

Week 13: September 27, 2026 – Be free

Main Scripture – Galatians 5:1-6

Big Idea: Jesus + Nothing = Everything

1. Let's Say Hello!

Say: Good morning! I am so excited to be with you today! How was everyone's week? (verbal answers, thumbs up/down). Does anyone remember the book of the Bible we are studying this series? (thumbs up/down, yes/no) It is Galatians!

Today we will be reading and talking about how Jesus plus nothing equals everything. Jesus is all we need!

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2. Let's Read the Verse! (Bible Time)

When we read our Bible today, we will be reading about Paul reminding believers to not go back to trying to earn God's love. Jesus did the work for us. We just need to trust in Jesus.

Let's read our Bible together. We will be reading Galatians 5:1-6.

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

2 Mark my words! I, Paul, tell you that if you let yourselves be circumcised, Christ will be of
no value to you at all. 3 Again I declare to every man who lets himself be circumcised that he
is obligated to obey the whole law. 4 You who are trying to be justified by the law have been
alienated from Christ; you have fallen away from grace. 5 For through the Spirit we eagerly
await by faith the righteousness for which we hope. 6 For in Christ Jesus neither circumcision
nor uncircumcision has any value. The only thing that counts is faith expressing itself through
love.

3. Let's Learn the Big Idea!

Say: Let's go over our Big Idea together!

Big Idea: Jesus+Nothing = Everything

This means Jesus is more than enough. We do not need to add lots of rules, ways to earn his love, striving to be perfect, we only need Jesus. He is everything! Let's say our big idea together.

Repeat each line after me! (do multiple times)

1. Jesus plus
2. Nothing
3. Is
4. EVERYTHING!

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4. Let's Sign the Verse! (Teach Simple Signs)

From our Bible passage today, we will practice a key piece of scripture:

"It is for freedom that Christ has set us free"

It is for freedom– Stretch arms wide
That Christ– point up
Has set us free– have arms in x shape and break them apart

(do multiple times)

Great job! We can remember that what Jesus did on the cross forgave us from our sins and brought God glory!

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5. Let's Talk About It! (Discussion Questions)

Use Yes/No or Thumbs Up/Down questions or One-word Responses:

- Who sets us free?
- Can we earn God's love?
- What did Jesus do for us?
- Do we have freedom in Jesus?
- Does God still love us when we mess up?

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6. Let's Make a Craft!

Let's color this cross together! It has our Big Idea on it, Jesus plus nothing equals everything!

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7. Let's Pray Together!

Ask if anyone has any prayer requests.

Let's pray together. Dear Jesus, thank you for dying for us, thank you for rising again, thank you for setting us free. Help us trust you with our whole heart and mind. Help us remember you are enough. Amen.

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8. Next Step

Thank you for joining me in studying this portion of Galatians together today. My hope is this week and beyond, you remember that freedom is a gift from Jesus!



Week 14: October 4, 2026 – Freedom's Purpose

Main Scripture – Galatians 5:7–15

Big Idea: Live to love and serve!

1. Let's Say Hello!

Say: Good morning! I am so happy to see you today! How was everyone's week? (verbal answers, thumbs up/down). Does anyone remember who wrote the book of Galatians? (thumbs up/down, yes/no) Paul is the author of Galatians!

When we are reading from the book of Galatians today, we will be focusing on Jesus being the one the fulfilled the promise God made to His people!

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2. Let's Read the Verse! (Bible Time)

When we read our Bible today, we will be reading about how Paul was reminding believers that freedom in Jesus doesn't mean we can do whatever we want! In the freedom Jesus gives us we are called to love God, love others, help people, and serve others. When we follow Jesus, we are to treat people with kindness! Just like Jesus treats us with kindness.

Let's read our Bible together. We will be reading Galatians 5:7–15.

7 You were running a good race. Who cut in on you to keep you from obeying the truth? 8 That
kind of persuasion does not come from the one who calls you. 9 "A little yeast works through
the whole batch of dough." 10 I am confident in the Lord that you will take no other view. The
one who is throwing you into confusion, whoever that may be, will have to pay the penalty. 11
Brothers and sisters, if I am still preaching circumcision, why am I still being persecuted? In
that case the offense of the cross has been abolished. 12 As for those agitators, I wish they
would go the whole way and emasculate themselves!

Life by the Spirit

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge
the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this
one command: "Love your neighbor as yourself."15 If you bite and devour each other, watch out
or you will be destroyed by each other.

3. Let's Learn the Big Idea!

Big Idea: Live to love and serve!

Let's talk about our Big Idea, the main idea of that piece of scripture! Our Big Idea is "live to love and serve". What this means is that when we become followers of Jesus, we are called to love God, serve others, be kind to others, and live a life that brings God the glory!

Repeat each line after me! (do multiple times)

1. Live to
2. Love and
3. Serve!

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4. Let's Sign the Verse! (Teach Simple Signs)

From our Bible passage today, we will practice a key part of the scripture.

"Serve one another in love" from verse 13

This part of the verse is so important! We are free, but we have a calling! We are called to serve and love on the people in our lives. We are to live a life like Jesus and bring Him all the glory!

Let's say the verse together with motions!

Serve– hold out hands
One another– point around the room
in love– hands over heart

(do multiple times)

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5. Let's Talk About It! (Discussion Questions)

Use Yes/No or Thumbs Up/Down questions or One-word Responses:

- Are we free to do anything we want?
- Can we serve others?
- Can we show kindness?
- Are we called to love others the way Jesus loves us?
- Who gives us freedom?
- How can we serve others in our life? (pray, show kindness, help, encourage)

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6. Let's Make a Craft!

Supplies:

- paper
- markers
- crayons
- colored pencils

Let's do a craft today that reminds us of serving and caring for others. We will be tracing our hands! On the paper, trace your hands, or we can help you if you'd like. On your hands we will write or draw ways to serve/help others. Some ideas are help a friend, pray for a friend, share, be kind, say something nice. Then we will decorate the hands. Use this craft as a reminder to live to love and serve!

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7. Let's Pray Together!

Ask if anyone has any prayer requests.

Let's pray! Dear Jesus, thank you for setting us free. Thank you for giving us the tools and talents to love and serve people in our lives. Help us see ways to help others this week. Help us be kind, helpful, loving, and caring. We love you. Amen.

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8. Next Step

This week, remember our Big Idea, to live to love and serve. Look for any chance you can to serve someone this week! Help others feel cared for and loved!



Week 15: October 11, 2026 – Spirit Versus Flesh

Main Scripture – Galatians 5:16–26

Big Idea: Follow Jesus and His Spirit to help us grow!

1. Let's Say Hello!

Good morning! I am so excited to be with you today! How was everyone's week? (verbal answers, thumbs up/down). Do you remember the book of the Bible we are studying? (thumbs up/down, yes/no) Galatians!

When we are reading from the book of Galatians today, we will be focusing on what it means to follow Jesus and grow in our faith.

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2. Let's Read the Verse! (Bible Time)

Let's read our Bible together. In today's Bible story we will read about living with God's help. When we trust Jesus and follow Him, God's Spirit helps us grow. The Holy Spirit helps us show love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These are call the Fruit of the Spirit!

We will be reading Galatians 5:16–26.

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. [17] For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. [18] But if you are led by the Spirit, you are not under the law.

[19] The acts of the flesh are obvious: sexual immorality, impurity and debauchery; [20] idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions [21] and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

[22] But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, [23] gentleness and self-control. Against such things there is no law. [24] Those who belong to Christ Jesus have crucified the flesh with its passions and desires. [25] Since we live by the Spirit, let us keep in step with the Spirit. [26] Let us not become conceited, provoking and envying each other.

3. Let's Learn the Big Idea!

Big Idea: Jesus and His Spirit to help us grow".

This is a reminder to us that following Jesus, reading our Bible, praying, and asking His Spirit to guide us will help us grow in our faith and grow in the Fruit of the Spirit! (do multiple times)

1. Follow Jesus
2. And His Spirit
3. To help us
4. Grow!

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4. Let's Sign the Verse! (Teach Simple Signs)

From our Bible passage today, we will practice a key part of the scripture.

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.".

Let's say this together with motions to help up remember the fruit of the Spirit!

The fruit of the Spirit is – hands by your side
Love – hand over heart
Joy – point at your smile
Peace – peace sign OR folded hands
Patience – hands up/out pretending to wait
Kindness – thumbs up
Goodness – other hand thumbs up
Faithfulness – prayer hands
Gentleness – pat on yourself on the back
Self – control- deep calming breath

(do multiple times)

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5. Let's Talk About It! (Discussion Questions)

Use Yes/No or Thumbs Up/Down questions or One-word Responses:

- Can we earn God's love?
- Does the Holy Spirit help us grow?
- Can you name one fruit of the Spirit?

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6. Let's Make a Craft!

Let's look at this coloring sheet! Each fruit has one of the fruit of the Spirit attributes next to it. Let's color it and when you bring it home, you can use it as a tool to remind you of the ways the Spirit is helping you grow!

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7. Let's Pray Together!

Ask if anyone has any prayer requests.

Let's pray! Dear God, thank you for loving us, thank you for the Holy Spirit. Help us grow in love, joy, peace, patience, kindness, faithfulness, gentleness, and self-control! Help us be more like Jesus. We love you. Amen.

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8. Next Step

We should all think of a fruit of the spirit to focus on growing in this week. We can ask the Spirit to guide us and grow us in that area.

Leader can give personal example or this one

This week I will focus on asking the Spirit to guide me in growing to be more patient. Sometimes I can get in such a rush that I do not slow down enough to see all the ways God has blessed me and appreciate everything around me.



Week 16: October 18, 2026 – Burden Carriers

Main Scripture – Galatians 6:1–10

Big Idea: We don't have to do this alone!

1. Let's Say Hello!

Say: Good morning! I am so happy to see you today! How was everyone's week? (verbal answers, thumbs up/down).

Does anyone remember the book of the Bible we are studying this series? (thumbs up/down, yes/no) It is Galatians! Paul is the author of Galatians! When we are reading from the book of Galatians today, we will be focusing on how we are not asked to do any of this alone!

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2. Let's Read the Verse! (Bible Time)

Let's read our Bible together. We will be reading Galatians 6:1–10. In this piece of scripture, we can learn about how we can help each other and take care of each other. God made us to be part of a community. To be in groups of people that can love and help each other.

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. [2] Carry each other's burdens, and in this way you will fulfill the law of Christ. [3] If anyone thinks they are something when they are not, they deceive themselves. [4] Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, [5] for each one should carry their own load. [6] Nevertheless, the one who receives instruction in the word should share all good things with their instructor.

[7] Do not be deceived: God cannot be mocked. A man reaps what he sows. [8] Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. [9] Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. [10] Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

3. Let's Learn the Big Idea!

Big Idea: We don't have to do this alone!

What this is telling us is that God wants us to be in a group of people that can love and take care of each other. We can help others and let others help us. Everyone needs help sometimes!

Repeat each line after me! (do multiple times)

1. Let's say the Big Idea together.
2. We don't have to
3. Do this alone!

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4. Let's Sign the Verse! (Teach Simple Signs)

From our Bible passage today, we will practice a key part of the scripture.

We will practice and try to memorize "carry each other". This comes from verse 2 where it talks about helping each other when going through something hard.

Let's say and do the motions to this key verse together.

Carry– push fists above shoulders (like lifting weights)
Each other– sweep open hands around the room

(do multiple times)

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5. Let's Talk About It! (Discussion Questions)

Use Yes/No or Thumbs Up/Down questions or One-word Responses:

- Is it okay to ask for help?
- Do we have to do things alone?
- Who can help you?
- Does God want us to help others?

6. Let's Make a Craft!

Supplies:

- backpack template
- markers/colored pencils
- stickers

For our craft today we will be designing a backpack. You are the designer and can choose the colors, patterns, stickers, and patches you'd like on your own backpack. What goes in a backpack? Yeah, a lot of stuff! While we work, we can think and talk about how we can help carry each other's burdens or how we can help others when they need help!

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7. Let's Pray Together!

Ask if anyone has any prayer requests.

Let's pray! Dear Father, thank you for your love. Thank you for putting people in our lives to help and care for us. Help us be a helping hand to those around us. We love you. Amen.

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8. Next Step

To live out what we learned today, try to find different people in your life that need help! Step in and give them a helping hand.



Week 17: October 25, 2026 – Boast About Jesus

Main Scripture – Galatians 6:11–18

Big Idea: Praise Jesus!

1. Let's Say Hello!

Hey everyone! I am so happy to see you today! How was everyone's week? (verbal answers, thumbs up/down). Does anyone remember the book of the Bible we are studying this series? (thumbs up/down, yes/no) It is Galatians!

Today is our last day in this series! We will read and talk about our call to praise Jesus! Ready to jump into today's lesson?

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2. Let's Read the Verse! (Bible Time)

When we read our Bible today, we will hear Paul remind us to give Jesus all the honor and praise for what He did for us!

Let's read our Bible together. We will be reading Galatians 6:11–18.

See what large letters I use as I write to you with my own hand!

12 Those who want to impress people by means of the flesh are trying to compel you to be
circumcised. The only reason they do this is to avoid being persecuted for the cross of Christ.
13 Not even those who are circumcised keep the law, yet they want you to be circumcised that
they may boast about your circumcision in the flesh. 14 May I never boast except in the cross
of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.
15 Neither circumcision nor uncircumcision means anything; what counts is the new creation. 16
Peace and mercy to all who follow this rule—to the Israel of God.

17 From now on, let no one cause me trouble, for I bear on my body the marks of Jesus.

18 The grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

3. Let's Learn the Big Idea!

Let's talk about our Big Idea, the main idea of today's lesson. Our Big Idea is "Praise Jesus". Jesus came to save us. He lived a perfect life, died on the cross, and rose again to save us from our sins. He deserves all the praise!

Let's say our Big Idea together!

Praise Jesus! (do multiple times)

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4. Let's Sign the Verse! (Teach Simple Signs)

From our Bible passage today, we will practice a key part of the scripture.

"may I never boast except in the cross of our Lord Jesus Christ" from verse 14.

Boasting in the name of Jesus can be compared to praising Him and giving Him glory for all He did on the cross to save us.

Let's practice this verse with motions.

May I never boast – shake head no
Except – hold up one finger
In the cross – make a cross with arms
Of our Lord Jesus Christ – point up
(do multiple times)

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5. Let's Talk About It! (Discussion Questions)

Use Yes/No or Thumbs Up/Down questions or One-word Responses:

- Who saves us?
- Did Jesus live a perfect life?
- Who deserves the praise?
- Can we boast about Jesus?
- Did Jesus rise again?

6. Let's Make a Craft!

Supplies:

- trophy stencil
- trophy coloring sheet
- markers
- stickers

Who usually gets a trophy? Yeah, the person that wins! Jesus won the battle. He died on the cross, defeating sin for us. He is our hero, our Savior. Let's decorate the trophy and write in "Praise Jesus" so we can remember to always praise Him for the amazing God He is.

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7. Let's Pray Together!

Ask if anyone has any prayer requests.

Let's pray together. Dear Jesus, we praise you. We praise you for the awesome God you are. We praise you for defeating death. We praise you for loving us. Thank you for caring for us. Help us to never forget the sacrifice you made on our behalf. Amen.

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8. Next Step

I have loved studying Galatians with you all for the past couple of months. I hope you always remember and believe that Jesus loves you so very much. You do not have to earn His love; He already loves and cares for you. Trust in Him always.