

Breaking Free from Sin Loops – KIDS Study Guide

Based on the June 14, 2026 Message | Summer at Freedom

Overview

God made you for big and good things! Sometimes we make bad choices and get stuck doing them over and over. That's called a "sin trap." God loves us and forgives us when we mess up, but He has something even better for us. He wants us to be strong, brave, and do great things with His help!

Big Ideas

- God is stronger than any bad choice we make.
- Bad choices can make us feel stuck and weak inside.
- Jesus wants to help us get free so we can do awesome things for Him.
- God's Word (the Bible) is like a superpower that helps us make good choices.
- When we do something wrong, God wants us to say sorry **and** choose to stop with His help.
- God has a special plan for you — He wants you to be strong and help others know His love!

Fun Questions to Think About

1. What's one thing that's hard for you to stop doing, even when you know it's not a good choice? (Like arguing, lying, being mean, or something else?)
2. How does it feel when you keep doing the same wrong thing over and over?
3. What are some "superpowers" God gives us to help us choose what's right? (Hint: Bible, prayer, kind friends, the Holy Spirit...)
4. What's the difference between just saying "sorry" and really wanting to stop doing the wrong thing?
5. What is one great thing you think God might want you to do when you grow up?

Things You Can Do This Week

- Pick one simple Bible verse to learn this week (try "I can do all things through Christ who gives me strength" — Philippians 4:13).
- When you feel like doing something wrong, stop and pray: **"Jesus, help me choose what's right!"**
- Tell a grown-up or a friend when you're struggling so they can pray with you and help you.
- Practice "sorry + new plan." For example: "I'm sorry I was mean. Next time I will use kind words."
- Draw a picture of yourself wearing God's armor and being strong for Jesus!

Fun Group or Family Talk Ideas

- Play "Good Choice or Bad Choice?" — Take turns giving each other real-life situations and talk about what the better choice would be.
- Share a time you got "unstuck" from a bad habit with God's help. What helped you?
- Draw pictures together of what it looks like to be strong with God's help.
- Pray together as a family or group. Each person can tell God one area where they want His help to make better choices.
- Act out a short skit: One person pretends to be stuck in a bad choice, and the others help them get free using prayer and God's Word.