

KIDMUNITY | This I Believe

Lesson 07: The Great Rescue

Small Group Guide

Bottom Line:

Jesus died and rose again to rescue us from sin.

Memory Verse:

For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures.

1 Corinthians 15:3-4

Activity: Rescue Tag

Supplies Needed:

- Open space (room, hallway, or outside)
- Optional: cones/tape to define boundaries
- Timer (phone or watch)

How to Play

Phase 1: Freeze Tag (No Rescuer)

Choose one player to be “It” (the tagger).

- When the tagger tags someone, they are frozen and must stay in place
- Frozen players cannot move or unfreeze themselves
- Play for 90 seconds

At the end of the round, count: How many players are still not frozen or if everyone got frozen. Play 2-3 rounds, switching who is “It” each time.

Phase 2: Rescue Tag (With Rescuer)

Now add a second role: the Rescuer. Rules stay mostly the same with one key addition:

- When tagged, players are frozen and cannot move
- The Rescuer can unfreeze players by tagging them

- The Rescuer **can be tagged**, but with a penalty:
 - If tagged, the Rescuer must sit out for **5 seconds**, then rejoin the game

Play 2–3 rounds (90 seconds each), rotating roles if needed.

At the end of each round, count: How many players are still frozen. Compare it to the earlier rounds.

Leader Debrief

Bring the group back together and ask:

- What happened when you got tagged?
- Could you get unstuck on your own?
- What changed when we added the rescuer?

Then connect it clearly: “In the first rounds, once you were frozen, that was it. You were stuck. You couldn’t do anything about it. It was just a matter of time before more and more people got out.”

“That’s a lot like sin. Once we’re stuck in it, we can’t fix it on our own.” Pause. “But in the second rounds, something changed. Even when you got stuck, there was still hope, because someone could come get you.”

“That’s what Jesus did for us.”

“We couldn’t fix our sin. We couldn’t get ourselves unstuck. So Jesus stepped in and rescued us. “Because of Jesus, being stuck isn’t the end of the story.”

Activity: The Great Exchange

Supplies Needed:

- Large Piece of Butcher Paper (for the whole group)
- Markers

How It Works

Create two columns (or two sides of the board/paper):

- Left side: “What Comes with Sin”
- Right side: “What Jesus Gives”

Explain simply: "Jesus came to make a trade. He takes all the things that come with sin, and in exchange, He gives us something better."

Step 1: Build the Lists (Group Activity)

Start with the left side.

Ask: "When people do wrong things... what kinds of things come with that? What comes with sin?"

Let kids call things out. Let them write or draw their responses. If needed, guide with examples: (sadness, guilt, loneliness, fear, pain, broken relationships, feeling stuck)

For K-1: Let them *say* answers while the leader writes or draws simple pictures (sad face, broken heart, etc.)

Then move to the right side.

Ask: "What are the kinds of things Jesus gives us?"

Let kids write/draw responses: (forgiveness, joy, peace, love, hope, a clean heart, being part of God's family, new life)

For K-1: Again, draw simple icons for younger kids if helpful.

Step 2: The Exchange Moment

Once both sides are full, pause and point to the lists.

Say something like: "On this side is everything that comes with sin. On this side is everything that comes from Jesus." Pause. "Jesus didn't just tell us to fix this side (point to the sin side)... He made a trade."

Use a visual:

- Draw arrows going in both directions.
- Circle the left side and say, "Jesus takes this."
- Circle the right side and say, "And He gives us this."

Leader Moment

Keep it simple and clear: “Jesus takes all the sin, the mess, and the things that feel heavy... and He gives us something better, His forgiveness, His peace, and a new life.”

“And each of us gets to decide... do I want to hold onto this, or do I want what Jesus offers?”

Discussion Questions (Activity-Based)

- Which side would you rather have? Why?
- Why do you think the “sin side” feels heavy?
- Why are the things Jesus gives better?
- What do you think it means to accept what Jesus offers?

Leader Notes

- Keep answers general (not personal confessions)
- Let kids contribute freely—don’t over-correct wording
- For younger kids, lean more on **drawing + repeating words aloud**
- Don’t over-explain—the visual does most of the work

Final Discussion Questions

Kindergarten / 1st Grade

- What are some things people do that are wrong (sin)?
- How does it feel when we do something wrong?
- Can we fix our sin all by ourselves?
- Who helps us and makes things right again?

2nd / 3rd Grade

- What is sin, and how does it affect our relationship with God?
- Why can’t we fix our sin on our own?
- What did Jesus do for us when He died on the cross?
- What does it mean that Jesus gives us something better in exchange?

4th / 5th Grade

- Why does sin separate us from God, and why is that a problem?
- What does it mean that Jesus was our substitute?
- Why did Jesus have to die to pay for sin?
- What difference does it make that Jesus came back to life?

Leader Wrap-Up & Prayer

We all have sin, and it separates us from God. It's not something we can fix on our own, no matter how hard we try. But Jesus stepped in as our substitute—He took our place and paid the price for our sin. Because of Him, our sin can be forgiven, our hearts can be made new, and we don't have to stay stuck anymore. That's how much He loves us.

Prayer

"God, thank You for loving us so much that You sent Jesus to take our place. Thank You for forgiving our sin and making a way for us to be made new. Help us to trust You and live in the freedom You give us. Amen."