

PRAYER IDEA

Set Free

Teenagers will participate in a prayer experience that helps them accept the freedom that God offers them.

SUPPLIES: ball of yarn, scissors, Bible

TIME: about 15 minutes

Have all students sit in a line, cluster, or circle. Ask one volunteer to tell about something that “binds” the person—this could be either a fear, a sin, or struggle. If he or she chooses, this can be thought silently and not shared aloud. Give that person the ball of yarn and ask him or her to hang on to the end of the yarn and throw the ball to someone else. Have that next person share or think about a burden, hang on to a section of yarn, then throw the ball to someone else. Continue until everyone has had a turn and the yarn has woven the students together.

SAY: Our burdens and sins can really bind us up, but God’s truth can bring us freedom.

Have a volunteer read aloud John 8:31-36.

SAY: Jesus says if we listen and receive his word, his truth will set us free. Praying for God’s freedom from the specific thing that’s binding you, take the scissors and cut the string as a symbol of accepting God’s freedom. Thank Jesus for cutting away this thing from your life, freeing you. You can pray either silently or aloud if you wish.

Pass a pair of scissors around the circle and have teenagers cut the yarn that’s bound them together as they pray.

After a few minutes, close with a prayer thanking God for his truth that brings freedom.

QUOTATIONS

These quotes can help start discussions about freedom.

SUPPLIES: none

TIME: 5 to 15 minutes

Share these quotes with students and get their reactions:

“I discovered freedom as an inherent part of my life the day I stopped telling God what I wanted and asked how I could be of service to God.”

— IYANLA VANZANT

“Freedom is an indivisible word. If we want to enjoy it, and fight for it, we must be prepared to extend it to everyone, whether they are rich or poor, whether they agree with us or not, no matter what their race or the colour of their skin.”

— WENDELL WILLKIE

“Certainly, in taking revenge, a man is but even with his enemy; but in passing it over, he is superior.”

— FRANCIS BACON

“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof.”

— ARTICLE 1, AMENDMENT 1 TO THE
CONSTITUTION OF THE UNITED STATES

“Obedience is a ticket to freedom, and rebellion is a ticket to slavery.”

— BETH MOORE, *BREAKING FREE*

RECOMMENDED RESOURCES

Here are some resources that can help you teach various aspects of freedom:

Students who’ve just recently experienced freedom from sin by beginning a faith relationship with Jesus can learn about what that freedom means by reading *A Fresh Start*, a student devotional book by Scott Larson (Group Publishing).

Help students experience the freedom to discover their gifts and talents as they choose from a variety of fun Bible-learning activities in *Creative Faith Ah-Ha’s* by Thom and Joani Schultz (Group Publishing).

Move students to respond to oppression and injustice in the world with *The Justice Mission*, a compelling video curriculum by Jim Hancock and the International Justice Mission (Youth Specialties).