

A champion of justice

**Bible verses:**

Isaiah 61:1-2 The Lord's message of freedom

**Aim:**

To consider what the Bible says about equality and consider how our faith impacts what we do

**Today's fruit:**

Faithfulness, joy and love



In today's session we will explore Isaiah 61:1-2 and what it teaches us about taking a stand against injustice.

As part of Black History Month, we'll hear about Sojourner Truth, who bravely spoke out against slavery and injustice, and John Newton, whose life was changed by God's amazing grace. We will discover that God's Spirit helps us live with faithfulness, joy and love as we stand up for what's right.

God cares for others, and seeing inequality in the world gives us opportunity to practise faithfulness.

Each child will need:

- Memory verse wristband
- *Amazing Grace* handout
- Pens/pencils and paper
- *Explore It ideas* handout

You will need:

- A chair for each child - except for one - and some fun worship music
- An image of Sojourner Truth (eg from commons.wiki.org)
- Fruit of the Spirit posters: *Faithfulness, joy and love* - download from **Salvationist**
- *Prayer Prompts* poster

 Start it

Before the children explore what the Bible says about injustice, they're going to play a game of *Musical Chairs* – with a twist! The rules are going to be a little unfair.

Set up the chairs in a circle, but leave out one chair so there aren't enough for everyone. Play some fun worship music and ask the children to walk around the chairs. When the music stops, everyone should find a seat. With a chair missing, one child will be out of the game.

In the next round, secretly decide to give one child an advantage. For example:

- Let them sit on a chair that is already taken, so another child has to move or
- reserve a special chair just for them.

Keep the unfair rule in place for the next few rounds. Then stop the game and bring the children together to talk about what happened.

Ask:

- How did it feel when (insert name) was always given a chair?
- Was the game fair? Why or why not?

Say:

Sometimes in our world, people don't get the basic things they need to live, while others have far more than enough. That's called injustice, when things aren't fair. Some people even use their power or money to keep things unfair. But the good news is that the Bible tells us God cares about fairness and justice. God wants everyone to be treated equally, and he wants us to play our part in making his world fairer.

 Sing it**Say:**

Our song for today played a very special part in the life of a man we'll discover more about later. As you sing, listen carefully to the words and think about what they might tell us about his story. All will be revealed in the Action It section!

Song

'Amazing Grace' (power lab music video) by Lifetree Kids (2:28)





Share it

Say:

The Bible has a lot to say about justice. As we celebrate Black History Month, we're going to hear stories of men and women who trusted God and stood up for what was right. Way back in the Old Testament, the prophet Isaiah spoke these words, and hundreds of years later Jesus read them and said they were about him.

Read:

'The Lord God has put his Spirit in me.

This is because he has appointed me to tell the good news to the poor.

He has sent me to comfort those whose hearts are broken.

He has sent me to tell the captives they are free.

He has sent me to tell the prisoners that they are released.

**He has sent me to announce the time when the Lord will show his kindness
and the time when our God will punish evil people.**

He has sent me to comfort all those who are sad.'

(Isaiah 61:1-2 *ICB*)

Say:

As followers of Jesus, we are also called to look after those who are poor and broken-hearted. Our memory verse for this month will help us remember the importance of Isaiah's words.

Give each child a memory verse wristband and read the verse together.

Memory verse

'The Lord God has put his Spirit in me.

This is because he has appointed me to tell the good news to the poor.

He has sent me to comfort those whose hearts are broken.'

(Isaiah 61:1a *ICB*)

Say:

Isaiah was talking about the way God gives his people strength to bring hope and justice. Hundreds of years later, Jesus said these words were about him. Jesus came to bring freedom, healing and good news, and because we follow Jesus, his Spirit gives us the power to do the same.

Say:

During Black History Month we're celebrating people who lived out Isaiah's words, who trusted God and stood up for justice, even when it was hard.

Show the children a picture of Sojourner Truth and ask them if they know who she is. Read the following story to tell the children all about Sojourner Truth.

Read:

Sojourner Truth was a woman who lived in America a long time ago. She was born at the end of the 18th century and her real name was Isabella Baumfree – and she was an enslaved person. That meant she had to work very hard, but she wasn't free to make choices about her own life. Things were very unfair for her.

Isabella had children of her own, but because she was enslaved, they were not free either. One of her little boys was taken away and sold to someone far away. Isabella was heartbroken, but she was also brave. She went to court and fought for her son, and she won! She became one of the first black women in America to win a case like that.

Later, Isabella found freedom when she escaped and met a family who offered to buy her, so that she could be free. With her new freedom, she chose a new name, Sojourner Truth. A 'sojourner' is a traveller, and she wanted to travel around and tell the truth about God's love and justice.

Sojourner gave speeches to big crowds about freedom, equality and God's care for everyone. At that time it was very unusual for women to speak in public, and even more unusual for a black woman. Some people argued with her, tried to stop her speaking, and even threatened her with violence. Despite all this, Sojourner stayed faithful to God and kept speaking out for justice.

She reminds us of Isaiah's words, that God's Spirit gives us strength to bring good news, to comfort people who are hurting, and to stand up for what's right.

Ask:

- What was the most amazing part of Sojourner's story for you?
- What do you think gave her the courage to keep speaking out, even when people tried to stop her?
- Isaiah said that God's Spirit gives us the strength to speak out against injustice. How did Sojourner Truth live out those words?
- How can we be brave and stand up for justice like Sojourner did?

**Action it****Say:**

Sojourner Truth trusted God and stood up for justice. But not everyone did the right thing. Some people made bad choices. One of those people was John Newton, but God's grace still changed him.

Read:

John Newton was the captain of a ship that sailed the oceans in the 1700s. Sadly his job was to take people from Africa and sell them in America. One night, as he was transporting another

group of enslaved people, his boat hit a terrible storm. Afraid of what might happen, John prayed with all his heart, 'God, if you save me, I'll change my life.' That night, God saved John's life and also began to change his heart.

John became a Christian and later refused to be involved in the slave trade. In fact, he became a vicar and joined the fight to get rid of slavery altogether. In the year that John Newton died, it became illegal to buy and sell slaves in the British Empire.

Ask:

What is the most amazing part of John Newton's story for you?

Say:

John Newton's story shows us that God's grace is life-changing. God used John Newton to help change the lives of thousands of people and save them from slavery.

Give each child an *Amazing Grace* handout and ask the children to use colouring pencils to decorate over the top of the words with pictures from John Newton's story. They could include the storm, broken chains, people singing, the cross etc. The aim is to show the amazing change in John Newton's life that took him from participating in the slave trade to fighting for its abolition.

When the children have finished, they can share their pictures together.

Say:

John Newton's story shows us that God can forgive and transform anyone, no matter what they've done, while Sojourner Truth's life shows us how God can use our voices to stand up for others with love and courage.



Pray it

Say:

Today we've heard how God's Spirit gave Sojourner Truth the courage to be faithful and keep speaking up for justice, even when it was hard. We've also heard how God's love and grace transformed John Newton's life, giving him a new start.

Say:

At least three of our fruit of the Spirit can be found in the stories of both Sojourner Truth and John Newton.

Display the *Faithfulness, joy and love* signs.

Display the *Prayer Prompts* posters and discuss them with the children.



Prayer prompts

Dear God, thank you for your **love**, that is bigger than our mistakes.

Dear God, thank you for Sojourner's **faithfulness**. Help us to be faithful in standing up for justice.

Dear God, thank you for the **joy** we find when we see lives changed by your grace.

As the music plays, the children can use these prompts as they pray.

Listen

'Isaiah 61:1 – The Spirit of the Lord' by Melody of Lilies (2:50)

Bring the session to a close in prayer.

Key dates (optional)

10 October: World Mental Health Day

Pause for a moment to pray for those who have suffered from modern slavery and for those who have escaped but are still suffering the mental effects. Pray for peace in their minds and heart.

Explore it

Remember to send home the *Explore It ideas* for children and families.



A champion of justice

Here are some ideas for you to explore at home.



Bible verses:
Isaiah 61:1-2



Aim:
To consider what the Bible says about equality and consider how our faith impacts what we do



Today's fruit:
Faithfulness, joy and love



Create

Create your own version of our memory verse for this month and display it at home.



Share

Find out three additional facts about either Sojourner Truth or John Newton and share their stories with the people at home.



Song for the week

'Amazing Grace' (power lab music video)
by Lifetree Kids



Memory verse

'The Lord God has put his Spirit in me.
This is because he has appointed me to tell the good news to the poor.
He has sent me to comfort those whose hearts are broken.'

(Isaiah 61:1a ICB)

**LIVING
OUT FAITH**

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Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Children
& Youth

Explore it

Amazing grace

Amazing grace! How sweet the sound,

That saves a wretch like me!

I once was lost, but now am found,

Was blind but now I see.

‘Twas grace that taught my heart to fear,

And grace my fears relieved;

How precious did that grace appear

The hour I first believed!

Explore it

Prayer prompts

Dear God, thank you for your **love**, that is bigger than our mistakes.

Dear God, thank you for Sojourner's **faithfulness**. Help us to be faithful in standing up for justice.

Dear God, thank you for the **joy** we find when we see lives changed by your grace.



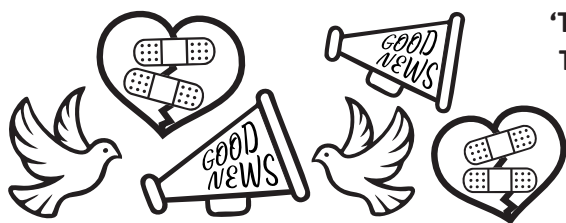
**'The Lord God has put his Spirit in me.
This is because he has appointed me
to tell the good news to the poor.
He has sent me to comfort those
whose hearts are broken.'**

(Isaiah 61:1a)



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A Trailblazer


Bible verses:

Luke 4:14–21 Jesus teaches the people


Aim:

To explore the link between Isaiah 61 and Luke 4 and think about how it shows us an inclusive way to live


Today's fruit:

Joy



In today's session we will explore Luke 4:16–21 and see how Jesus fulfilled Isaiah's promise of good news, freedom and healing.

As part of Black History Month, we'll hear about Jarena Lee, a trailblazer who bravely asked, 'Didn't Jesus die for women too?' and went on to joyfully preach the good news of Jesus. We also learn of God's 'Jubilee', a time of fresh starts for everyone as announced by the prophet Isaiah.

The promise of God's hope allows joy to grow in our lives. As we share hope with others, we experience joy.

Each child will need:

- Pens/pencils, paper and sticky tape
- *Explore It ideas* handout

You will need:

- A chair for each child and some fun worship music
- An image of Jarena Lee (eg from commons.wiki.org)
- To watch **Let's Make a Megaphone** by Children's Museum of Manhattan (2:37) (optional)
- Fruit of the Spirit posters: *Joy* – download from **Salvationist**



Start it

This week, the children are going to play *Musical Chairs* again – but with another huge twist! The game will run as usual, but instead of being left out, everyone will get a fresh start when the leader shouts, 'Jubilee!'

Set up chairs in a circle, but leave out one chair so there aren't enough for everyone. Play some fun worship music and ask the children to walk around the chairs. When the music stops, everyone should find a seat, but someone will be left out. Just before they step away, shout, 'Jubilee!' and invite them back in!

Add an extra chair so no one is left out. Keep playing, removing and then re-adding chairs as needed, but always resetting with 'Jubilee!' so everyone gets a place again.

Ask:

- How was this game different from last week's version?
- How did it feel when you thought you were left out, but then got a fresh start?

Say:

In our Bible story today, we'll learn that 'Jubilee' was a time where everyone got a fresh start. Debts were cancelled, slaves were set free, and it was a chance for people to begin again.



Sing it

Say:

Our song for today reminds us that God wants us to serve others and stand up for what is right. We can be God's hands and feet in the world when we care for people who are treated unfairly.

Song

'God's Hands and Feet' (kids' Bible song about serving others) by Trueway Kids (2:06)



Share it

Say:

Last week we read the words of the prophet Isaiah about bringing good news to the poor, freedom for captives, and comfort for those who are hurting. Hundreds of years later, Jesus read those very same words in the synagogue in his home town. Let's hear what happened.

Read:

'Jesus travelled to Nazareth, where he had grown up. On the Sabbath day he went to the synagogue as he always did. Jesus stood up to read.'

(Luke 4:16 ICB)

Ask:

How do you think Jesus felt returning to his childhood home and speaking to the people who had seen him grow up?

Say:

In those days, Jewish people went to the synagogue to learn about God, just like we come to church to learn about him. Jesus would have known these Scriptures very well, and now he was about to read them aloud in front of the community he grew up with.

Read:

'The book of Isaiah the prophet was given to him. He opened the book and found the place where this is written:

"The Spirit of the Lord is in me.

This is because God chose me to tell the Good News to the poor.

God sent me to tell the prisoners of sin that they are free,

and to tell the blind that they can see again.

God sent me to free those who have been treated unfairly,

and to announce the time when the Lord will show kindness to his people."

'Jesus closed the book, gave it back, and sat down. Everyone in the synagogue was watching Jesus closely.'

(Luke 4:16-20 ICB)

Ask:

- Who do you think Isaiah was talking about?
- What kind of people does God care about in these Bible verses?
- How do you think Jesus' family and friends felt when they heard him talking about himself in this way?

Say:

When Jesus read Isaiah's words, he said they were about himself (v21). The words he read were about the Messiah, God's chosen one who would bring good news, freedom and healing. Jesus wanted people to know that through him, God's promise was coming true.

Ask:

Why do you think Jesus wanted the people to know that he was the one Isaiah had written about?

Say:

In verse 19, Jesus talks about the 'year of the Lord's favour'. That idea came from something called the Year of Jubilee. This was a special time when all debts were cancelled, slaves were set free, and everyone had a fresh start. Jesus was saying that now, through him, God was offering freedom and forgiveness to everyone.

Ask:

How would you feel if you were given a completely fresh start?

Say:

Jesus has placed that same Spirit in us, so we can share his good news and joy with others too. That's why our memory verse for this month is so important. Let's share it together.

Memory verse

'The Lord God has put his Spirit in me.

This is because he has appointed me to tell the good news to the poor.

He has sent me to comfort those whose hearts are broken.'

(Isaiah 61:1a ICB)

**Action it****Say:**

Show the children a picture of Jarena Lee.

Say:

As part of Black History Month, we are celebrating people who followed Jesus and stood up against injustice. Today we're going to hear about Jarena Lee, a woman who told everyone she met about Jesus.

Read:

Jarena was born in 1783. At that time, life was very unfair for black people in America. Many were kept as slaves, and even those who were free often faced prejudice and difficulty.

Jarena was born into a free black family. From the age of seven she worked as a live-in servant, and she taught herself to write.

Jarena loved Jesus and believed God had called her to preach. But in those days, women were not allowed to preach, and she was told 'no'. Jarena didn't give up. One day, when she was refused again, she asked a brave question, 'Didn't Jesus die for women too?' That made people stop and think, because of course he did!

Jarena knew that Jesus' love was for everyone, and that everyone should be able to share it. A few years later, her prayers were answered, and she was finally given permission to preach. She went on to travel thousands of miles, joyfully telling people about Jesus wherever she went.

Jarena made history again when she became the first African American woman to write an autobiography, a book about her own life.

Megaphone craft

To represent Jarena's joy about telling others about Jesus, ask the children to make a joyful megaphone. Give each child a piece of paper which they can decorate with bright colours and

patterns. They can add the kind of messages that Jarena would have shared, eg 'Jesus loves you' or 'God's love is for everyone'.

When they've finished decorating, show the children how to roll up the megaphone and secure it with sticky tape. You may wish to watch the video for a slightly different way to make a megaphone.

Video

Let's Make a Megaphone by Children's Museum of Manhattan (2:37)

When everyone's joyful megaphone is complete, ask them to shout 'Jesus loves you!' through their megaphone at the top of their voices.



Pray it

Ask:

Now that you have heard about Jarena's life and the way she spread the good news of Jesus, what do you think our fruit of the Spirit is today?

Display the *Joy* sign.

Say:

Jarena Lee used her voice to spread the joy of Jesus with everyone that she met. Our prayer time today is going to be a bit more lively than usual as we're going to sing a song of joy to God. As you sing, think of one person in your life who doesn't know the joy of Jesus yet. Ask God to give you the courage to tell them about Jesus.

Song

'The Joy, Joy, Joy, Joy, Down in my Heart!' (kids praise and worship) by Listener Kids (1:59)



Explore it

Remember to send home the *Explore It ideas* for children and families.



Explore It is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)

A Trailblazer

Here are some ideas for you to explore at home.



Bible verses:
Luke 4:14-21



Aim:
To explore the link between Isaiah 61 and Luke 4 and think about how it shows us an inclusive way to live



Today's fruit:
Joy



Explore

Write down or draw five things that bring you joy and remind you of God's love.



Discuss

Tell the people at home about Jarena Lee's story. Jarena asked the question, 'Didn't Jesus die for women too?' Why was that such a brave question for her to ask in that period of history?



Song for the week

'God's Hands and Feet' (kids' Bible song about serving others) by Trueway Kids



Memory verse

'The Lord God has put his Spirit in me. This is because he has appointed me to tell the good news to the poor. He has sent me to comfort those whose hearts are broken.'

(Isaiah 61:1a ICB)

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Kids Alive! Online – salvationarmy.org.uk/kidsalive

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Children
& Youth

A voice of freedom

**Bible verses:**

Philippians 2:1–4

Does your life in Christ give you strength?

**Aim:**

To think about the needs of others and consider how we can stand with them

**Today's fruit:**

Love



In today's session we will explore Philippians 2:1–4 and think about what it means to put the needs of others before our own.

As part of Black History Month we will hear about Harriet Tubman, who found her own freedom from slavery but chose to risk her life to help many others escape too. We will discover that showing God's love means caring for others as well as ourselves. Let's be encouraged to take our own steps of love and use our voices to share God's love with the world.

As we choose to put the need of others before our own, we are showing the fruit of love. We share God's love with others as we help and care for them.

Each child will need:

- Pens/pencils and paper
- *Explore It ideas* handout

You will need:

- A large pair of shoes
- An image of Harriet Tubman (eg from commons.wiki.org)
- Fruit of the Spirit poster: *Love* – download from **Salvationist**
- Memory verse poster



Start it

Bring a large pair of shoes, big enough that they'll clearly not fit the children.

Say:

Have you ever tried to walk in someone else's shoes? What happens if they're too big or too small? Let's try it out!

Invite a few children to try walking across the room in the oversized shoes. Let others cheer them on.

Ask:

- Was it easy or difficult?
- How did it feel to walk in shoes that weren't your own?

Say:

There's an expression that says, 'Before you judge a man, walk a mile in his shoes.'

Ask:

What do you think it means?

Say:

It doesn't really mean literally wearing their shoes! It means trying to imagine how they might feel. The Bible teaches us to put others first, and today we'll find out about someone who showed God's love by doing exactly that.

**Sing it**

Display the *Love* sign.

Say:

Today's fruit of the Spirit is **love**. The Bible tells us to love one another, and that means thinking about other people's needs as well as our own. When we love others, we are showing them God's love too. Our song for today reminds us that God's Spirit helps us love one another, just like Jesus loves us.

Song

'Love One Another' (official music video Yancy and little praise party) by YancynotNancy (2:43)

**Share it****Say:**

Our Scripture verses for today remind us how important it is to think the way Jesus thought about other people.

Read:

‘Does your life in Christ give you strength? Does his love comfort you? Do we share together in the Spirit? Do you have mercy and kindness? If so, make me very happy by having the same thoughts, sharing the same love, and having one mind and purpose. When you do things, do not let selfishness or pride be your guide. Be humble and give more honour to others than to yourselves. Do not be interested only in your own life, but be interested in the lives of others.’

(Philippians 2:1–4 *ICB*)

Ask:

What do you think it means to ‘give more honour to others than to yourselves’?

Say:

In a different Bible translation, it says this: ‘Let each of you look not only to your own interests, but also to the interests of others’ (Philippians 2:4 *ESV*).

Ask:

Does this version help you to understand the verse more clearly? If so, how?

Say:

This passage reminds us about humility – not thinking we’re better than other people – and empathy – trying to imagine what life feels like for someone else. When we love and follow Jesus, we learn to notice the needs of others as well as our own. It’s not about ignoring our own needs or thinking badly of ourselves, but about being ready to share, to show kindness, and to put love into action. Sometimes that might mean letting someone else go first, sharing what we have, or helping at home before we relax. These are all small ways to show God’s love to others.

Show the children a picture of Harriet Tubman.

Say:

As part of Black History Month, we are celebrating people who loved Jesus and showed his love by standing up for others. One of those people was Harriet Tubman. She was born into slavery, which meant she wasn’t free to make her own choices and was often treated very unfairly. Despite this, Harriet loved God and trusted him to guide her life.

Watch the following clip to learn more about Harriet Tubman. Timings are given to stop and discuss Harriet’s life.

Video

Who was Harriet Tubman? (all about Harriet Tubman for kids) by Twinkl USA (4:06)

Watch: 0:00–1:15 ‘... that would whip her if the baby she cared for cried.’

Ask:

– What does enslavement mean?

- How old was Harriet when she was sent to care for the children of a posh family?
- Can you imagine being asked to look after a baby at just six years old? What would it be like?

Watch 1:16-3:24 ‘... where she rescued her elderly parents from racial intolerance.’

Ask:

- Harriet Tubman escaped her slave owners with her two brothers. Why did she end up back where she started?
- How did Harriet escape the second time?
- What was the underground railroad system?
- How did Harriet help others once she had escaped enslavement?
- What Bible character was Harriet Tubman compared to?

Watch 3:25-end.

Ask:

- Why do you think Harriet chose to go back and help others, even though it was dangerous? How does this show Philippians 2:4 – ‘not only looking to your own interests, but also to the interests of others’?
- What was the most inspiring part of Harriet’s story for you?

Say:

Harriet escaped slavery, but she wasn’t satisfied with just her own freedom. Because of her love for God and others, she helped around 300 people escape to freedom too. She put Philippians 2 into action – she wasn’t only interested in her own life but cared deeply about the lives of others. Harriet’s story reminds us that, just like her, we can share God’s love by looking out for others and helping when we can.



Action it

Say:

Harriet Tubman walked many miles to bring people to freedom. Each step she took showed her love for God and for others. We can also take steps to share God’s love in our everyday lives.

Display the monthly memory verse and read it together.

Memory verse

‘The Lord God has put his Spirit in me.

This is because he has appointed me to tell the good news to the poor.

He has sent me to comfort those whose hearts are broken.’

(Isaiah 61:1a *ICB*)

Say:

God's Spirit helped Harriet to be brave and to care for others more than herself. God's Spirit helps us too.

Give each child a sheet of paper and some colouring pencils.

Invite the children to place one foot on a sheet of paper and carefully draw around it. Inside their footprint, ask them to write or draw one step they could take this week to live out our memory verse, for example:

- telling a friend God loves them
- sharing food
- comforting someone who is sad
- helping a family member

When everyone has finished, lay all the footprints down to make a path.

Say:

Our footprints remind us of Harriet's journey and of our memory verse: God's Spirit is in us to bring good news and comfort to others. Harriet didn't just think about her own freedom; she cared about the needs of others and put their lives first. That's what Philippians 2 tells us to do, to look out for the interests of others as well as our own. Each of us can take steps of love, just like Harriet, that help others and lead them closer to Jesus.

**Pray it****Say:**

Harriet Tubman used her feet to lead people to freedom, but she also used her voice. She prayed, she listened to God, and she spoke up for people who couldn't speak for themselves. As part of Black History Month, and with Anti-Slavery Day and International Development Week, we're reminded that God wants us to use our voices too, in prayer and in speaking out for others.

Invite the children to stand together in a circle. Explain that we're going to pray short prayers out loud, using our voices to ask God for freedom and love in our world.

Go round the group and invite each child to speak out one prayer sentence aloud, eg 'God, please give food to people who are hungry' or 'God, please bring freedom to people who are trapped'.

When each child who feels comfortable has had a turn, bring the session to a close in prayer.

Key dates (optional)**18 October: Anti-Slavery Day**

How might Harriet Tubman view the fact that today there is an Anti-Slavery Day?

18-26 October: International Development Week

Spend time praying for The Salvation Army's international projects which aim to bring clean water, food security, education, gender justice and aid during disasters. It is also aiming to prevent and protect people from trafficking and modern slavery.

Explore it

Remember to send home the *Explore It ideas* for children and families.



A voice of freedom

Here are some ideas for you to explore at home.



Bible verses:
Philippians 2:1-4



Aim:
To think about the needs of others and consider how we can stand with them



Today's fruit:
Love



Discover

Write or draw one way you could put others first this week. It could be helping at home, letting someone else go first, or comforting a friend.



Share

Tell the people at home about Harriet Tubman's story. Harriet used both her feet to lead people to freedom and her voice to pray and speak up for others. Spend time thinking of one way you could use your voices this week to share God's love, maybe by praying together, encouraging someone, or speaking up for someone who needs help.



Song for the week

'Love One Another' (official music video Yancy and little praise party) by YancynotNancy (2:43)



Memory verse

'The Lord God has put his Spirit in me. This is because he has appointed me to tell the good news to the poor. He has sent me to comfort those whose hearts are broken.'

(Isaiah 61:1a ICB)

**LIVING
OUT FAITH**

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Children
& Youth

Explore it

‘The Lord God has
put his Spirit in me.

This is because he
has appointed me to
tell the good news to
the poor.

He has sent me to
comfort those
whose hearts are
broken.’

(Isaiah 61:1a *ICB*)

A dreamer and a doer


Bible verse:

Galatians 3:28

Now, in Christ, there is no difference between ...


Aim:

To explore equality and understand the power of our own faith in Jesus


Today's fruit:

Faithfulness



In today's session we will explore Galatians 3:28 and learn that in God's eyes everyone is equal and loved the same.

As part of Black History Month we will hear about Martin Luther King Jr, who dreamed of a fairer world and put his faith into action.

The fruit of faithfulness grows as we continue to put our faith in God, even when there are challenges. Faithfulness grows as we do what is right.

Each child will need:

- An inflated balloon or a scrunched-up paper ball
- A paper cloud, eg printed/drawn/cut out, and pens/pencils
- *Explore It ideas* handout

You will need:

- An image of Martin Luther King Jr (eg from commons.wiki.org)
- Fruit of the Spirit poster: *Faithfulness* – download from **Salvationist**



Start it

Say:

Sometimes people think they are more important because of who they are, what they own, or what they can do. The Bible teaches us that in God's eyes everyone is equally loved. Let's play a game to help us think about that.

Give each child a balloon. Ask everyone to throw their balloons into the air at the same time. The children's challenge is to work together to keep ALL the balloons in the air at the same time. If someone just focuses on their own balloon, the others will quickly fall. Keep the game going for a short time and encourage teamwork.

Ask:

- Was it easy or difficult to keep all the balloons in the air?
- What happened if someone only focused on their own balloon?
- How might this remind us of how God wants us to see each other?

Say:

In this game, no balloon was more important than another; the goal was to care about all of them. In the same way God loves and values every person equally.



Sing it

Say:

Our song for today is linked to our Bible verse and reminds us that in God's family we are all equal and loved the same.

Song

'Galatians 3:28' (Bible memory verse songs for kids) by I Believe (1:05)



Share it

Say:

Our Bible verse for today helps us to think about what unity and equality look like in God's eyes.

Read:

'Now, in Christ, there is no difference between Jew and Greek. There is no difference between slaves and free men. There is no difference between male and female. You are all the same in Christ Jesus.'

(Galatians 3:28 *ICB*)

Say:

Status and power are things people have always wanted, and it wasn't any different in Bible times. Some people had power, while many others, like women, children and the poor, had very little power. They weren't allowed to make decisions and often weren't treated as important.

Ask:

- Who do you think has a lot of power today? How do you know?
- How do powerful people use their power – for good, or sometimes in the wrong way?
- What do you think it would be like if those people didn't have power any more? Would that be good or bad? Why?

Say:

Instead of craving power, God wants his followers to understand that we are all loved equally. We are each considered part of his family.

Ask:

- If God sees us all as his children, is anyone more important than anyone else?
- How should this truth change the way we treat others?

Say:

When we follow Jesus, he helps us to be more open, more loving, and more willing to see others as God sees them. That's what Galatians 3:28 is all about: faithfulness to God means living as if everyone matters, because they do.

Show the children a picture of Martin Luther King Jr.

Say:

As part of Black History Month we're learning about people who lived out this truth from Galatians, that everyone is equal and loved in God's eyes. One of those people was Martin Luther King Jr. He was a Christian pastor who used his faith to speak out against unfair treatment and to work for equality. Let's find out more about him.

Video

The Story of Martin Luther King Jr (stories about civil rights for kids) by Kids Academy (4:18)

Ask:

- What challenges did Martin Luther King Jr notice when he was young, that he felt weren't fair?
- Why do you think Martin Luther King Jr decided to protest peacefully instead of using violence?
- Martin had big dreams, but he also took action. What dreams do you have for making things fairer, and what small things could you do to help?
- How do you think Martin's faith in Jesus helped him to keep going when things were difficult?
- If we believe everyone is equal in God's eyes, how could that change the way we treat people at school, at church, or in our community?

Say:

Martin Luther King Jr showed what it means to live as if everyone matters, because in God's eyes they do. That's the truth of Galatians 3:28. Our memory verse for this month also reminds us that God's Spirit is in us, helping us to bring good news and comfort to others. Let's read it together.

Memory verse

'The Lord God has put his Spirit in me.

This is because he has appointed me to tell the good news to the poor.

He has sent me to comfort those whose hearts are broken.'

(Isaiah 61:1a ICB)

**Action it****Say:**

Martin Luther King Jr is remembered for a famous speech which started with the words, 'I have a dream.' His dream was that people of all colours and backgrounds would be treated equally. His dream was rooted in God's truth, that we are all loved the same and are one in Christ Jesus.

If you feel that it is appropriate for your group, then you can watch the following clip where children read the 'I have a dream' speech.

Video

Kids Recite 'I Have a Dream' Speech by All Def (3:06)

Say:

Today we're going to think about God's dream for the world too. Galatians 3:28 tells us that in Jesus there is no difference between people, we are all part of his family. And our memory verse this month reminds us that God's Spirit is in us to bring good news and comfort to others.

Give each child a paper cloud.

Say:

On your cloud write or draw a dream that you think God would want for the world. It could be: everyone has food, no one is lonely, people are kind, or everyone knows Jesus loves them.

When the children have finished, invite those who feel comfortable to share their dream. On the back of their cloud, ask them to write one step they could take this week to help make God's dream happen, eg including someone at school, praying for someone who is sad, or speaking kindly.

Say:

These dreams remind us of God's Kingdom, a place where everyone is loved and treated as equal. Faithfulness means not just believing this but living it out. Just like Martin Luther King Jr, we can be both dreamers and doers, people who believe in God's love and act on it.



Pray it

Say:

Today we've learned that in God's eyes everyone is loved and valued the same. Galatians 3:28 tells us that we are all one in Christ Jesus. Martin Luther King Jr believed that truth, and he was faithful to God by standing up for what was right.

Display the *Faithfulness* sign.

Say:

The fruit of the Spirit this week is faithfulness. Faithfulness means trusting God even when it's difficult and living out his truth in our everyday lives. We're going to pray and ask God to help us be faithful, to dream of a fairer world and to do our part to make it happen.

Invite the children to hold their paper 'dream clouds' from the Action It activity.

Say:

As we pray, hold your cloud and thank God for the dream he's put on your heart. Ask him to help you be faithful this week by taking a step to live out his love.

Read:

God, thank you that in your family we are all loved equally.

Thank you for people like Martin Luther King Jr who were faithful to you and helped the world become a fairer place.

Please help us to be faithful too, to dream big dreams of your Kingdom and to take steps of love every day.

Amen.



Explore it

Remember to send home the *Explore It ideas* for children and families.



A dreamer and a doer

Here are some ideas for you to explore at home.



Bible verse:
Galatians 3:28



Aim:
To explore equality and understand the power of our own faith in Jesus



Today's fruit:
Faithfulness



Dream

Write or draw one dream you think God has for the world, like kindness, fairness, or love. Next to it, add one way you can be faithful to that dream this week – for example, by including someone who feels left out, keeping a promise, or speaking kindly.



Create

Choose one of the people we have learned about this month: Sojourner Truth, John Newton, Jarena Lee, Harriet Tubman or Martin Luther King Jr.

Create a comic strip, story or presentation of their life to teach others how to share the love of God and stand up to injustice.



Song for the week

'Galatians 3:28' (Bible memory verse songs for kids) by I Believe (1:05)



Memory verse

'The Lord God has put his Spirit in me. This is because he has appointed me to tell the good news to the poor. He has sent me to comfort those whose hearts are broken.'

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