



# the Parish of St. Dunstan

A CHILDREN'S CATECHISM TO ECHO GOD'S LOVE IN THE WORLD

PART III: Our Life

Lesson 31: I am Created to be free

This is a repeat-after-me prayer:  
**Strengthen me, O God,  
with your Holy Spirit;  
empower me for your service;  
and sustain me my whole life.  
In Jesus' name,  
Amen.**

I wonder what it means to be *free*.

## 1 God does not control us

Humans are not puppets. God does not force us to do things. God made us to be free. God asks for our **consent**. **Consent** means we give God permission to be in our lives. **Consent** means we say yes to God's way. We do not have to. We can choose things that hurt others. But we can also choose things that help others. We are all free to make a choice.

**I have put before you life and death. Choose life.** *Deuteronomy 30:19*

**Activity:** Decide which choice says "yes" to God and which choice says "no".

	"Yes, God"	"No, God"	
Asking for Help	Learning	Forcing	Healing
Helping	Sharing Peace	Protecting	Ignoring
Hurting	Loving	Hating	Forgiving

# 2 Sometimes we do not feel free

It is not easy choosing God's way. Sometimes we even feel like we are being controlled by something that does not let us choose God's way. Sometimes we cannot control our actions, or our words. Sometimes we do not feel free.

Paul writes, **"I know what it is right, but I cannot do it. Instead I do the bad things that I do not want to do. Who will help me be free from this?! Thank God for Jesus Christ.** *Romans 7:18-19, 24-25*

*Activity:* Think of a time when you hurt someone. Why did you do it?

# 3 Jesus came to free us

Jesus came to free us so that we can choose God's way. Wherever Jesus walked he discovered people who were not free.

They were not free to understand, so Jesus healed their eyes and their minds.

They were not free to walk in God's way, so Jesus healed their legs and their feet.

They were not free to live close to their neighbours, so Jesus healed their skin and their diseases.

They were not free to live happy, full lives, so Jesus raised them from the dead. Jesus came to free everyone!

*Activity:* Color this picture of Jesus making people free.

