

# Jesus Gives Freedom from Sin (John 8:32) Lesson Plan

---

 [ministry-to-children.com/freedom-from-sin-lesson](http://ministry-to-children.com/freedom-from-sin-lesson)

July 2, 2011



This Bible lesson plan about freedom in Christ follows our new *hassle-free format*. The basic version makes it easy to teach with very little preparation or outside materials. We've also suggested more activities so you can expand the lesson to best fit your ministry setting.

**Lesson Title:** Following Jesus & Freedom from Sin

**Bible Reference:** John 8:31-32

**Target Age Group:** Age 4 – 12

**Learning Context:** Sunday School or Kids Church

**Target Time Frame:** 30 minutes

**Memory Verse:** 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." John 8:31a-32 NIV

**Gospel Connection:** Jesus first spoke these words to Jewish leaders who claimed to believe him, but did not continue believing what Jesus has said & walking in obedience to him. The surrounding verses clarify that Christ is talking about freedom from the guilt and enslaving power of sinful patterns of behavior. Without Jesus, we are unable to escape from the power of sin over our lives. Through faith in him and following his teaching, we can have true freedom. This practical freedom from sin is one aspect of the Good News. Be sure to emphasize that only Jesus' power can set us free from these habits.

**Learning Aim:** After this lesson, children will identify specific habits (from a list) that trap them in sinful patterns. Look for the *Learning Outcome Test* section in our *Basic Teaching Plan* below.

**Target Age:** Our no-hassle lesson plans are broadly graded and easy to adapt for a variety of children's ministry settings. Look for specific adaptations within the *Basic Teaching Plan* below.

**Basic Supply List:**

- A marker board or poster board to display the memory verse. You should write it out in advance in the translation of your preference. Underline the phrases similar to what I've done above. This will be used in the activity *Another Way to Say*.
- One large black trash bag cut into about 5 long strips. These will be used as pretend ties that represent the bondage of sinful habits in our life. This is used in the activity called *Bondage of Sin* below.
- One pair of safety scissors for the children to cut the plastic strips off the volunteer. This is used in the activity *Set You Free* below.
- A marker board (or single sheets of paper) to display the following words. Lies / Stealing / Mean Talk / Anger / Prayer / Helping Others / Forgiveness / Sharing. This will be used in the *Learning Outcome Test* below.
- The optional activities at the end of this lesson may require additional supplies. Carefully read the directions while preparing your lesson.

**Other Notes:** In the teaching plan below the words in *italics* are meant to be read aloud. The regular text is simply directions for the teacher.

This lesson plan touches on several central themes of the Gospel message. We have a whole section of our website to help you be more effective in sharing Jesus with children. You might want to review those articles if you are new to children's ministry.

Many American readers will use this Bible lesson as their Fourth of July Sunday School lesson. We have kept more to the biblical concepts of freedom from sin. If you want a more patriotic connection browse our links related to the 4th of July.

> > > > Basic Teaching Plan < < < <

---

**Introduce the Memory Verse:** Ask for a volunteer to read the memory verse aloud from the display. Say, "*Today we are going to learn about freedom from sin. Let's practice this verse a few times before we start the lesson.*" Lead the group to repeat the verse aloud about three times. See the *Optional Activities* section from more ways to practice the verse.

**Bondage of Sin:** Ask for one volunteer to come to the front of the class and sit in a chair. Explain to the children that you are going to show that sinful habits can become traps in their lives.

Ask the children if they can explain what habits? Say, "*A habit is something you do over-and-over and it becomes hard to stop. It's an action or thought you repeat many times and it becomes a pattern. Some habits are good and some are bad.*"

Show them the black trash bag strips and say that each one will represent those type of

habits. Offer the following examples and carefully use the plastic to tie up the volunteer's feet and hands. Use caution to not hurt the child. If safety is a concern, you can substitute an adult volunteer for this demonstration.

- Making mean jokes about other children at school
- Telling made up stories so other kids will like you better
- Keeping secrets from your parents

Say, *“These are not just bad things. They are habits that get easier each time you do them. Soon they become traps and you find it hard to not do those things. This is how sin becomes more powerful and takes charge of your life. The Bible says this is like becoming a slave with sin as your master.”*

Allow the children to suggest other habits that do the same thing. For each add another tie to the volunteer in the chair. Listen carefully to their ideas and affirm their efforts by saying, *“That’s a good suggestion, who else wants to try...”* Use these extra examples if they are confused:

Arguing or yelling at your parents / Daydreaming in church / Stealing from a friend's house / Eating more food than you need / Doing lazy work for chores or school / Playing video games without a time limit / etc

**Set You Free:** Explain to the class that you need their help to set this person free. Ask for volunteers who can repeat the memory verse (or read from the display). Allow each child to say the verse and cut off one strip of the black plastic tie. If you have younger or timid children, you could have the group say the verse as they cut the tie.

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.” John 8:31a-32

**Another Way to Say:** Direct the children to the phrases you underlined in the Bible verse display. Ask them to think of other words that could get across the same meaning as those phrases. This exercise is about clarifying vocabulary more than precise definitions. Here are some examples:

- hold to my teaching = do what I say = obey
- disciples = followers = learners = friends
- know the truth = understand = learn =
- set you free = break you out = untie you = off the chain

**Learning Outcome Test:** Display the following phrases on your marker board (or single sheets of paper). Explain that some of these are good habits that follow Jesus teaching and some are sinful patterns than will lead trap them. Ask for volunteers to come up and point

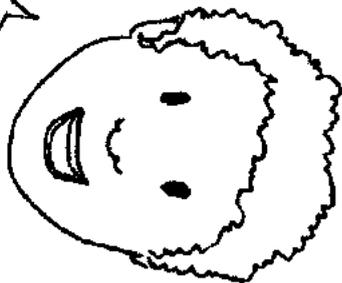
to the habits that will bring bondage to sin. After they point, allow them to erase (or crumple that piece of paper) as they recite the memory verse. Leave the good habits on display.

Lies / Stealing / Mean Talk / Anger / Prayer / Helping Others / Forgiveness / Sharing

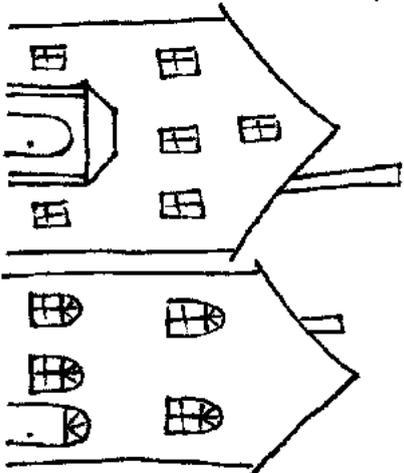
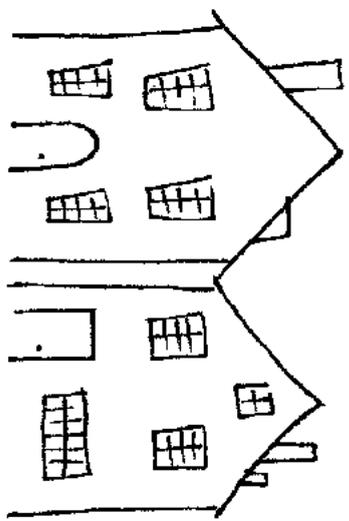
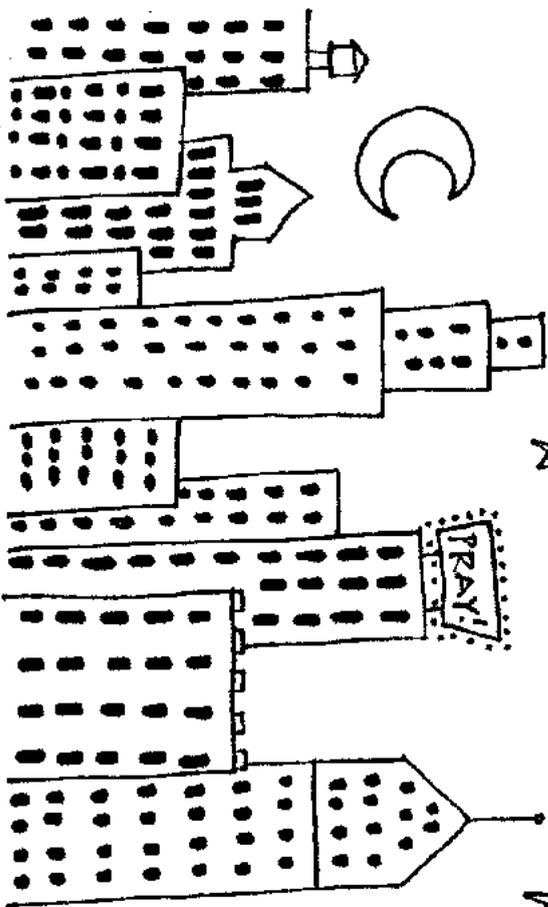
After a child removes these signs lead the group to repeat, “*Jesus can set us free from \_\_\_\_\_*” for each habit they’ve removed.

**Gospel Application:** Ask the children to listen carefully because you want to tell them a secret. Say in a whisper voice, “I have done each of those bad habits and sometimes still have to fight them now. Even the good habits are hard sometimes. I am not strong enough to set myself free I need Jesus to save me everyday. When he died on the cross, he defeated sin forever and lives to set me free.”

Close this part of the lesson in prayer . . .



GOOD BLESS AMERICA!

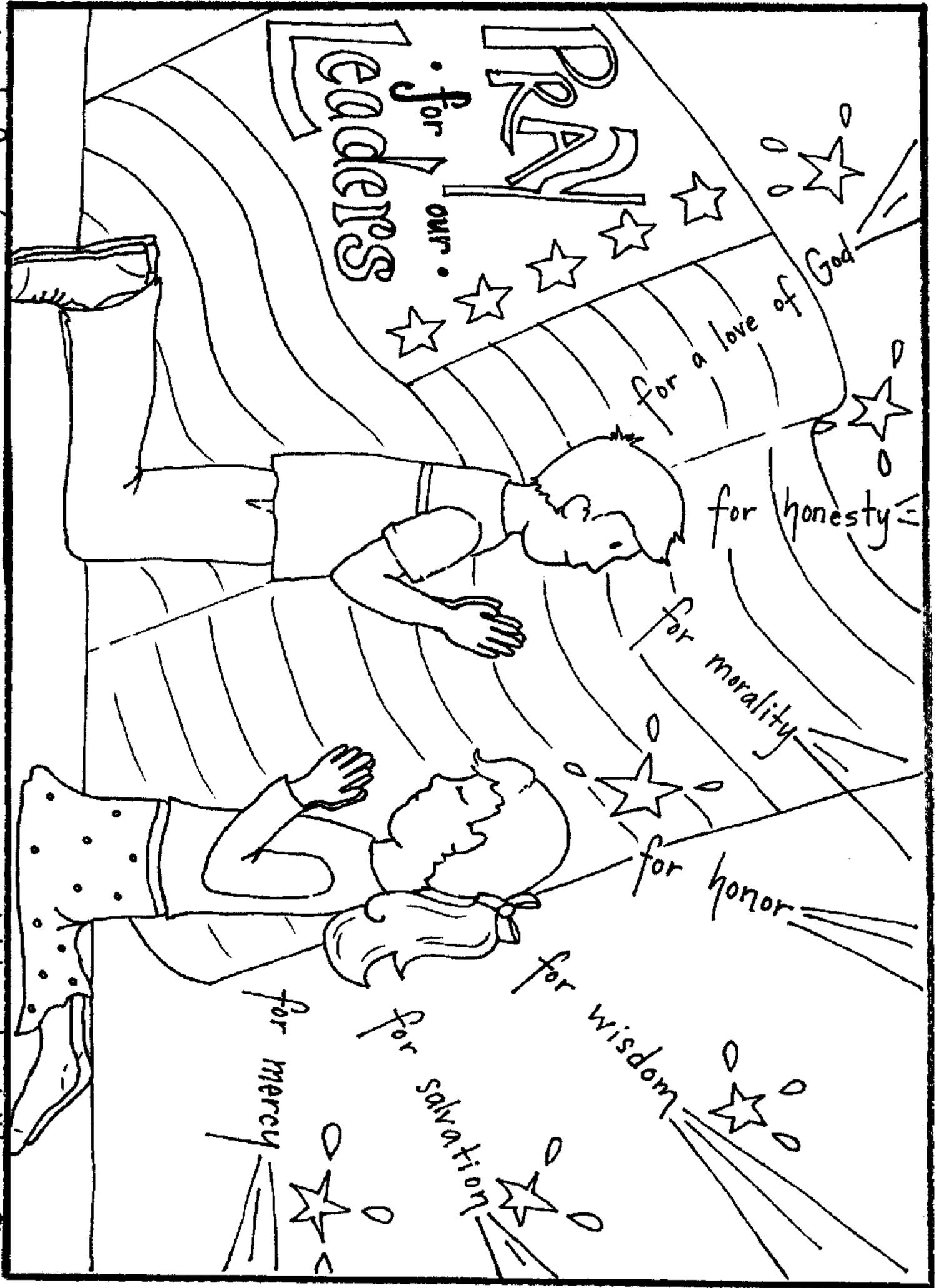




GOD BLESS AMERICA

Let's Pray!

Let's hope!



Mandy Grace '10

Ministry - to - children . com

---

# “Freedom in Christ”

## Craft Ideas for Independence Day

---

Fourth of July, Happy Birthday America, Independence Day...there are a lot of names the holiday goes by, but on July 4<sup>th</sup>, Americans celebrate freedom with all kinds of creative measures. We want to make sure to also emphasize that we have freedom in our lives as Christians. These crafts celebrate the patriotic spirit of the red, white, and blue, while hopefully recalling the joy of living in freedom from sin through Jesus. Have fun!

### Verses or Captions to Consider...

*For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery. -Galatians 5:1*

*Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God. -1 Peter 2:16*

*But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life. <sup>23</sup> For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord. -Romans 6:22-23*

*Celebrate Freedom! Alive in Christ!*

*Independent from sin and saved by faith!*

*Proud of a country...but citizenship in Heaven!*

### More Teaching Ideas about Freedom in Christ

- [4<sup>th</sup> of July Sunday School Lesson](#)
- [Coloring Pages for the Fourth of July](#)
- See our video playlist with this [4<sup>th</sup> of July ideas for Children’s Ministry](#)



---

# Craft one: “Freedom Firecracker”

---

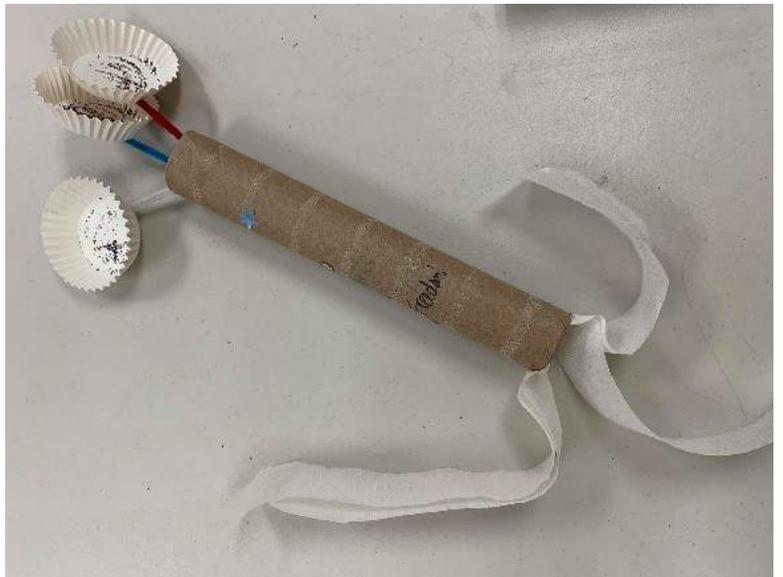
## You will need:

- Paper towel or toilet paper tubes
- Markers, stickers, or other decorating materials
- Scissors
- Glue, tape or staples
- String or pipe cleaners
- Streamers or tissue
- Glitter, stickers, optional decoration
- Cupcake liners



## Procedure:

1. Decorate the tube with stickers, markers, or glitter.
2. Attach the pipe cleaners to the tube with staples or tape; make “fireworks” by taping decorative cupcake liners.
3. Place streamers in the bottom of the tube for a rocket effect.
4. Add extra decorations or verses as desired. Wave, toss, or hang up for a festive Fourth of July celebration!



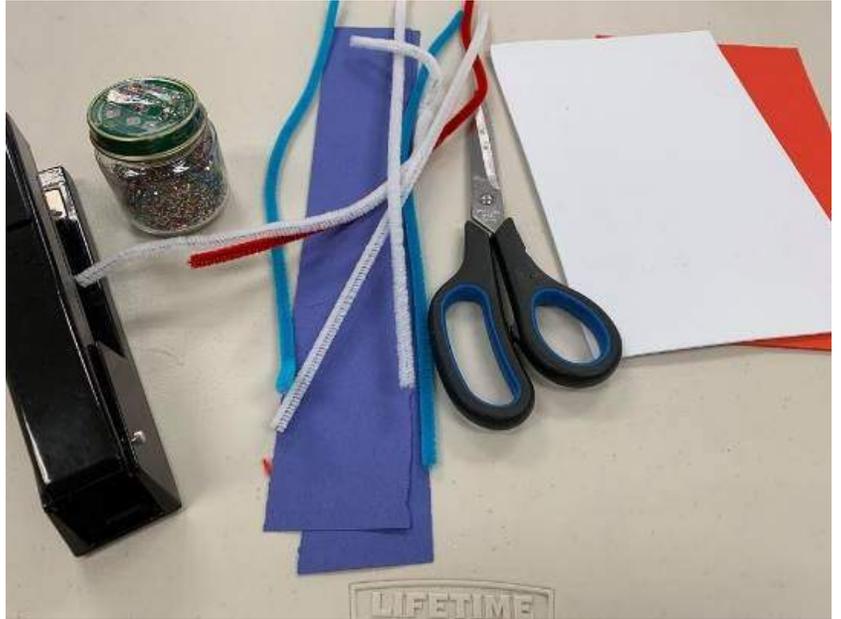
---

# Craft Two: “Stars and Stripes Headband”

---

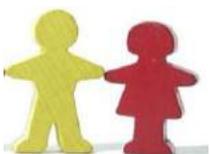
## You will need:

- Glitter (optional)
- Construction paper or fabric (red, preferably)
- Glue, staples, or tape
- Scissors
- Extra decorations (stickers, etc.)
- Caption or verse
- Markers or crayons



## Procedure:

1. Cut strips out of the construction paper.
2. Staple or glue the strips together, fitting to desired head circumference.
3. Add extra decorations as desired, such as stickers or glitter.
4. Attach pipe cleaners, “swirling” around a pencil if desired.
5. Attach cut paper stars to the pipe cleaners.
6. Add a verse or caption; wear and enjoy!



---

# Craft Three: “Patriotic Lantern”

---

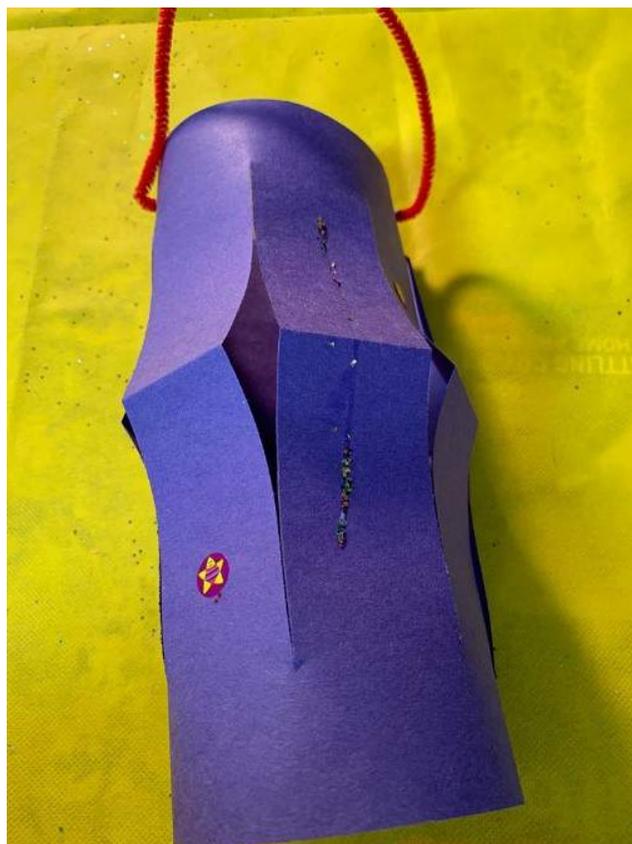
## You will need:

- Construction paper or fabric
- Scissors
- Glue, tape, or staples
- Markers, crayons, or colored pencils
- Extra decorations (stickers, glitter, etc.)
- String, pipe cleaner, or ribbon



## Procedure:

1. Choose a construction paper color (red or blue recommended).
2. Fold the paper in half (lengthwise), and cut slits to within an inch of the border.
3. Decorate with markers, stickers, and glitter, as desired.
4. Fold the paper around, bending to create a “lantern” effect, and stapling to secure.
5. Attach ribbon or pipe cleaner if desired, for hanging display.





These craft ideas were prepared by [Kristin Schmidt](#), who serves at the Epiphany Lutheran Church in Castle Rock, CO.

She has shared her teaching gifts through *Ministry-To-Children* since 2014 and now serves as our lead curriculum writer.

Kristin has a professional background in elementary and pre-school education. A graduate of Biola University, she holds a Master of Education and will receive the Master of Theology degree from Concordia University, Irvine, California, in May

2020. Kristin grew up in southern California and lived the past 10 years in Georgia. She is a long-distance runner and voracious reader.

Our team is honored that you choose our material. Thank you for ... serving where God has placed you - telling children about Jesus – and allowing us to be a part of your mission. We depend on [reader donations](#) to keep the website growing! If this material was a blessing to you, please pray about become a supporter of our work.

Don't miss our most popular resources.

- Over 400 Printable [Bible Coloring Pages](#)
- Over 800 [Bible Lessons](#) and Complete [Sunday School Curriculum](#)
- New [Children's Sermons Object Lessons](#) every week
- Our sister website called [Sunday School Works!](#)

---

If your church buys curriculum, please visit our ministry supporter, [the Sunday School Store](#). It's a new digital marketplace for ministry curriculum. When you purchase from them, we receive a donation to help expand our work.

<p>Use coupon code at checkout</p> <p><b>SAVE25</b></p> <p>Or <a href="#">click this link</a>, discount will apply at checkout</p>	 <p><b>The Sunday School Store</b></p>
--	---

