



## Resource Pack

*Children's ministry resources & activities for groups & families exploring this week's theme.*

[stbartskids.org](http://stbartskids.org)



WEEK 10

# The Law, Sin, and the Struggle

**Romans** / Romans 7:14-25

OVERVIEW

GATHER

READ

CHAT

DO

PRAY

A vibrant, artistic depiction of a Roman temple. The columns and the central pedestal holding a bust are covered in colorful graffiti and abstract patterns. The sky is a deep blue with white clouds. The overall style is a blend of classical architecture and modern street art.

# THE LETTER TO THE ROMANS

STRENGTHENED

BY THE GOSPEL

st bart's

# The Law, Sin, and the Struggle

*Romans 7:14-25*



## HOW TO USE THIS RESOURCE

This resource has been written and produced by St Bart's Kids and we're delighted to be able to share this curriculum with you. We pray that it would be an amazing tool to aid teaching and learning occurring either at home or within your children's ministry setting.

This package is part of a series based on **the book of Romans**. The items within this package all pertain to **one session**.

The tabs on this document will help guide the main sections that should be incorporated within a session. Within each section you will find modifications for different age/learning levels - look for the tags Early Childhood, Lower Primary, Middle Primary, and Upper Primary.

All of the items within  
If you have any questions or would like to know more about St Bart's Kids resources, please contact  
[hello@stbartskids.org](mailto:hello@stbartskids.org)

## TIMING

|                                                          |         |
|----------------------------------------------------------|---------|
| Welcome and play                                         | 15 mins |
| Teaching Time (includes morning tea for Early Childhood) | 15mins  |
| Game (Kindy - Year 6 only)                               | 10mins  |
| Small Groups/Activities                                  | 20mins  |
| Worship                                                  | 10mins  |
| Check-out                                                |         |

## MATERIALS

- ☐ Building Blocks - Wooden Blocks, Mega Blocks, Q-Blocks or Duplo
- ☐ Printout of Worksheet #1
- ☐ Colouring pencils / Crayons (make sure there's red, green and yellow)
- ☐ Clipboards if needed
- ☐ Plastic cups
- ☐ Pom poms
- ☐ Tweezers
- ☐ Paper towels
- ☐ Felt pens
- ☐ Bucket/dish of water
- ☐ A strong magnet
- ☐ 15-20 paper clips
- ☐ Wooden block, pencil, or another non-magnetic object
- ☐ A tray or table
- ☐ 2 x Printout of Worksheet #2 (print, laminate, cut each picture square)
- ☐ Masking Tape
- ☐ A Traffic Cone
- ☐ Plastic cup (4 children in each group)
- ☐ 5-7 plastic cups
- ☐ One rubber band (must fit around one of the cups)
- ☐ 4 pieces of string (approximately 60cms)
- ☐ Battleships (either boardgame style or paper version)
- ☐ (you can download free printable paper versions from website such as [paper-prints.com](http://paper-prints.com))
- ☐ Holiness quiz printout
- ☐ Clipboards
- ☐ Pencils
- ☐ Large sheets stretchy lycra (big enough for everyone to sit around the edge)
- ☐ Ping pong balls (or similar. Pompoms would also work)

## ADDITIONAL INFO

This resource is the tenth in an eighteen week series based on the book of Romans.

## SESSION OUTLINE

### SERIES

Romans

### BIBLE FOCUS

Romans 7:14-25

### TOPIC

The Law, Sin, and the Struggle

WEEK

10

OVERVIEW

GATHER

READ

CHAT

DO

PRAY

### THIS WEEK'S FOCUS

God's rules are good, but we still need Jesus because we struggle to obey.

### SERIES OVERVIEW

#### ROMANS - Strengthened by the Gospel

Paul's letter to the Romans is one of the most important pieces of written correspondence in all of human history. Formerly known as Saul of Tarsus, Paul—a Pharisee who actively persecuted Christians—had a radical encounter with the risen Lord Jesus and was commissioned by Jesus as an apostle to proclaim the Good News to the Gentiles (the world of non-Jewish people). Paul proclaimed the Gospel, established churches, and wrote to these new communities and their leaders to instruct, encourage, and correct them. As one set apart for the gospel of God, Paul writes to the Roman Christians in order to proclaim this good news, defend his apostolic authority, enlist the prayerful support of the Roman Christians, and express his eagerness to visit them. Paul—as apostle, teacher, and pastor—longs for the believers to be strengthened and mutually encouraged by the gospel. We approach Romans with the same hope.

### MULTIMEDIA

1. [SBK Kids Talk](#)
2. [Kids Bible Story: Right vs Wrong \(Romans 7:14-25\)](#)
3. [OPTIONAL \(ideal for older children\) - Romans 7 in a nutshell](#)

### ADDITIONAL RESOURCES

Here are some resources we recommend for helping teach the Gospel to kids.

1. [The Book of Romans \(The Bible Project\)](#)
2. [Romans Road to Salvation \(ShareFaith Media\)](#)

### SONGS

#### EARLY CHILDHOOD

1. [Sin Messed Everything Up](#)
2. [God Doesn't Let Sin Win](#)
3. [I Wanna Do Right](#)
4. [Colin Buchanan - The Crocodile Song](#)

### SONGS

#### PRIMARY

1. [Sin Messed Everything Up](#)
2. [I Wanna Do Right](#)
3. [Pick up my Cross \(Dan Tillery\)](#)



## FOCUS

God's rules are good, but we still need Jesus because we struggle to obey.

## WARM-UPS

- ❑ *Have you ever been on the losing side of a Tug-of-War? You get pulled in the opposite direction to where you want to go!*
- ❑ *How about being on the winning side? You have more strength than your opposing team and you get to move in the direction you DO want to go!*

## TEACHING TIME

## The Law, Sin and Struggle

Have you ever REALLY wanted to do something you knew you weren't supposed to do - like cheating on a test? It feels like there's a battle going on between what you know is right in your heart (not cheating) and what your mind suggests you do (cheat so I get a better mark). It's a struggle of obedience, and the struggle is real for us all!

In Romans 7, Paul is writing about the 'Tug-of-War' he has in his own heart. He knows what is right (law) and yet he feels pulled in the opposite direction by his mind and heart. This is a very human struggle. We do what we don't want to do. We have a real problem with obedience.

God doesn't leave us alone in the struggle however. He knew from the beginning of time that we would need help. The first thing He did was give us some rules to live by.

Just as traffic rules keep us safe on the roads, God's rules guide us and protect us. They help us know what is good and what isn't. If we didn't have God's rules we wouldn't know what sin was (we wouldn't know that lying, stealing, cheating etc separates us from God). The law is good, the trouble is, we are not!

Revealing our sin however, is ALL the law does. The law cannot save us from our sin. The law cannot jump on our side of the rope and pull us back to safety. The law shows us we need a saviour, and our saviour is JESUS!

Through faith in Jesus and the power of the Holy Spirit, we can say no to sin. When we acknowledge the struggle and ask God to jump on the end of the rope with us - he helps us win!

Paul expresses deep gratitude to God for the victory over sin he has in Christ. So should we!

## APPLICATION QUESTIONS

## 1. Early Childhood

When might we need God's help?

## 2. Lower Primary

How do you feel before doing something you know is wrong?

## 3. Middle Primary

How can we resist the temptation to disobey God?

## 4. Upper Primary

What is the nature of the struggle with sin that all believers face?

## Early Childhood

# Holy

We know that God's law is good.

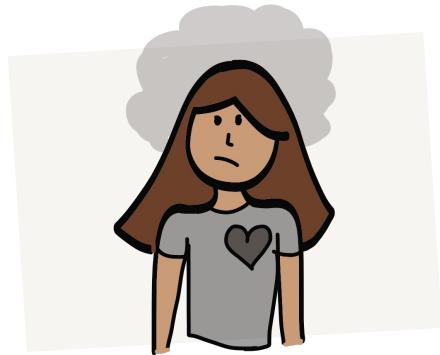


But sometimes I make wrong choices.

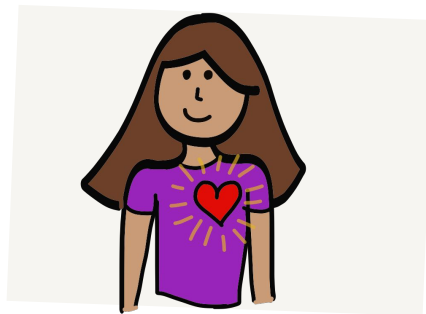


I don't understand why I do the wrong thing. Sometimes I don't do the good things I want to do.

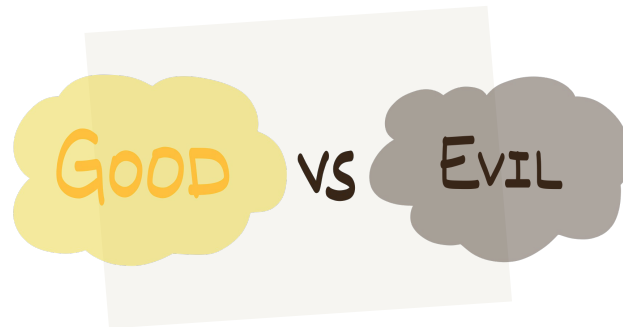
## Early Childhood



Instead, I do the things I know I shouldn't.



Deep inside, I want to obey God and do what is right.



But sometimes sin makes it hard for me to choose the right thing.

## Early Childhood



Who will save me from  
this sin?



I give thanks to God who  
saves me through Jesus  
Christ our Lord.

## Lower Primary

## The Law, Sin, and the Struggle

Holy

14-20 We know that God's law is good.

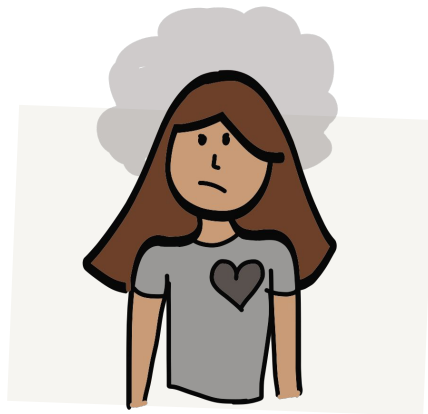


But I am not. I can't help it. I am a slave of sin.

## Lower Primary

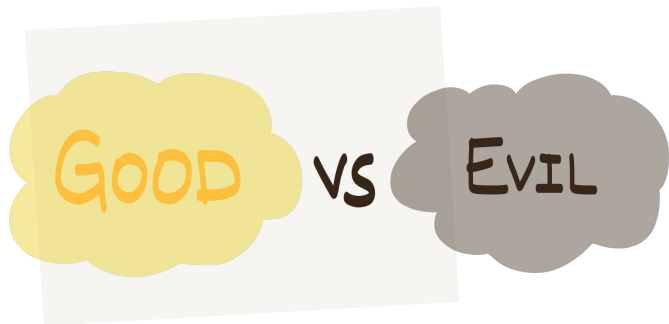


I don't understand what I do. I don't do what I want to do. Instead, I do what I hate to do. So I agree that the law is good.



As it is, I am no longer the one who does these things. It is sin living in me that does them.

## Lower Primary



21-25 Deep inside me I'm happy with God's law. But I see something in me which fights against me and makes me a slave to sin.



What a terrible failure I am! Who will save me from this sin that brings death?

Lower Primary



I give thanks to God who saves me  
through Jesus Christ our Lord.

## Middle Primary

# Holy

Ch7 Vs14-20 We know that God's law is holy.

## The Law, Sin, and the Struggle

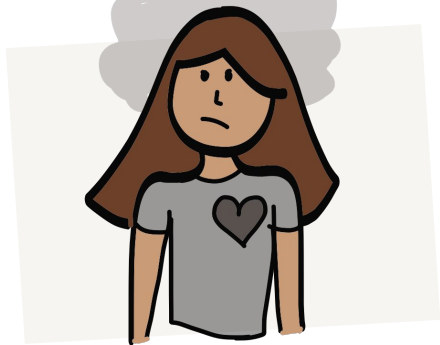


But I am not. I can't help it. I am a slave of sin.



I don't understand what I do. I don't do what I want to do. Instead, I do what I hate to do. So I agree that the law is good.

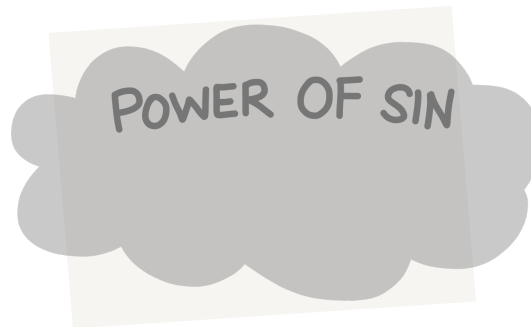
## Middle Primary



As it is, I am no longer the one who does these things. It is sin living in me that does them.

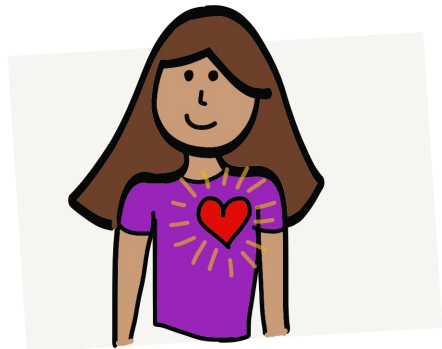


I know there is nothing good in my desires controlled by sin. I want to do what is good, but I can't. I don't do the good things I want to do. I keep on doing the bad things I don't want to do.

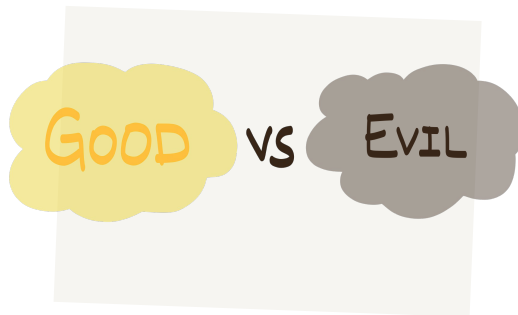


But I am not really the one who is doing it. It is sin living in me that does it.

## Middle Primary



21-25 Here is the law I find working in me. Deep inside me I find joy in God's law.



But I see another law working in me which fights against me and makes me a slave to sin. That law controls me.



What a terrible failure I am! Who will save me from this sin that brings death? I give thanks to God who saves me through Jesus Christ our Lord.

## FOCUS

God's rules are good, but we still need Jesus because we struggle to obey.

## Early Childhood

## PRAYER

Dear God,  
THANK YOU for loving us and forgiving us.  
THANK YOU that Jesus died for us so we can be your friends forever.  
SORRY for the wrong things we do and for the times we don't listen to you.  
Amen.

## DISCUSSION QUESTIONS

View SBK ebook Romans 7:14-25

*I give thanks to God who saves me... Romans 7:25a*

- 1. Can you name a rule you have in your house?**  
Encourage the children to talk about rules they have in their families e.g. brush your teeth before bed, don't cross the road without an adult etc
- 2. What do these rules do?**  
Talk about how mummy and daddy have rules that keep us safe, keep us healthy, help us love each other, show we care, etc.
- 3. God has rules too and His rules are good. Do you know any of God's rules?**  
Do not steal, do not tell lies, don't want what other people have, don't hurt other people, be kind etc.
- 4. Sometimes we break God's rules and this makes God very sad. But who did God send to forgive us for breaking His rules?**  
JESUS! We can say sorry to God and He forgives us! We can be friends with God forever because Jesus died for us. Let's thank him for forgiving us now!

## FOCUS

God's rules are good, but we still need Jesus because we struggle to obey.

## Lower Primary

## PRAYER

Dear God,

Sorry for the ways in which we keep sinning against you. We know what we need to do to live a holy life like Jesus, but we fail in so many ways.

Thank you that you love and forgive us, despite our sin and that because of Jesus' sacrifice, we are made right with you.

Amen.

## DISCUSSION QUESTIONS

Read Romans 7:14-25 from SBK Lower Primary Scripture

### 1. Can you name a rule you have in your house? What is the purpose of that rule?

Invite children to talk about their family rules and the purposes they serve. E.g. we have to take our shoes off before going inside because this creates less mess for Mum to clean up / we say grace before every meal because this reminds us to remember God and be thankful for His provision etc.

### 2. God has rules for His family too. What were these rules called and what purpose did they serve?

God gave His people the Law. The Law was holy and good. It showed God's people how to live. It also showed God's people what sin was. Sin is disobeying what God's law says.

### 3. Can you name a time you deliberately did something you knew was wrong?

Give some examples of sin in your own life to the children so they can see that even adults struggle to do what is right all of the time. E.g. God's law tells me to make time with God the most important part of my day, but when I get up in the morning I find myself reaching for my phone instead of my bible!  
Or I know that my neighbours need help with a problem they have, but I don't take the time to help them.

### 4. Like Paul, we can begin to think we are never going to be 'good enough' to be in God's family because we keep breaking His rules. But what does God promise?

- a) we can keep sinning and he doesn't mind (NO)
- b) we have to pay God back for all the wrong we do (NO)
- c) God will give us more rules to follow instead (NO)
- d) God will forgive us when we place our faith in Jesus and say sorry for the wrong things we do (YES)

### 5. We all struggle with sin but God promises to be with us in the struggle. What are some ways He does this?

He gives us the bible - God's word - our instruction manual. He gives us families who teach us how to live God's way. He gives us Church/Sunday School to teach us and encourage us. He gives us His Spirit to help us make good decisions.

*Thanks be to God, who delivers me through Jesus Christ our Lord! Romans 7:25a*

## FOCUS

God's rules are good, but we still need Jesus because we struggle to obey.

## Middle Primary

## PRAYER

Dear God,

Sorry for the ways in which we keep sinning against you. We know what we need to do to live a holy life like Jesus, but we fail in so many ways.

Thank you that you love and forgive us, despite our sin and that because of Jesus' sacrifice, we are made right with you.

Amen.

## DISCUSSION QUESTIONS

Read Romans 7:14-25 from SBK Middle Primary Scripture

### 1. Can you name a rule you have in your house? What is the purpose of that rule?

Invite children to talk about their family rules and the purposes they serve. E.g. we have to take our shoes off before going inside because this creates less mess for Mum to clean up / we say grace before every meal because this reminds us to remember God and be thankful for His provision etc.

### 2. God has rules for His family too. What were these rules called and what purpose did they serve?

God gave His people the Law. The Law was holy and good. It showed God's people how to live. It also showed God's people what sin was - sin was doing the opposite to what the law said.

### 3. Paul describes himself as being a 'slave to sin'. To be a slave means you have a master. Can you name a time when sin became your master?

Give some examples of sin in your own life so the children can see that adults struggle to do what is right all of the time too. E.g. God's law tells me to make time with God the most important part of my day, but when I get up in the morning I find myself reaching for my phone instead of my bible! Or I know that my neighbours need help with a problem they have, but I don't take the time to help them

### 4. When sin is our master, we are unable to resist it. It pulls us over the line like in a game of Tug-of-War. But as Christians, what has God promised?

God has promised that we can overcome the power of sin when we come to Jesus in repentance and receive forgiveness. Jesus can stop us from being dragged somewhere we don't want to go.

### 5. What does it mean to be a slave of righteousness?

We want to do the things that please God. We want to obey Him.

### 6. Paul knows how difficult it can be not to sin (even though we are free from the penalty of sin, we still live in the presence of it). Who does God provide to help up with this?

God gives us His Holy Spirit. As we grow in our faith and come to love God more and more each day, we'll have the strength to resist sin more and more.

### 7. When we confess our sin, God is faithful to forgive. This gave Paul reason to rejoice and thank God for all He has done. How might you give thanks too?

*Thanks be to God, who delivers me through Jesus Christ our Lord!  
Romans 7:25a*

## FOCUS

God's rules are good, but we still need Jesus because we struggle to obey.

## Upper Primary

## PRAYER

Dear God,

Sorry for the ways in which we keep sinning against you. We know what we need to do to live a holy life like Jesus, but we fail in so many ways.

Thank you that you love and forgive us, despite our sin and that because of Jesus' sacrifice, we are made right with you.

Amen.

## DISCUSSION QUESTIONS

Read Romans 7:14-25 from the NIRV Bible

- 1. Our roads have road-rules. Without these rules, there would be chaos. God has rules also - the Law - suggest how God's law is good!**

God's law (rules) revealed His character. It showed His people how to live, how to obey, how to worship, how to be distinct from other nations and how they could be forgiven through the sacrificial system. It gave His people directions for living according to His will.

- 2. How do you think God's law also highlighted sin?**

God's law was an impossible standard for anyone to achieve on their own. Our sinful nature is always at work in us, working against God's best for us. The Law shows us what sin is, but it cannot stop us from sinning.

- 3. Paul describes himself as being a 'slave to sin'. To be a slave means you have a master. Can you name a time when sin became your master?**

Give some examples of sin in your own life so the children can see that adults struggle to do what is right all of the time too. E.g. God's law tells me to make time with God the most important part of my day, but when I get up in the morning I find myself reaching for my phone instead of my bible! Or I know that my neighbours need help with a problem they have, but I don't take the time to help them.

- 4. When sin is our master, we are unable to resist it. It pulls us over the line like in a game of Tug-of-War. But as Christians, what has God promised?**

God has promised that we can overcome the power of sin when we come to Jesus in repentance and receive forgiveness. Jesus can stop us being dragged somewhere we don't want to go. It's like God jumps on our side of the rope, and pulls us to safety.

- 5. What does it mean to be a slave of righteousness?**

God's laws are now written on our hearts through the Spirit of God, and we are free to follow and serve Christ in ways that please and glorify Him. We want to do what is right more than we desire to disobey.

- 6. Paul knows how difficult it can be not to sin (even though we are free from the penalty of sin, we still live in the presence of it). Who does God provide to help up with this?**

God gives us His Holy Spirit. As we grow in our faith and come to love God more and more each day, we'll have the strength to resist sin more and more each day also. Being a slave to a master who loves us and wants the best for us is very different from being a slave to sin.

- 7. What is a sin you are currently struggling with? Bring it to God and ask Him to help you resist the temptation to continue in it.**

## FOCUS

God's rules are good, but we still need Jesus because we struggle to obey.

## EARLY CHILDHOOD

Dear God,

THANK YOU for loving us and forgiving us.

THANK YOU that Jesus died for us so we can be your friends forever.

SORRY for the wrong things we do and for the times we don't listen to you.

Amen.

## SUNDAY SCHOOL

Dear God,

Sorry for the ways in which we keep sinning against you. We know what we need to do to live a holy life like Jesus, but we fail in so many ways.

Thank you that you love and forgive us, despite our sin and that because of Jesus' sacrifice, we are made right with you.

Amen.

## TIPS

*Reflect on what the 'biggest sin' is that you currently struggle with. Bring this sin before God and ask him to help you resist temptation.*

## Early Childhood

Dear God,

THANK YOU for loving us and forgiving us.

THANK YOU that Jesus died for us so we  
can be your friends forever.

SORRY for the wrong things we do and for  
the times we don't listen to you.

Amen.

## Sunday School

Dear God,

Sorry for the ways in which we keep sinning against you. We know what we need to do to live a holy life like Jesus, but we fail in so many ways.

Thank you that you love and forgive us, despite our sin and that because of Jesus' sacrifice, we are made right with you.

Amen.

## FOCUS

God's rules are good, but we still need Jesus because we struggle to obey.

*In this section, you'll find activities for Early Childhood and Primary School aged kids. There's a range of crafts, activities and games suitable for both individuals and groups.*

## EARLY CHILDHOOD

- Build It Up
- Traffic Lights
- Sharing
- Wash away our Sins (*Kindy*)
- Magnets & Paper Clips (*Kindy*)

## SUNDAY SCHOOL

- Tightrope Walking (*Prep*)
- Group Challenge: Cup and String (*1-2*)
- Battleships (*3-4*)
- Holiness Quiz (*5-6*)

## GAMES

- *Red/Green Choices Memory (Kindy)*
- The Struggle (*Prep-Yr 6*)

## Build It Up

### YOU'LL NEED...

- Building Blocks - Wooden Blocks, Mega Blocks, Q-Blocks or Duplo

SERIES  
Romans

BIBLE FOCUS  
Romans 7:14-25

TOPIC  
The Law, Sin, and the Struggle

WEEK  
10

### STEPS

1. Invite the children to build a tall tower.
2. Let them try build it by themselves.
3. If it falls, offer to help them.
4. While building the tower talk to the children about how sometimes things can be hard and we might need help. Talk about how we need Jesus' help sometimes when we struggle to make good choices.



Link

*Sometimes obeying God is hard. We want to do the right thing, but we struggle. Jesus helps us!*

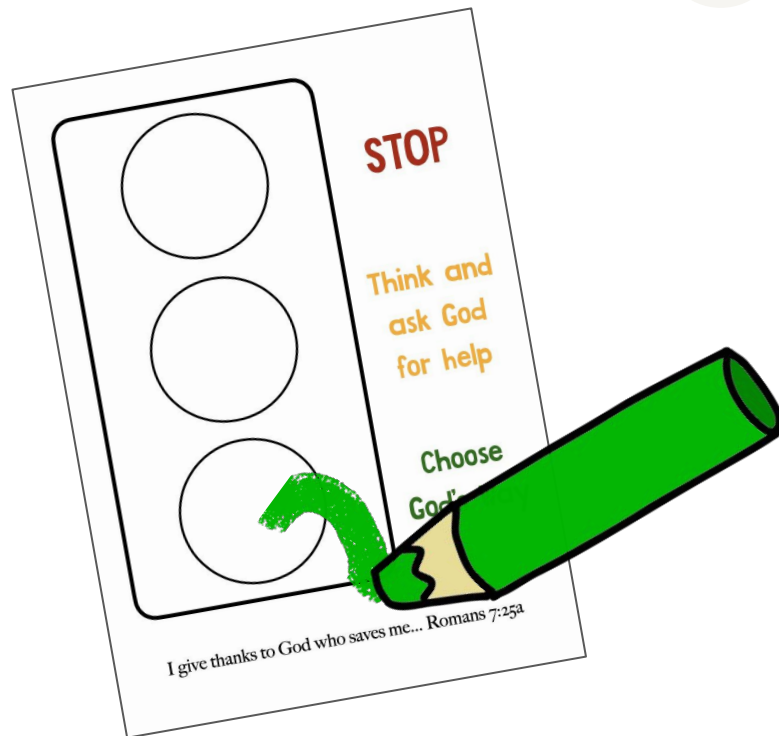
# Traffic Lights

## YOU'LL NEED...

- Printout of Worksheet #1
- Colouring pencils / Crayons (make sure there's red, green and yellow)
- Clipboards if needed

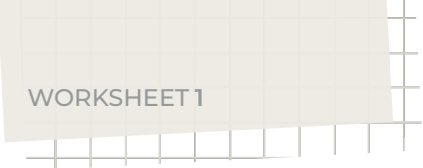
## STEPS

1. Handout the printout and pencils / crayons.
2. Get the children to colour in the traffic lights.
3. Ask the children:  
"What do we do when we see a red light?" (Stop!)  
"What do we do when we see a green light?" (Go!)
4. Say: "Traffic lights help keep us safe and show us what to do. God's rules are like a good guide for our lives. They show us how to love God and love others. But sometimes our hearts want to do things our own way instead."
5. **Red: Stop** - When we feel like doing something wrong, we can stop.  
**Yellow: Think** - We can think & ask God for help  
**Green: Choose God's Way** - God helps us choose what is right. We don't have to do it by ourselves, Jesus helps us!



## Link

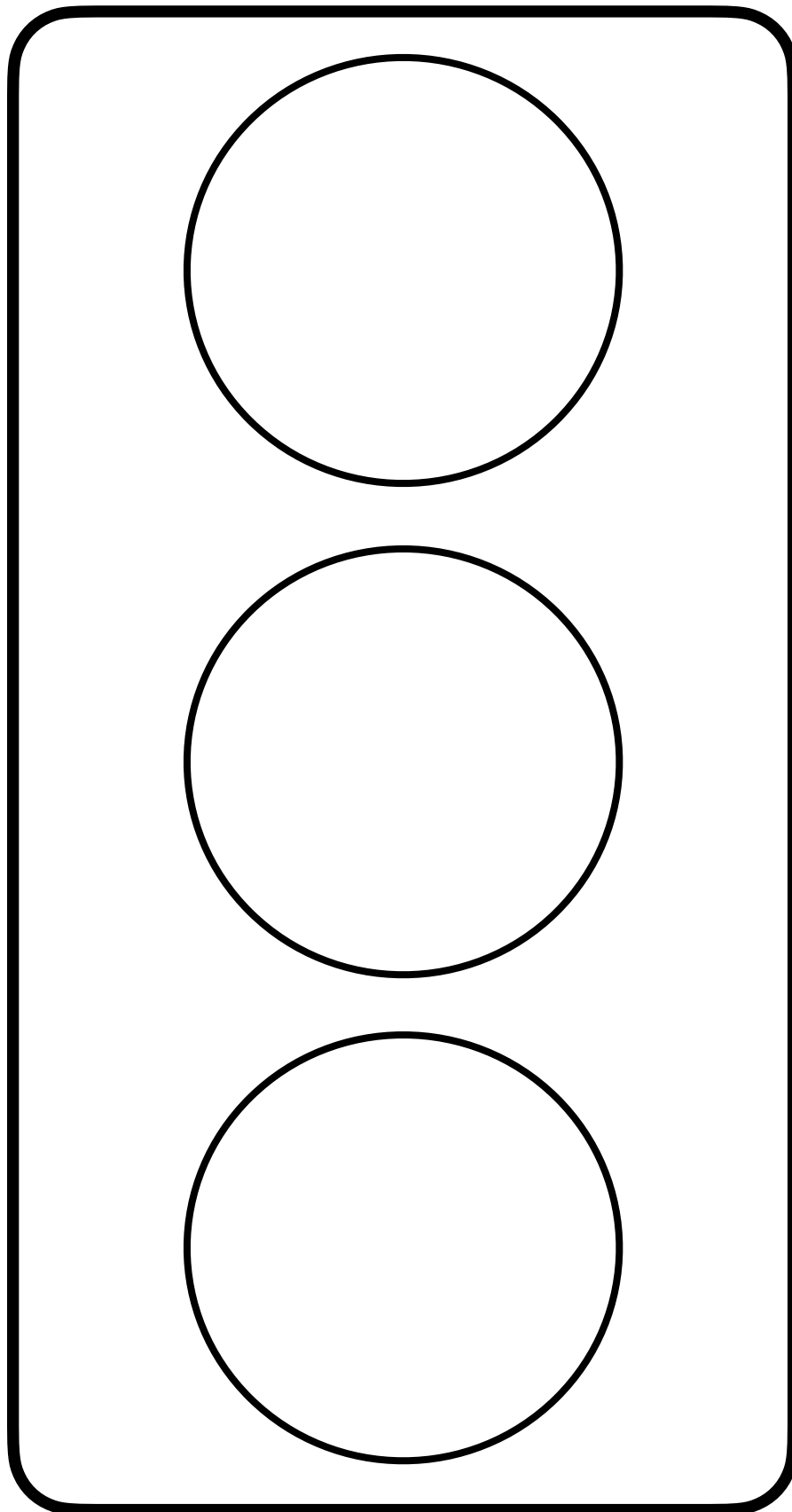
We need to remember to stop, think, and ask Jesus for help when we are tempted to make wrong choices. Jesus forgives us when we get it wrong and helps us make better choices.

A graphic in the top left corner consisting of a light beige rectangle with a grid pattern, partially overlapping a white grid background.

## WORKSHEET 1

The TRAFFIC LIGHTS printable can be found on the following page.





**STOP**

**Think and  
ask God  
for help**

**Choose  
God's Way**

I give thanks to God who saves me... Romans 7:25a

## Sharing

### YOU'LL NEED...

- Plastic cups
- Pom poms
- Tweezers

### STEPS

1. Using the plastic cups provided and the coloured pom poms, get the children to share out the pom poms into the cups.
2. OPTIONAL CHALLENGE: For those who are able to count, help them count out an equal amount in each cup.



### Link

*Sometimes sharing is hard. We all need Jesus to help us make good choices.*

# Wash away our Sins

## YOU'LL NEED...

- Paper towels
- Felt pens
- Bucket/dish of water

## STEPS

1. Show the children how the paper towel is blank and clean.
2. Then using some felt pens, draw on the paper towel. What you write or draw is not necessarily important, but rather use this to show there is now a mess on the paper towel. For older children you might like to brainstorm some bad behaviours or sins and write these on the towel.
3. Next, place the paper towel into the water. Swirl the water around it and show how the ink from the felt pens is being removed.
4. Pull the paper towel out of the water and reveal how it is now clean again.



## Link

*When we sin, our hearts need help. Jesus forgives us and helps us obey God.*

# Magnets & Paper Clips

## YOU'LL NEED...

- A strong magnet
- 15–20 paper clips
- Wooden block, pencil, or another non-magnetic object
- A tray or table

SERIES  
Romans

BIBLE FOCUS  
Romans 7:14-25

TOPIC  
The Law, Sin, and the Struggle

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## STEPS

1. Scatter the paper clips on the table.
2. Get one of the children to try pick up as many paper clips as possible using the wooden block or another non-magnetic object.
3. Give them 20–30 seconds to try. Ask: "Was that easy or hard?", "Why didn't it work?"
4. Now give them the magnet. Watch as the paper clips stick to the magnet immediately.
5. Let the other children have a turn.



Photo source: [play street museum](https://www.playstreetmuseum.org/)

Link

Trying to obey God without His help is a bit like trying to pick up the paper clips with the wooden block, it just doesn't work very well. But when we have Jesus, He gives us the help and strength we need to follow Him. We still make mistakes, but we don't have to struggle alone.

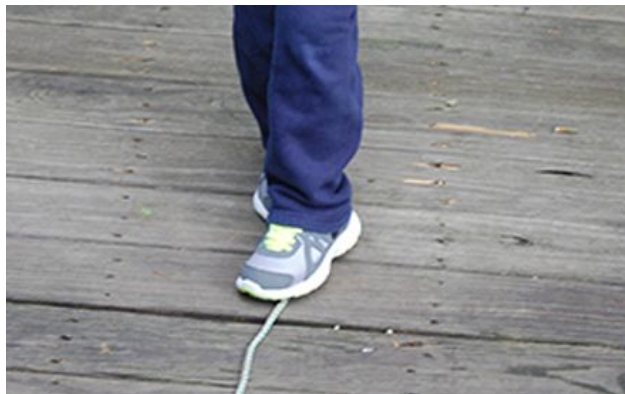
# Tightrope walking

## YOU'LL NEED...

- Masking Tape
- A Traffic Cone

## STEPS

1. Make a "tightrope" by placing the masking tape in a straight line on the floor.
2. Place the cone at the end of the masking tape.
3. One at a time get the children to focus on the cone, as they walk heel to toe on the tightrope.
4. After the kids are done focusing on the cone, remove the cone. Move yourself two to three feet to the right or left of the tightrope. Then ask each child to walk the tightrope again, focusing on you the entire time.
5. The children should recognize that it is easier to walk the tightrope when focused on the cone.
6. Ask the children, **Which of the two ways we walked the tightrope was the best way to get to the finish line?** It was easier to get to the end of the tightrope when we concentrated on the finish line. It was much harder to get to the finish when we were looking someplace else.
7. When our eyes are focused on where we are going, then it is easier for us to get there. As followers of Jesus we should try to be like Jesus, so our eyes should be focused on Jesus and what's above, heaven. (However, we might still struggle with staying on track!)



## Link

*God desires that we would turn away from sin and follow him. This means making sure our thoughts, words, and actions are mirrored on Jesus.*

## Group Challenge: Cup and String

### YOU'LL NEED...

- Plastic cup (4 children in each group)
- 5-7 plastic cups
- One rubber band (must fit around one of the cups)
- 4 pieces of string (approximately 60cms)

### STEPS

#### TO PREPARE:

1. Tie each piece of string to a rubber band (evenly spaced apart) - you will have what looks like a four-legged octopus
2. Supply each group with a large piece of paper, a pre-prepared octopus, and a stack of 5-7 cups.

#### AIM:

- Each group is to build a tower of cups by working together.
3. Have all cups face down on the piece of paper.
  4. Team members may not touch cups or the paper with their hands (or any other part of their bodies). This includes even if a cup tips over.
  5. Each person must hold on to one of the strings that is attached to the rubber band.
  6. The group can only use this rubber band octopus to pick up the cups and place them on top of each other (by pulling and releasing the strings on the rubber band to place around the cup)

#### Optional Extras:

7. To make more challenging, possibly face all the cups upright.
8. Alternatively, have some cups upright and other face down, or on their sides.
9. Another option: Use more cups (up to 10 per group) and have the kids work together to build a pyramid (5 for the base, 4 cups for the next row, etc.).



#### Link

*In this activity, we'll experience the wrestle with trying to get the cup to do what you want/where you want it to go. Similarly, there is an internal struggle in each of us and sometimes we feel torn or frustrated with our own actions or choices.*

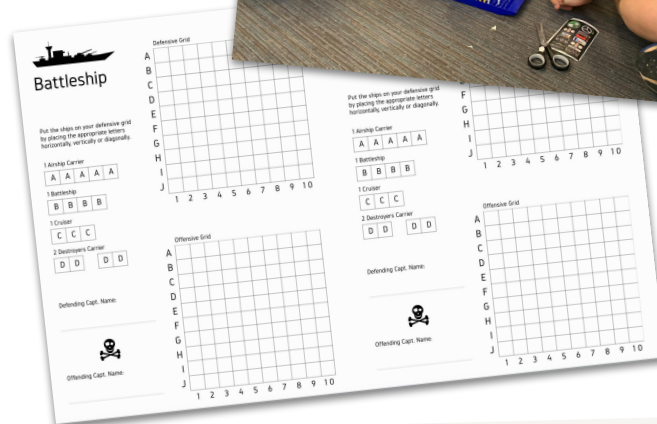
# Battleships

## YOU'LL NEED...

- Battleships (either boardgame style or paper version)  
(you can download free printable paper versions from website such as [paper-prints.com](http://paper-prints.com))

## STEPS

- Discuss what happens when we don't control the earthly desires (ie., anger leads to temper and rage and hurting others with our words or actions; lying leads to breaking down trust and relationships).
- Have children group in pairs and play a game of Battleships against each others.



Link

*There is an internal battle in us all to do what is right and resist sin. This game 'battleships' will remind us of how we must be vigilant and intentional to try not to fall in the trap of sin.*

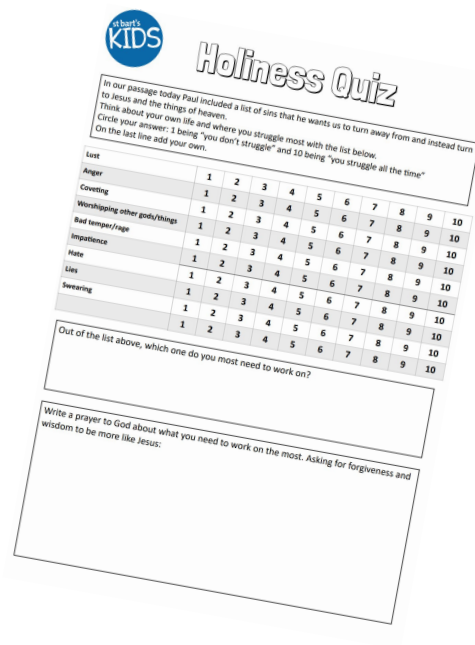
# Holiness Quiz

## YOU'LL NEED...

- Holiness quiz printout
- Clipboards
- Pencils

## STEPS

1. Handout the Holiness Quiz worksheet.
2. Get the children to fill it out, getting them to think about their own lives and where they struggle with the list of things Paul has listed in the 'not to do' list.



**stbarts KIDS**

## Holiness Quiz

In our passage today Paul included a list of sins that he wants us to turn away from and instead turn to Jesus and the things of heaven. Think about your own life and where you struggle most with the list below. Circle your answer: 1 being "you don't struggle" and 10 being "you struggle all the time". On the last line add your own.

|                               |   |   |   |   |   |   |   |   |   |    |
|-------------------------------|---|---|---|---|---|---|---|---|---|----|
| Lust                          | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Anger                         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Coveting                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Worshipping other gods/things | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Bad temper/rage               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Impatience                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Hate                          | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Lies                          | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Swearing                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Out of the list above, which one do you most need to work on?

Write a prayer to God about what you need to work on the most. Asking for forgiveness and wisdom to be more like Jesus:

Link

God desires that we would turn away from sin and follow him. This means making sure our thoughts, words, and actions are mirrored on Jesus.



# Holiness Quiz

In our passage today Paul included a list of sins that he wants us to turn away from and instead turn to Jesus and the things of heaven.

Think about your own life and where you struggle most with the list below.

Circle your answer: 1 being "you don't struggle" and 10 being "you struggle all the time"

On the last line add your own.

|                               |   |   |   |   |   |   |   |   |   |    |
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| Swearing                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Out of the list above, which one do you most need to work on?

Write a prayer to God about what you need to work on the most. Asking for forgiveness and wisdom to be more like Jesus:

# GAME: Red/Green Choices Memory

## YOU'LL NEED...

- 2 x Printout of Worksheet #2 (print, laminate, cut each picture square)

SERIES  
Romans

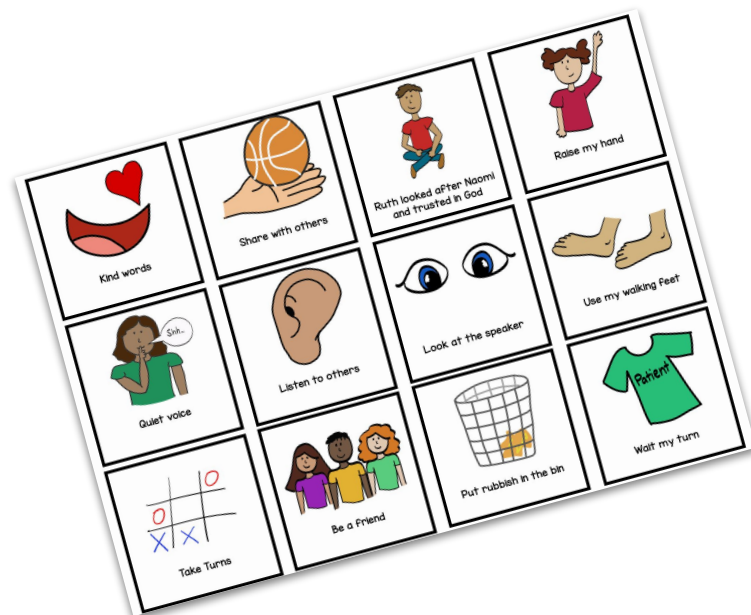
BIBLE FOCUS  
Romans 7:14-25

TOPIC  
The Law, Sin, and the Struggle

WEEK  
10

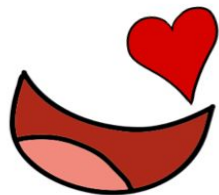
## STEPS

1. Lay both sets of the Red and Green Choices Cards face down in rows.
2. One at a time children turn over two cards, if they match they keep them.
3. If they don't match the cards are turned face down again and it's the next child's turn.
4. Keep playing until all cards have been matched.
5. Talk about the cards and decide if that's a green (Godly) behaviour or a red (Sinful) behaviour.
6. Ask the children: Is it always easy to make those good choices?



Link

God's rules are good. They help us. But our hearts still want to do the wrong thing sometimes. Jesus helps us choose what is right.



Kind words



Share with others



Ruth looked after Naomi  
and trusted in God



Raise my hand



Quiet voice



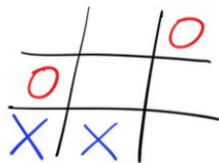
Listen to others



Look at the speaker



Use my walking feet



Take Turns



Be a friend



Put rubbish in the bin



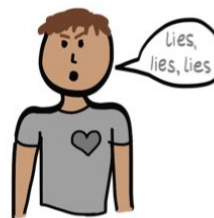
Wait my turn



Stay mad



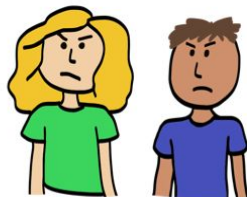
Break things



Telling lies



Make someone sad



Fighting with others



Leaving rubbish  
on the floor



Not sharing



Being mean



Saying bad words



Shouting



Hurting others



Not following directions

## GAME: The Struggle

### YOU'LL NEED...

- Large sheets stretchy lycra (big enough for everyone to sit around the edge)
- Ping pong balls (or similar. Pompoms would also work)

SERIES  
Romans

BIBLE FOCUS  
Romans 7:14-25

TOPIC  
The Law, Sin, and the Struggle

WEEK  
10

### STEPS

1. Have all the children sit around the edge of the lycra fabric. Everyone must be able to hold the fabric with two hands.
2. Go around and number the children A, B, A, B, etc. It doesn't matter if there are two A's next to each other really.
3. Explain that you are going to pop on some ping pong balls on the top of the lycra. The aim of this activity is for all of the As to try and keep the balls ON the fabric and for all of the Bs to try and bounce the balls OFF the fabric.
4. Outline some core rules - gentle bounces work better rather than tugs; be aware of body movements next to the people around you; don't let go of the fabric; and give a command word for when you want everyone to 'freeze'.



### Link

*In this game there will be a clear struggle amongst the group - symbolic of the struggle each of us has within, to try to do what is right.*