

EPWORTH WORSHIP TOGETHER,



This week's big idea

True freedom isn't about doing whatever we want — it's about choosing to love, be kind, and help others. When we use our freedom to make good choices, we grow in the Fruit of the Spirit and make the world a better place.



My brothers and sisters, God called you to be free. But don't use your freedom as an excuse to do whatever you want. Instead, serve each other with love." Galatians C 5 V13

Bible verse of the week

Exploring further

"Freedom in Action" Reflection Task

Answer this prompt :

"What is one way I can use my freedom today to show love, kindness, or patience to someone else?"

You can write or draw their answer. This helps link the concept of freedom with real-life choices.



Prayer of the week

Dear God,

Thank you for the gift of freedom. The freedom to speak, to choose and to grow. Help me use liberty wisely; to live with truth kindness and respect to other. Protect the rights of all people. Let no thought be shushed and no voice be silenced. Amen

(Sophia Barnes)



This week's worship song

God is Good

[God Is Good \(Official Lyric Video\) - Nick & Becky Drake \(Worship For Everyone\)](#)



This week's activity

"Freedom in Action" — Living Out the Fruit of the Spirit

Big Idea:

True freedom means choosing to love, be kind, and help others. We can use our freedom to live out the Fruit of the Spirit in everyday life.

Instructions:

Think about the **Fruit of the Spirit**:

Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, and Self-Control.

"How can I use my freedom today to show one of these Fruits of the Spirit to someone else?"

Write a short sentence.

For example:

"I will show *kindness* by including someone new at playtime."

"I will show *self-control* by staying calm when I feel annoyed."

Explore further at home



Big Idea:

We can use our freedom to make loving, kind, and thoughtful choices every day — at home, at school, and in our community.

Instructions for Children:

This week, try to show **one or more of the Fruit of the Spirit** at home.

Choose from:

Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, Self-Control

Write or draw about one time this week when you:

- Chose to be kind instead of arguing,
- Waited patiently,
- Helped someone,



Quote of the week

"The best way to find yourself is to lose yourself in the service of others."

— *Mahatma Gandhi*

Picture of the week

