

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.'

(Isaiah 61:1a ICB)

**LIVING
OUT FAITH**

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