

SIN GETS HEAVY

The weight of our own sin is hard for us to bear, but Jesus bore the sins of the world.

TOPICS:

Cross, Redemption, Sacrifice, Salvation, Sin

MATERIALS:

24 heavy books of the same size
(Church hymnals for example)

DURATION:

Approximately 10 minutes



WHAT YOU WILL DO:

During class, give each person a book, and suggest the book contains all of the sins they committed over the years. For small classes, you can give each child more than one book. Then you will demonstrate how heavy sin gets by having them place the books on the outstretched arms of a volunteer. You will compare this to how heavy all of the sins of the world must have been for Jesus to bear on the cross.

WHAT YOU WILL SAY:

I want you to imagine that the book I gave you has all of the sins you have committed written in it. Every lie, every time you talked back, every time you grumbled, every time you slammed a door, every time you cheated, and anything else. Some of you may need a bigger book, however let's pretend they are all in there. How long do you think you could hold that book up at arms length? Some day you may want to try, but probably after only a few minutes, it would become quite heavy.

I need a strong volunteer? (Have the volunteer come to the front and stretch out his or her arms, similar to how Jesus did while on the cross, only with his or her palms up.)

Now, one by one, come up and stack your book of sin upon the hands of our volunteer. Keep the sides even as you do. Oh, and volunteer, just yell out "IT'S ENOUGH" when the books of sin get to be too much for you.

(Have the children come up in an orderly fashion and carefully place their book one on top of the other. Keep stacking until the volunteer calls for an end. Then have everyone give him or her a loud cheer.)

Can you imagine how heavy just the sins in this classroom could be? How about the sins in our church? How about the sins in our neighborhood? Jesus did not bare only some sins. The Bible says, "Jesus is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world." 1 John 2: 2. Jesus himself was without sin. It was because of *our* sin that He died on the cross. He died in our place.

Discussion Questions

1. How does it make you feel to know the extent of what Jesus did?
2. If Jesus died already for *our* sins on the cross, what does that mean for us? (*We are free to live a life of righteousness in the presence of God.*)

THROW AWAY YOUR SINS

A different spin on an old children's game with a Christian life application

TOPICS:

Purity, Repentance, Sin, Temptation

MATERIALS:

Sheets of paper, one for each child
Masking tape

DURATION:

Approximately 10 minutes



PREPARATION:

Crumple the sheets of paper into balls according to the number of children in the room. Then divide the children in to two teams and have them stand at opposite sides of the room. Mark the center of the floor with masking tape to separate each team. Then have each child pick up one paper ball.

WHAT YOU WILL DO:

In this game, the paper balls represent sin, and the kids will pretend to throw these sins away. However, as they throw them away, the kids on the other side of the room are throwing more back. Each team will throw the balls (sins) to the opposite side and keep throwing any that come back. After about 30 seconds of throwing, the team that has the least number of balls on their side will be the winner. Then switch the teams around and play again.

WHAT YOU WILL SAY:

When we accept Jesus in our lives, he gives us the strength and help we need to get rid of all our sins. However, being a Christian does not mean we are completely free of sins. Sometimes there are temptations, such as envy, anger, disobedience, and other garbage of which we need to be aware. These come in different forms and ways, to turn our eyes away from Jesus. We know what these sins are and when they come our way, we need to throw them away.