

Freedom Chains

Children are invited to write their worries on a paper “chain” and then break the pieces apart as they recall that Jesus gives freedom from our worries.

SUPPLIES

- Construction paper (1 sheet for every 2 children)
- Scissors
- Pens
- Staplers (1 for every 2 children)

PREPARE AHEAD

Cut the construction paper into 2- by 11-inch strips.

RELATE

Have children sit together. **Jesus makes it possible for us to experience freedom from sin and worry. Because He defeated sin and death, we can know we’ll live forever with Him. And because we know He will take care of us and give us what we need, we can choose not to worry. Jesus is freedom!**

Invite children to spend a few minutes thinking about things in their life that are preventing them from experiencing the freedom that Jesus offers. Pass out strips of paper to each child and have them write down their fears or worries, one per strip. Then, have children staple their strips together, making chains that represent the bondage that sin and worry can cause.

Through Jesus we’re free! We no longer have to be chained up by our worries. Invite kids to rip their chains apart, symbolizing the freedom we receive through Christ.