

LIVE FREE

21 Day Devotion

kids Companion Guide

FIVELAKES.CHURCH/21DAYCHALLENGE



20
26

Let's Go!

September 7 - 27, 2026

This guide is a simple companion to Live Free, a 21-day devotional. Each day here matches a day in the main devotional, with the same truth translated into words and activities for kids in grades 1 through 5.

The S.O.A.P method is a simple way to approach, understand, and apply the daily Bible readings to our lives.

S = Scripture

Read the Bible verses listed in your Daily Reading Plan for the date. Look for ONE verse or a few words that stand(s) out. Write those words in your journal.

O = Observation

Be a detective! Write down what is happening in the reading. Also, write who it's about.

A = Application

Think about you now and ask yourself how these thoughts can help you.

P = Prayer

What has God shown you today? Write out a short prayer in your journal thanking God for what you've learned.

Jesus is My Leader

Romans 10:9-10

Jesus is in charge of my
life, & that's a good thing!

SCRATCH

Talk About It

Why do you think it's good to have Jesus as your leader instead of trying to lead yourself?

Try This

Play Follow the Leader. Take turns being the leader while everyone copies the actions. Talk about what it feels like to follow someone you trust.

Prayer

Jesus, You are my leader. Help me follow You today.



God's Helper Lives in Me

John 14:16-17

The Holy Spirit lives inside me & helps me every day.



Talk About It

Can you think of a time today when you might need God's help?

Try This

Play a whisper game: take turns whispering a kind word to each other across the room, just like the Holy Spirit whispers truth to us.

Prayer

Holy Spirit, thank You for living in me. Help me listen to You today.



I'm Brand New

2 Corinthians 5:17

Because of Jesus, I am a
brand new creation.



Talk About It

What's something new you're excited about?

Try This

Draw or make a simple caterpillar-to-butterfly craft. Talk about how a caterpillar becomes something completely new, just like we become new in Jesus.

Prayer

Thank You, Jesus, for making me new. Help me remember that today.



I Belong to God's Family

Romans 8:15-16

God adopted me. I'm His child, and I belong.

SCRATCH

Talk About It

What does it feel like to belong to a family?

Try This

Family Crest: Create a shield representing God's family. Include words like loved, accepted, forgiven, chosen.

Prayer

Father, thank You for making me part of Your family.



My Past Doesn't Decide Who I Am

Galatians 2:20

Jesus makes me new!



Talk About It

Has there been a time you got a fresh start after making a mistake?

Try This

Write or draw a small mistake on paper, then erase it or crumple it up to show how Jesus gives us fresh starts.

Prayer

Jesus, thank You for fresh starts. Help me not stay stuck in my past.



I Belong to the Church Family

1 Corinthians 12:27

I'm not just part of God's family alone.

SCRATCH

Talk About It

Who are some people at church who feel like family to you?

Try This

Put together a puzzle as a family. Talk about how every piece matters, just like every person in a church family matters.

Prayer

Thank You, God, for my church family. Help me love them well.



Remembering Who I Am

Colossians 3:9-10

I know who I am in Jesus:
new, loved, and part of
His family.

SCRATCH

Talk About It

What's one thing you learned about who you are in Jesus this week?

Try This

Play a simple Who Am I game: take turns saying true things about who you are in Christ, like I am loved or I am new.

Prayer

God, thank You for showing me who I am this week.
Help me remember it all week long.



The Old Me Is Gone

Ephesians 4:22-24

I get to live a new way.

SCRATCH

Talk About It

What's one old habit you'd like God's help to change?

Try This

Write an old habit on a piece of paper and toss it in the trash together as a family, celebrating the fresh start.

Prayer

God, help me leave old habits behind and live the new way You've given me.



Truth Is Stronger Than Lies

John 8:31-32

Sometimes I believe things that aren't true, but God's truth is stronger.



Talk About It

What's a lie someone might believe about themselves? What does God say instead?

Try This

Play a True or False game: take turns saying statements, some true and some silly and false, and guess which is which.

Prayer

Jesus, help me believe what's true, even when a lie feels loud.



Jesus Broke My Chains

Galatians 5:1

Jesus set me completely
free, like breaking a chain.



Talk About It

What does it feel like to be free instead of stuck?

Try This

Make a paper chain together, then cut it apart to celebrate the freedom Jesus gives.

Prayer

Thank You, Jesus, for breaking every chain. Help me live free today.



I Don't Believe Wrong Things About Myself

Colossians 3:3

God says I'm loved
and new.



Talk About It

What's one true thing God says about you?

Try This

Write true things about who you are in Jesus on sticky notes and put them around a mirror.

Prayer

God, help me believe what You say about me, not what anyone else says.



Filling My Mind with Truth

Romans 12:2

What I think about matters,
so I fill my mind with
God's truth.

SCRATCH

Talk About It

What's something good you can think about
instead of something worrying?

Try This

Make simple flashcards with a short Bible verse or truth
on each one, and play a quick memory match game.

Prayer

Holy Spirit, help me think about what's true and
good today.



Saying No to the Wrong Voice

James 4:7

I can say no to bad
thoughts and yes to what
God says.

SCRATCH

Talk About It

How do you know if a thought is from God
or not?

Try This

Play Simon Says, but only follow instructions that start
with God says. If they don't, don't do it! Talk about
resisting voices that aren't from God.

Prayer

God, help me listen only to Your voice and say no to
anything else.



I Don't Have to Stay Stuck

Romans 6:14

Jesus gives me the power
to make good choices.

SCRATCH

Talk About It

What's a good choice you can make today, even
if it's hard?

Try This

Set up a mini obstacle course. Label a few obstacles
with hard choices, and cheer each other on to the finish
line labeled FREEDOM.

Prayer

Jesus, thank You for the power to make good choices.
Help me today.



I Don't Have to Be Afraid

2 Timothy 1:7

God gives me love, power,
and a calm mind.



Talk About It

What's something that makes you feel a little afraid? How can God help?

Try This

Turn off the lights and use a flashlight to find hidden objects together. Talk about how God is our light even when things feel scary.

Prayer

God, thank You that I don't have to be afraid. Help me trust You.



Jesus Washes Away My Guilt

Romans 8:1

When I mess up, Jesus
washes it away.

SCRATCH

Talk About It

Why is it good news that Jesus washes away
our mistakes?

Try This

Draw or write a mistake with washable chalk or marker,
then wash it away with water. Talk about how Jesus
cleans us up.

Prayer

Thank You, Jesus, for washing away my guilt. Help me
feel truly forgiven.



I'm Free Like a Bird

2 Corinthians 3:17

Jesus set me free, and I get
to live like it.

SCRATCH

Talk About It

Imagine a bird in a cage with the door wide open. Why might it not fly out right away?

Try This

Draw a birdcage with the door open and a bird flying out. Talk about living free instead of acting stuck.

Prayer

Holy Spirit, help me really live like the free person You made me to be.



Standing Strong on What's True

Ephesians 6:13-14

I can stand strong on what
God says, even when
things feel wobbly.

SCRATCH

Talk About It

What's one true thing from God you can stand strong on this week?

Try This

Play a balancing game: stand on one foot as long as you can. Talk about standing strong on truth even when life feels wobbly.

Prayer

God, help me stand strong on what You say, even when it's hard.



Staying Alert and Ready

1 Peter 5:8-9

I stay watchful and ready,
because God wants me to
be wise, not scared.



Talk About It

What does it mean to stay alert, like a good guard?

Try This

Play Red Light, Green Light or a game of I Spy that takes careful attention.

Prayer

God, help me stay alert and wise, watching for what's good and true.



Armored and Anchored

Ephesians 6:10-11; Hebrews 6:19

God gives me armor to
protect me and an anchor
to keep me steady.



Talk About It

What helps you feel safe and steady when things
get hard?

Try This

Make simple cardboard armor from a box, or draw an
anchor. Talk about how God protects and steadies us.

Prayer

Thank You, God, for being my armor and my anchor.



We Already Won!

1 Corinthians 15:57

Jesus already won the victory! I get to celebrate and live like it.



Talk About It

What's your favorite thing you learned these 21 days?

Try This

Have a family victory celebration: cheer, high five, maybe a special treat, and thank Jesus together for these 21 days.

Prayer

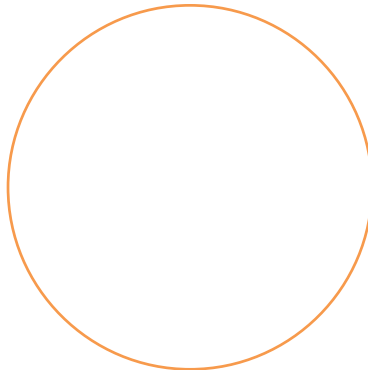
Thank You, Jesus, for winning the victory. Help our family live free every day.



Success!

Congratulations! You did it!

Draw a HUGE Emoji on how you feel
about completing this challenge!



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