



THE SUNDAY SCHOOL STORE

You love children's ministry, but some days, *it feels like too much.*

You're pulled in every direction—lesson prep, volunteers, tight budgets—and wondering if all your effort is really making a difference.

But children's ministry should be joyful, not stressful. That's why we create Bible-centered, ready-to-use curriculum for small churches like yours.

✓ No complicated prep

💡 Just fun and Biblically solid lessons that kids love

🏰 And volunteers can actually teach with confidence

Because when teaching is simple, ministry becomes joyful again.

What's Better than Free? **Try our Complete Curriculum**

You just downloaded a free lesson. Imagine having the full series ready to teach this Sunday — every worksheet, every coloring page, teaching activity — already done.



👉 Take **25% off any curriculum** with code [SAMPLE25](#) at checkout.

Thank you for serving God's children. May He bless your ministry for His glory and the joy of the next generation.

Tony Kummer
Founder & Editor
[The Sunday School Store](#)



Freedom in Christ: 4-Week Preschool Curriculum

The *Freedom in Christ* Preschool Curriculum helps little ones (ages 3–5) discover that Jesus sets us free—and teaches us how to use that freedom to worship, love, and help others. Through simple Bible stories, preschoolers learn that Jesus breaks our chains, gives us joy, and shows us how to care for people around us. Each week, they collect a “Key of Freedom” sticker and practice an easy truth phrase they can remember.

💡 **Big Idea:** Jesus sets me free!

📖 **Bible Memory Verse:** *So if the Son of Man sets you free, you will really be free. John 8:36*
NirV

4-Week PreK Lesson Overview

Week 1 – Jesus Sets Me Free!

- **Bible Story:** John 8:36
- **Summary:** Only Jesus can set me free from sin. This week, we learn that I can trust Jesus and follow Him.

Week 2 – I Can Praise God Anywhere!

- **Bible Story:** Paul & Silas in Jail (Acts 16)
- **Summary:** Paul and Silas sang to God even in jail. This week, we learn that I can pray and praise God no matter what.

Week 3 – Jesus’ Power Helps Me!

- **Bible Story:** The Servant Girl Set Free (Acts 16:16–19)
- **Summary:** Jesus made the girl free and it changed everything. This week, we learn that Jesus’ power helps me and I can share His love with others.

Week 4 – I Am Free to Help Others!

- **Bible Story:** Carry One Another’s Burdens (Galatians 5:13–14)
- **Summary:** Jesus sets me free so I can love and serve others. This week, we learn that I can use my freedom to help people around me.





John 8:36 NIV

So if the Son of Man sets
you free, you will really be
free.



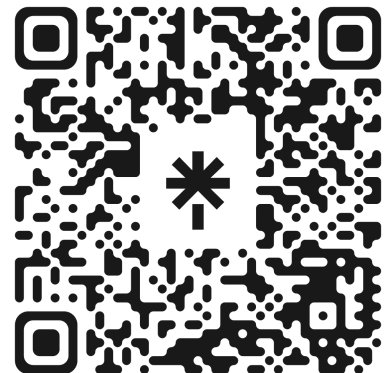
Week 1 – Jesus Sets Me Free!

- Bible Story: John 8:36
- Summary: Only Jesus can set me free from sin. This week, we learn that I can trust Jesus and follow Him.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series.

<https://linktr.ee/FreedomInChristLessons>

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.



Week 1 – Supply List

Arrival & Guided Play

- Paper chains or pre-cut strips for breaking activity
- Toy jail or blocks for pretend jail
- Mirrors (small hand mirrors)
- Building blocks
- Music for parade / march

Group Games – Freeze Dance

- Music player or speaker
- Upbeat worship or fun children's music
- Optional large paper key prop

Bible Story

- Printed picture of **Jesus teaching the crowd**
- Printed picture of **chains breaking with a key**
- Paper chain prop (for tearing demonstration)

Craft – Paper Chain Break Craft

- Pre-cut strips of construction paper (1" × 6")
- Tape or glue sticks
- Crayons or markers
- Stickers (optional)

Coloring Page and Activity Sheet

- Printed coloring page provided below – 1 copy per child
- Crayons or markers



Arrival and Guided Play (5-10 minutes)

This week's focus is learning "*Jesus sets me free!*" and the Bible story of *John 8:36*. Introduce this idea simply and playfully while children arrive and settle in.

Toy / Activity Ideas & Teacher Talk:

- **Paper Chains & Keys** – Let's try to break these paper chains with our big muscles! When the chains break, cheer together. Jesus breaks the chains of sin and sets us free—just like this!
- **Toy Jail or Block "Jail"** – Let's build a pretend jail with blocks. Can you pretend to be stuck? Then use a toy key to open it. Jesus sets us free from sin!
- **Mirror Faces** – Look in the mirror and make a "free" face—big smiles! Jesus gives us joy when He sets us free.
- **Building Blocks** – Let's build something strong together. Jesus helps us be strong because He sets us free!
- **Toy Parade** – March around the room like you're free and happy. Wave your arms and say together: "Jesus sets me free!"

After the children have arrived, gather everyone together.

TEACHER: Let's clean up our toys and come sit in a circle to play a game together!

Group Game (5 minutes)

Freeze Dance

Supplies Needed:

- Music player or speaker
- Upbeat worship or fun children's music
- Optional: a large paper key prop

Setup:

- Clear a safe space in the room for dancing.
- Have the music ready to play and pause easily.

TEACHER: Let's get ready to dance! When the music plays, dance and move your body like you're happy and free!

(Start the music and dance along with the children.)

When the music stops, freeze your body like you're locked in chains. *(Freeze dramatically with arms crossed or "trapped.")*

When the music starts again, shout together: "Jesus sets me free!" and dance again with big smiles.

Repeat several times, making it playful and fun. Each time they shout "Jesus sets me free!" celebrate their energy and joy.



Bible Story (10 minutes)

Jesus Sets Me Free! (John 8:36)

Main Idea: Jesus sets me free!

Summary: Only Jesus can set me free from sin. I can trust Jesus and follow Him.

Supplies:

- Printed picture of **Jesus talking to the people**
- Printed picture of **chains being broken with a big key**
- Optional: Paper chain prop to tear during the story

TEACHER: Look, friends—here is Jesus! Jesus loved to talk to people and tell them the truth. One day, Jesus told the people something very special. He said that when He sets you free, you are **really free**.

(Hold up the picture of Jesus talking to the people.)

Sometimes we get stuck. Not in real chains like these, but stuck because of sin. Sin is when we do wrong things, like not listening or being unkind. We can't get free by ourselves.

(Show the picture of chains being broken.)

But Jesus came to set us free! Like breaking a big chain, *Jesus breaks the power of sin.*

(Tear a paper chain dramatically.)

Snap! When we believe in Jesus, He sets us free on the inside—our hearts can love and follow Him.



When Jesus sets us free, we can live with joy! We can praise Him, love others, and follow Him.

Let's say it together: "Jesus sets me free!"

PRAYER TIME: Let's talk to God together. You can repeat after me.

Dear God,

Thank You for Jesus.

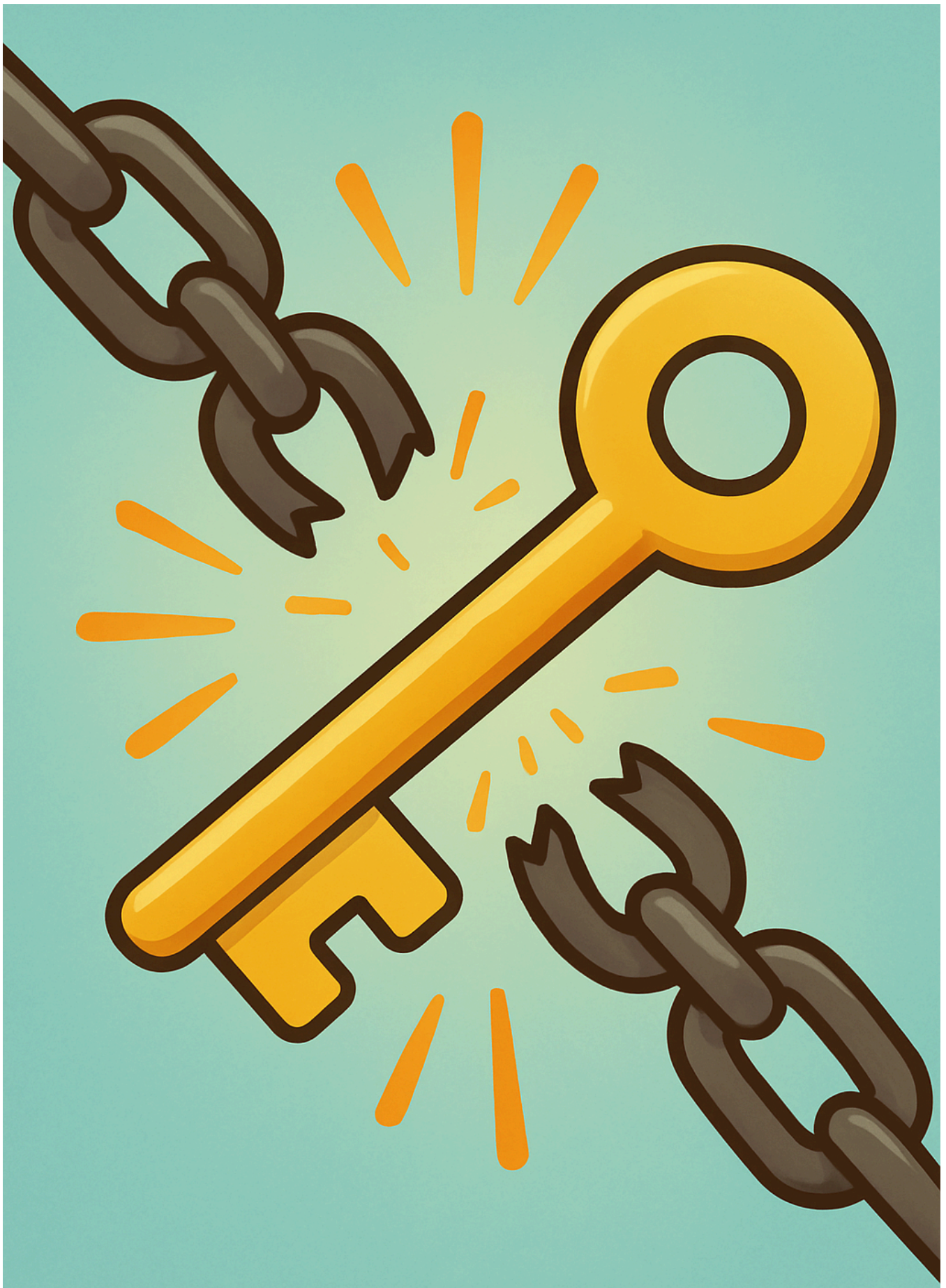
Thank You that He sets us free.

Help us to follow You with joy.

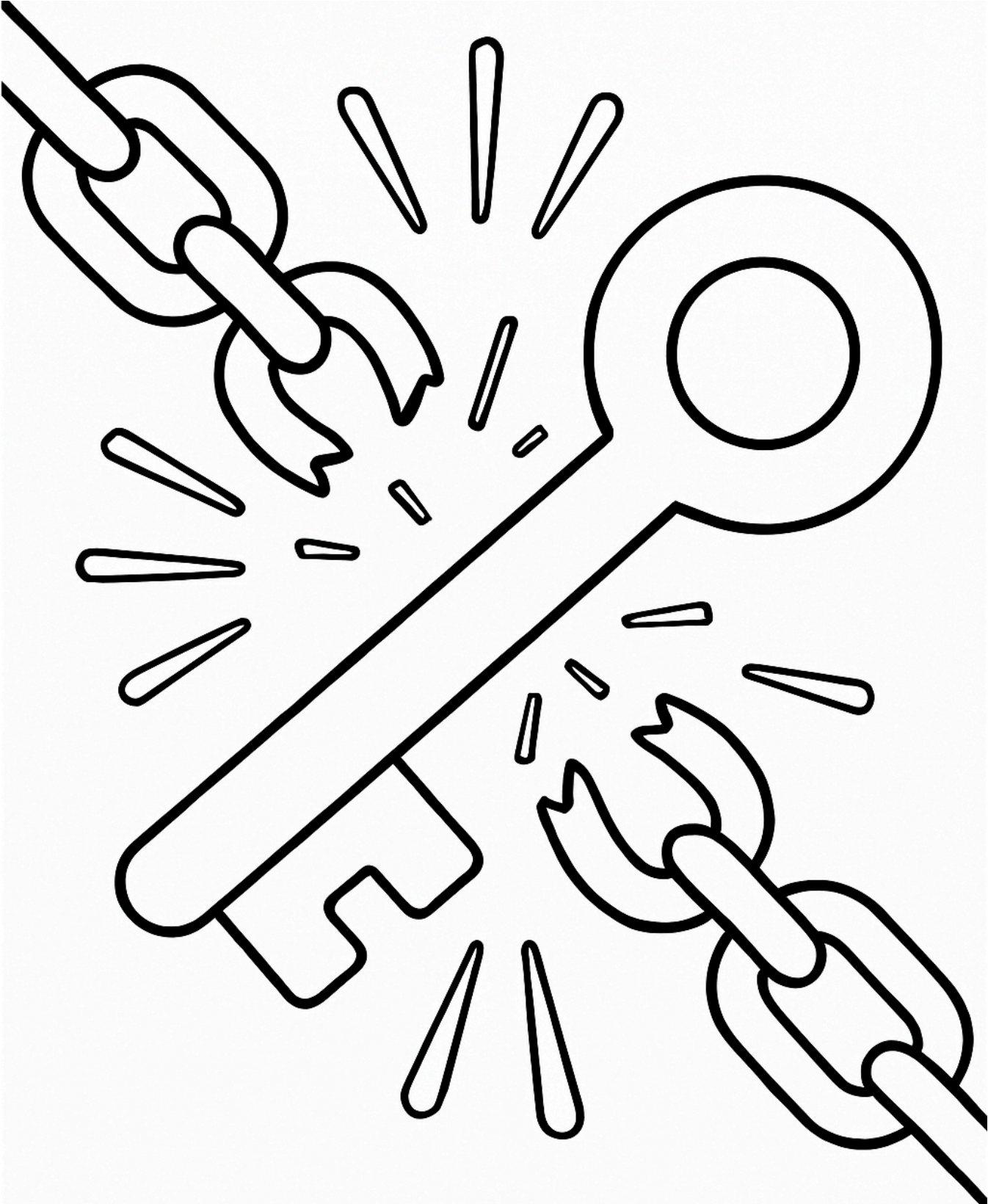
In Jesus Name, Amen.







Jesus Sets Me Free! (John 8:36)



Craft (10 minutes)

Paper Chain Break Craft

SUPPLIES NEEDED:

- Pre-cut strips of construction paper (about 1 inch × 6 inches)
- Tape or glue sticks
- Large crayons or markers (for decorating)
- Optional: Stickers for fun decoration



TEACHER: Today we're going to make a **paper chain**, just like the kind Jesus breaks to set us free!

(Give each child several paper strips.)

Let's make loops by wrapping the strips and taping the ends together. Keep adding loops to make your chain longer. *(Walk around and help as needed.)*

Wow—your chains look strong! Now hold your chain tight. Are you ready?

(Count together.) One... two... three... SNAP!

(Have the children tear their chain in half.) Jesus sets us free from sin—just like breaking this chain! Let's all shout it together: "JESUS SETS ME FREE!"

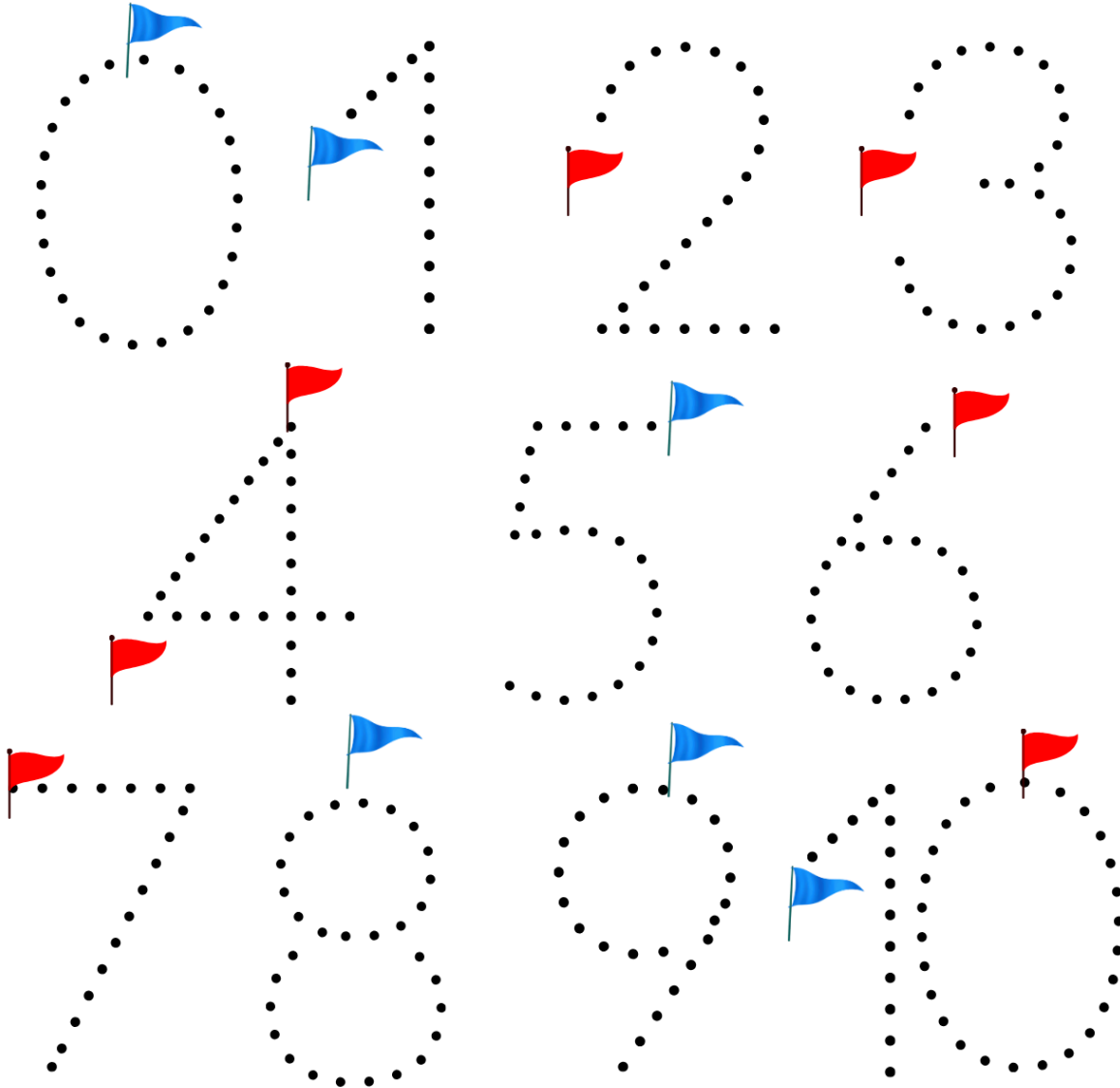


Name: _____



Week 1: Free Indeed! (John 8:36)

Please follow the numbered dot lines, then count and write how many blue and red flags you see.



Total Blue Flags: _____


Total Red Flags: _____






KIDS
Ages 6-12


Freedom in Christ: 4-Week Children's Ministry Curriculum

 **Big Idea:** Jesus sets us free—then teaches us to use our freedom to worship, live changed, and serve others in love.

 **Memory Verse:** John 8:36 — “So if the Son sets you free, you will be free indeed.”

 **Theme Hook:** Kids discover the true meaning of freedom.

Kids hear that freedom means “do whatever I want.” This series shows what Scripture says: true freedom comes from Jesus—freedom from sin, fear, and selfishness—so we can love God and people.

 **Gospel Connection:** Jesus broke the chains of sin by His death and resurrection. When we trust Him, He gives new life and the Spirit's power to worship in every circumstance and to serve others.

4-Week Lesson Overview

Week 1 – Free Indeed!

- Bible Story: Jesus Sets Us Free (John 8:36)
- Key Discovery: Only Jesus can set me truly free from sin.
- Takeaway: I can admit my sin, trust Jesus, and follow Him.

Week 2 – Locked Up but Still Free

- Bible Story: Paul & Silas in Jail (Acts 16)
- Key Discovery: Worship brings breakthrough—God is with me in hard places.
- Takeaway: I can pray and praise God no matter what.

Week 3 – The Unchained Girl

- Bible Story: The Servant Girl Set Free (Acts 16:16–19)
- Key Discovery: Jesus' power sets people free and changes communities.
- Takeaway: I can ask Jesus for help and share His freedom with others.

Week 4 – Free to Help Others

- Bible Story: Carry One Another's Burdens (Galatians 5:13–14)
- Key Discovery: We're set free to love and serve.
- Takeaway: I can use my freedom to help others.



John 8:36 NIV

So if the Son sets you free,
you will be free indeed.

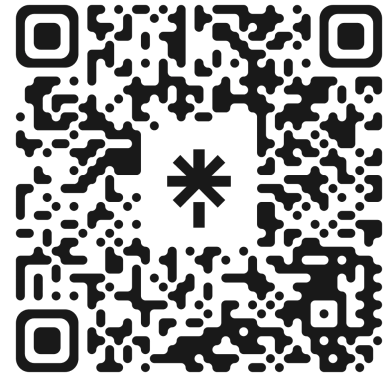


Week 1 – Free Indeed!

- Bible Story: Jesus Sets Us Free (John 8:36)
- Key Discovery: Only Jesus can set me truly free from sin.
- Takeaway: I can admit my sin, trust Jesus, and follow Him.

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Week 1 – Supply List

Group Game – Freeze Freedom Tag

- open space for movement
- optional: upbeat worship or fun background music

Object Lesson – The Tangled Rope

- long piece of rope, yarn, or string

Bible Story Teaching

- Bible

Word Search & Coloring Page

- printed word-search handouts (provided below, 1 per child)
- printed coloring page (provided below, 1 per child)
- crayons or colored pencils

Craft – Paper Chain Breaker

- colored paper (cut into strips, about 1" x 8")
- crayons or washable markers
- glue sticks or tape
- scissors (optional – pre-cut for younger kids)



Introduction Game (5 minutes)

Freeze Freedom Tag

Supplies Needed

- open space for movement
- optional: upbeat worship or fun background music

TEACHER: Today's game is called Freeze Freedom Tag! It's a reminder that Jesus came to set us free—not just to move around, but to live in joy, kindness, and love.

Setup

1. Choose one or two kids to be "Taggers" (representing the things that keep us trapped—like sin or fear).
2. When someone is tagged, they must freeze in place with their arms spread out.
3. To get unfrozen, another player must gently tag them while saying: "Jesus sets you free!"
4. When everyone is frozen, reset the round with new Taggers.

How To Play

- Play several quick rounds (1–2 minutes each).
- Mix it up: let the teacher be a "super-freezer" or make kids say the memory verse (*"So if the Son sets you free, you will be free indeed!"*) to unfreeze a friend.

TEACHER: When Jesus sets us free, we can move, love, and live the way God made us to. And we can help others find that same freedom too!

Debrief: Jesus gives us real freedom—freedom to love, forgive, and follow Him every day!



Object Lesson (5 minutes)

The Tangled Rope

Supplies Needed: Long piece of rope, yarn, or string

Setup (30 seconds): Pull out several loose loops from the ball so it already looks messy. Place it on a tray or inside a bin so strands don't roll across the floor.

TEACHER: This is my week when I make a bunch of little choices that aren't God's best—like unkind words, hiding the truth, or choosing my way over God's way.

Hold up the messy ball - Gently tug a few strands so the tangle looks worse.

See what happens? It gets more tangled. I'm not tied up, but my life feels messy and stuck. In our Bible lesson today we are learning John 8:36, "If the Son sets you free, you will be free indeed."

Start loosening one knot/loop slowly.

Jesus doesn't just cut the mess and walk away—He forgives, guides, and helps us choose what's right. He teaches us how to make things right with God and with people.

Loosen a few more loops (don't aim for perfect).

It won't always be instant, but with Jesus, the mess doesn't have to stay a mess.

Let's remember, no matter how our mess, Jesus can set us free.



Bible Story (15 minutes)

Week 1 – Jesus Sets Us Free (John 8:31–36)

TEACHER: Have you ever thought that freedom means doing whatever you want? Jesus taught that *true freedom* isn't about doing anything we feel like—it's about being free from sin so we can live God's way!

BIBLE BACKGROUND: Jesus was teaching people who said they believed in Him, but they didn't understand what real freedom meant. They thought being part of Abraham's family already made them free. Jesus explained that sin traps us, but He came to set us free forever.

READ (NIV): John 8:31–32

"To the Jews who had believed him, 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.'"

Jesus said that when we follow His teaching, we discover truth—and that truth makes us free! God's truth helps us make right choices and live without fear.

READ (NIV): John 8:33–34

"They answered him, 'We have never been slaves of anyone. How can you say that we shall be set free?' Jesus replied, 'Very truly I tell you, everyone who sins is a slave to sin.'"

The people didn't realize that sin keeps us trapped—like being stuck in chains. When we lie, fight, or disobey God, we're not free. But Jesus came to break those chains!



READ (NIV): John 8:36

“So if the Son sets you free, you will be free indeed.”

Only Jesus can set us free from sin. When we trust Him, He gives us a brand-new heart and a fresh start!

Summary: Jesus gives real freedom—not to do whatever we want, but to live in joy, peace, and love.

Say together: Only Jesus can set me truly free from sin!

GOSPEL CONNECTION: Jesus gave His life on the cross to break the chains of sin. When we put our trust in Him, He forgives us and fills us with His Spirit. That’s what true freedom feels like!



Discussion Questions & Prayer (5-10 minutes)

TEACHER: Jesus doesn't just give us a little freedom—He gives us *real* freedom, the kind that changes our hearts! When we follow Him, He helps us live with joy, peace, and purpose.

Discussion Questions:

1. What did Jesus mean when He said, "The truth will set you free"?
2. What kinds of things can "trap" us or keep us from living free?
3. How does trusting Jesus make your life better and lighter?

PRAYER: God, thank You for sending Jesus to set us free. Thank You that Your truth shows us the right way to live. Help us to follow You and use our freedom to do good, love others, and stay close to You. In Jesus' name, Amen.

Jesus Sets Us Free (John 8:31-36)



Word Search Puzzle

BELIEVE – CROSS – FAITH – FREE – GOD – HEART – JESUS

LOVE – SIN – SON – SPIRIT – TRUTH – WORSHIP

G	A	I	H	M	R	J	F	P	L	X
S	J	C	R	Z	M	X	L	G	O	D
W	I	H	I	B	E	L	I	E	V	E
W	O	N	V	F	I	F	R	E	E	P
H	O	I	Z	A	C	R	O	S	S	G
S	J	R	P	I	V	J	U	Z	L	D
B	P	K	S	T	J	S	F	L	F	D
O	S	I	A	H	E	A	R	T	R	O
J	V	V	R	J	I	Z	S	X	J	D
K	S	T	A	I	D	P	S	C	V	Z
C	Z	C	G	W	T	R	U	T	H	L



Word Search Answers

G A I H M R J F P L X
S J C R Z M X L G O D
W I H I B E L I E V E
W O N V F I F R E E P
H O I Z A C R O S S G
S J R P I V J U Z L D
B P K S T J S F L F D
O S I A H E A R T R O
J V V R J I Z S X J D
K S T A I D P S C V Z
C Z C G W T R U T H L



Craft Activity (5-10 minutes)

Paper Chain Breaker

Supplies Needed

- colored paper (cut into strips, about 1" x 8")
- crayons or washable markers
- glue sticks or tape
- scissors (optional – pre-cut for younger kids)



TEACHER: Jesus said, “If the Son sets you free, you will be free indeed!” Today, we’re going to make a Paper Chain Breaker to remind us that Jesus breaks every chain that holds us back!

1. Give each child 6–8 paper strips.
2. On each strip, have them write or draw things that can “trap” us—like *fear, lying, anger, selfishness, worry, pride.*
3. Glue or tape the strips together to make a paper chain.
4. On one new strip, write “JESUS” in big bold letters.
5. Use that link to connect the chain—and then gently *tear it open!*
(Encourage them to say together: “Jesus breaks every chain!”)
6. Optionally, tape the broken chain to a piece of paper and draw hearts or sunshine to show joy and freedom.

Say together: Only Jesus can set me truly free from sin!

Debrief: Sin tries to trap us, but Jesus’ love is stronger. He breaks every chain and gives us real freedom to live for Him.