their bracelets together so they can wear them. As they work, discuss how the freedom we have in Jesus is not for doing whatever we want, but for serving others in love, just like the verse says.

Bible Interactive Experience

You'll Need:

- A large roll of paper or a whiteboard
- Markers or whiteboard markers
- Tape (if using paper)
- Small, lightweight objects (like bean bags or soft balls)
- Baskets or boxes

Get Ready:

1. Write "Freedom" in large letters at the top of the paper or whiteboard.
2. Below "Freedom," draw two columns: one labeled "To Serve" and the other "Not To Do Whatever We Want."
3. Tape the paper on a wall if using, or make sure the whiteboard is in a visible spot.
4. Place the baskets or boxes at a distance suitable for tossing the objects into them.

Do this:

1. **Introduction:** Explain to the children that Galatians 5:13 tells us we are called to be free, but not free to do whatever we want. Instead, we should use our freedom to serve others in love.
2. **Activity - Part 1: Serving Others:** Ask the children to think of ways they can serve or help others. For each idea, they get to write it in the "To Serve" column. After writing, they can try to toss an object into one of the baskets or boxes. This represents using their freedom to do good.
3. **Activity - Part 2: Not To Do Whatever We Want:** Now, ask them to think of actions that are not good or helpful to others (e.g., being unkind, not sharing). They write these actions in the "Not To Do Whatever We Want" column. Instead of tossing an object this time, they simply discuss why this action is not a good use of their freedom.
4. **Conclusion:** Wrap up by reminding them that true freedom comes with responsibility. Our freedom is best used to love and serve others, just like Jesus taught us.

Snack Activity: Freedom Fruit Boats

You'll Need:

- A variety of fruits (like apples, bananas, oranges, and grapes)

- Toothpicks
- Small paper flags (you can make these from paper and attach them to the toothpicks)
- A marker

Get Ready: Write 'Freedom' on the small flags with the marker. This will help remind us that we have freedom in Jesus, but we use that freedom to serve others in love, not just to do whatever we want.

Do this:

1. Parents or guardians should help cut the apples and oranges into slices that can stand on their side to look like boats. Bananas can be peeled and cut in half to serve as another type of boat. Grapes will be the people on our fruit boats.
2. Let each child pick the fruits they want to use for their boat and 'people.' This is where we talk about freedom! Just like we can choose our fruits, God gives us choices in life.
3. Carefully attach the 'Freedom' flags to the toothpicks and then insert them into the fruit boats. As the children work on this step, explain that even though we have freedom, we should use it wisely to help and love others, not just to please ourselves. The boats represent our journey through life, and the flags remind us to use our freedom to serve others in love, as Jesus taught us in Galatians 5:13.

Game Activity: Freedom Tag

You'll Need:

- A large, open space (preferably outdoors)
- Boundary markers (cones, ropes, or chalk)
- Freedom cards (simple cards with acts of kindness written on them, like 'help someone up', 'give a compliment', or 'share something')

Get Ready: Create a safe play area using the boundary markers. Scatter the freedom cards around the play area but within easy reach. Explain the rules clearly to the children, emphasizing the theme of freedom with responsibility as taught in Galatians 5:13.

Do this:

1. Designate one child as 'It'. 'It' counts to ten while the others scatter within the play area.
2. When 'It' says 'Go', they try to tag the other players. If a player is tagged, they must freeze and shout 'I need freedom!'
3. To be 'freed', another player must pick up a freedom card and perform the act of kindness written on it for the frozen player. This could be a simple gesture like a high-five, a kind word, or sharing a toy.
4. Once the act of kindness is completed, the frozen player is 'free' to join the game again. The game continues until everyone has had a turn to be 'It'.

The game reinforces the idea that true freedom involves serving others lovingly, reflecting the message of Galatians 5:13, and shows that we are not free to do whatever we want if it means not caring for others.

Craft Activity: Freedom Butterflies

You'll Need:

- Coffee filters
- Markers (washable)
- Pipe cleaners
- Spray bottle with water

- Paper towels or a plastic tablecloth

Get Ready: Lay out the paper towels or plastic tablecloth on your work surface to protect it. Flatten the coffee filters on top.

Do this:

1. Talk about Galatians 5:13 and explain that just like butterflies are free to fly, we are called to be free. But we must use our freedom to serve others in love, not just do whatever we want. Ask the children what are some ways they can use their freedom to help or love others.
2. Have the children color the coffee filters with markers. They can make any design they like, reminding them that their butterfly will be unique, just like how each of us has unique ways to serve and love others.
3. Once they are done coloring, lightly spray the coffee filters with water. The colors will blend together creating a beautiful effect. While the filters are drying, discuss how our actions can blend together to spread love and kindness, just like the colors blend on the filter.
4. When the filters are dry, gather them in the middle and twist a pipe cleaner around to form the butterfly's body and antennae. Bend the ends of the pipe cleaners to make them look like antennae.
5. Conclude by reminding them that our 'wings' are our freedom in Christ, and we should use them to 'fly' in ways that show love and kindness to others.

Prayer Activity: Freedom Flowers: Prayers of Freedom and Love

You'll Need:

- Colorful construction paper
- Scissors
- Markers or crayons

Get Ready: Prepare small flower templates from the construction paper that the children can easily cut out.

Do this:

1. Begin with a short explanation: 'God gives us freedom to make choices, but He wants us to choose to love and help others. Galatians 5:13 tells us to use our freedom to serve one another in love.'
 2. Ask the children to think of ways they can use their freedom to help and love others. Examples could be helping a friend, listening to their parents, or sharing their toys.
 3. Have each child choose one act of love or service they thought of and write it on a flower petal. Then, they can cut out their flower and decorate it.
 4. Gather the flowers and create a 'Freedom Garden' on a bulletin board or wall.
- Conclude with a prayer, asking God to help them remember to use their freedom to love and serve others, just like their flowers in the Freedom Garden.