

Kick it Off

Ask the participants to think about some things they do every day. Ask some students to share and record their answers on the blackboard or chart tablet (Be sure to write only “*Things I do Every Day*” on the left side of the board—Don’t write anything on the right side until you prompt students to begin the next task.) Then direct students to imagine themselves in jail. Ask them to think about things they would not be allowed to do in jail. Record their answers on the right side of the page. Ask them how their daily lives would be different if they were in jail compared to being free. Keep the answers visible throughout the lesson.

Things I do Every Day

Things I could not do if I were in Jail

Key Verse

“*Now you have been set free from sin...sin pays off with death. But God’s gift is eternal life given by Jesus Christ our Lord.*” *Romans 6.22a, 23, CEV*

Keep it Real

Small Group Study Pass out the magazine or article to the entire group along with the study sheets. Divide the students into small groups and have students read the article and answer the questions as a group. Let each group know that they have 10 minutes to complete the task. After the ten minutes are up, have one group member from each group share out. Spend 20 minutes on this part of the assignment.

Whole Group Study Pass out the magazine or article to the entire group along with the study sheets. Read the article aloud. Ask one student to read the narration about James. Ask for volunteers to read the other sections. Direct students to keep the key verse in mind and the idea of being “*set free*.” Then, discuss the questions in a whole group forum. Spend 20 minutes on this assignment.

Keep the Faith

Make two circles—an inner circle and an outer circle. Each inner circle student should be partnered with an outer circle student. Make sure partners in both circles are facing each other. (If one person is without a partner, the Leader/Facilitator can partner with that student) Give the partner in the outer circle a piece of string and an index card. Instruct the students in the inner circle to turn around and put their hands behind their back. Have the student in the outer circle tie the string around both of the student’s hands. Have the student’s turn back around and face their partner. Now ask the students in the inner circle to follow the instructions given by their partner. (Allow 15 seconds for your partner to complete the task before you move to the next task) Allot 20 minutes to complete the task.

Ask your partner to do the following:

- 1) Tie your shoes.
- 2) Scratch your head.
- 3) Call your best friend on the cell phone.
- 4) Pretend to eat an ice-cream cone.
- 5) Pretend you are playing your favorite video game.

Debrief exercise by asking the following:

What did it feel like to be confined?

How would you feel if you didn't have the freedom to do what you would like, eat what you like or entertain yourself the way you would like?

Keep it Movin'

Avoid being in troublesome situations (“*Idle hands are the devil's workshop*”)

Stay active and busy by participating in school activities, sports, church events, etc.

Choose your friends wisely.

Maintain a positive outlook on life (“*Jesus knew what was in their minds, and he said, 'Why are you thinking such evil things?'*” *Matthew 9.4, CEV*)

Help others see the harm in glorifying jail.

Close in Prayer – Pray for young people who are incarcerated or who may have been released from jail and want to start a new life. Pray for those who are caught up on the wrong road and who want to change, but find it difficult for various reasons.