



NEW TESTAMENT CHURCH OF GOD
JAMAICA

NATIONAL YOUTH & DISCIPLESHIP DEPARTMENT

YOUTH FELLOWSHIP CURRICULUM

LIVING LIBERATED



OCTOBER TO NOVEMBER 2025

Workbook 1: Ages 0-12 (Children)

- **The Foundation of Liberation**

- Week 1: I Am Set Free by Jesus
- Week 2: What Is My Jailer?
- Week 3: Jesus is My Liberator
- Week 4: My New Identity

Workbook 2: Ages 13-17 (Teens)

- **The Foundation of Liberation**

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Workbook 3: Ages 18-22 (Young Adults)

- **Living a Liberated Life**

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- Week 2: The Renewing of the Mind
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Workbook 4: Ages 23 and Older (Adults)

- **Living a Liberated Life**

- Week 1: A Life Unbound
- Week 2: The Transformed Mind
- Week 3: The Power to Overcome
- Week 4: Mentoring and Discipleship

Theme: Living LOUD – Liberated (Year 1)

Focus Passage: Romans 12:2 - "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

The National Youth and Discipleship Department exists to empower, equip, and lead the next generation into a vibrant, relationship with Jesus Christ, which engenders Holy Spirit-led service, preparing them to be lifelong disciples who serve and transform the Church and the nation of Jamaica for God's kingdom.

Our mission is to empower a generation of Liberated, Outspoken, Unction, and Determined youth to courageously live for Christ, cultivating a counter-cultural lifestyle of faith, demonstrating God's power through word and deed to every corner of Jamaica.

Our vision is to be the leading voice and example of Christian youth, whose unwavering commitment to the Gospel captivates their generation and establishes the New Testament Church of God as a beacon of truth and righteousness.

Workbook 1: Ages 0-12 (Children)

The Foundation of Liberation

Week 1: I Am Set Free by Jesus

Lesson Plan (60 minutes):

- Welcome & Icebreaker (10 mins):** Play "Trapped." Have a child be "it" and try to "trap" others by tagging them. When they are tagged, they have to freeze. The leader can "set them free" by tagging them back. After the game, ask children to share what they feel "trapped" by in real life (e.g., a rule, a chore, a bad habit). Explain that our choices can sometimes trap us, too.
- The Problem (10 mins):** Use the metaphor of a cage or jail. Explain that sin is like a cage that keeps us from God. We can't open the lock on our own. It separates us from Him and keeps us from being truly happy and free.
- The Bible (15 mins):** Read John 8:36. Explain that Jesus is the key who opens the cage. Show them an actual key and a lock if possible to make the visual connection. Share a simple story about a prisoner who was set free. Emphasize that Jesus paid the ultimate price to set us free from the cage of sin.
- The Solution (Application) (10 mins):** Reinforce that by trusting in Jesus, we are set free. This means we are no longer slaves to sin, but free to obey God and live a life that pleases Him.
- Activity (15 mins):** "Freedom Cage" craft. Have children draw or write on paper strips things that can keep them from God (e.g., disobedience, lying). Let them put the strips in a paper cage and then dramatically tear the cage apart to symbolize Jesus setting them free.
- Discussion (5 mins):** Ask, "How does it feel to be free from a rule? How much better is it to be free from sin because of Jesus?"

Week 2: What Is My Jailer?

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (10 mins):** Play "Yes or No." The leader makes a statement, and the children have to respond with "yes" or "no." Include some silly ones and some about right and wrong (e.g., "Is it okay to steal a cookie?").
2. **The Problem (10 mins):** Explain that sin, which is the "jailer," wasn't always a problem. It came into the world because of one bad choice. Before that, everything was perfect.
3. **The Bible (15 mins):** Tell the story of Adam and Eve from Genesis 3:1-13 in simple language. Emphasize that their disobedience was the first sin, and it made all of humanity a prisoner to sin. Explain how sin is like a heavy chain that we carry.
4. **The Solution (Application) (10 mins):** Teach them that the first step to freedom is recognizing that sin is the "jailer" and admitting that we are a prisoner to it. We need God to help us. We can't break the chains on our own.
5. **Activity (15 mins):** "Follow the Leader" game. After playing, discuss how we can be easily led to do something we know is wrong. Relate this back to sin. You can also use a real chain or rope to demonstrate how sin can bind us.
6. **Discussion (5 mins):** Ask, "What is sin? How does sin make us feel? (e.g., guilty, sad, afraid)."

Week 3: Jesus is My Liberator

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (10 mins):** Ask children to name their favorite superhero and what makes them a hero. Why is a hero so important?
2. **The Problem (10 mins):** Remind them that sin is a powerful jailer that we can't defeat alone. We need a real superhero to save us. No human superhero is strong enough to defeat sin and death.
3. **The Bible (15 mins):** Read John 3:16. Present Jesus as the ultimate superhero. Explain that He came, lived a perfect life, and willingly took the punishment for our sins by dying on the cross. His resurrection proves His power over sin and death, making Him our ultimate Liberator.
4. **The Solution (Application) (10 mins):** Explain that we are set free by simply believing in and accepting Jesus as our Liberator. His sacrifice is the price paid for our freedom, and we can be saved just by trusting in Him.
5. **Activity (15 mins):** Provide paper and crayons. Have children draw a picture of Jesus as a superhero. Ask them to write or draw one thing Jesus has saved them from on the picture. Play a worship song about Jesus being a hero while they are drawing.
6. **Discussion (5 mins):** Ask, "Why did Jesus have to die for us? What does it mean to be saved? Why is Jesus the only one who could be our Liberator?"

Week 4: My New Identity

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (10 mins):** Have children share something they are good at. Then ask them if they ever feel bad when they make a mistake.
2. **The Problem (10 mins):** Discuss how our mistakes and past sins can make us feel bad about ourselves. The devil wants us to believe our past defines us. He wants us to remember the bad things we've done and think that's who we are.
3. **The Bible (15 mins):** Read 2 Corinthians 5:17. Explain that when we are in Christ, we are not the same person we used to be. The "old things" (the sin and bad choices) are gone, and we are made "new." We get a clean slate.
4. **The Solution (Application) (10 mins):** Teach them that our identity is no longer "sinner," but "child of God." This is the best identity we could ever have, and we should live like it, with new attitudes and actions.
5. **Activity (15 mins):** Create "new creation" passports or ID cards. Give each child a template and have them fill in their new identity, like "Child of God," and a picture of what a "new creation" looks like. They can also list some new "actions" or "attitudes" on the ID card.
6. **Discussion (5 mins):** Ask, "What does it mean to be a new creation? How should we act now that we are new? What are some new 'good choices' we can make?"

Workbook 2: Ages 13-17 (Teens)

The Foundation of Liberation

Week 1: Living Liberated in a Conformed World

Lesson Plan (60 minutes):

- Welcome & Icebreaker (15 mins):** Play "Two Truths and a Lie" about social pressures. Have teens share three statements about a trend (e.g., "This trend is really popular," "This trend is harmless," "I feel pressured to follow this trend"), and the group has to guess the lie.
- The Problem (10 mins):** Discuss the lie of worldly conformity. Explain that it promises belonging and acceptance, but it often leads to anxiety, comparison, and a loss of who you really are. This is a form of spiritual bondage.
- The Bible (15 mins):** Read Romans 12:2. Break down the verse: "conformed" vs. "transformed," and "this world" vs. "the renewing of your mind." Explain that transformation is a purposeful decision to stand out for God. Discuss what "LOUD" means in this context—not arrogant, but standing out for the right reasons.
- The Solution (Application) (10 mins):** Emphasize that being "LOUD" means making choices that are different from the crowd. This includes a choice to be kind when others are not, to stand for truth, and to remain pure. This is where true freedom is found.
- Activity (15 mins):** Show a popular social media clip or a song lyric. Have a group discussion on how a Christian perspective would differ. Discuss how to respond in a loving, non-judgmental way to peers who are conforming.
- Discussion (5 mins):** Ask, "How is being 'liberated' different from just doing whatever you want? What are some small ways you can be 'LOUD' at school or with friends this week?"

Week 2: The Binding of Sin

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Share a short story or movie plot where a character is enslaved or trapped. Ask the teens to identify how the character became trapped and how they were freed.
2. **The Problem (10 mins):** Explain that sin is more than just a bad action; it's a spiritual force that binds and enslaves. It promises pleasure but delivers guilt, secrecy, and addiction.
3. **The Bible (15 mins):** Read Romans 6:23 and Genesis 3. Explain that sin's power was introduced in the Garden of Eden and that every person since has been born into this bondage. The "wages" of this bondage is death.
4. **The Solution (Application) (10 mins):** To be liberated, we must first recognize that sin has power over us and that we can't save ourselves. The first step to freedom is confessing and repenting, running to God instead of hiding from Him.
5. **Activity (15 mins):** Role-play scenarios where a character is bound by a specific sin (e.g., gossip, laziness, anger). Have the group discuss how to apply a biblical solution to break free. You can also use a visual aid like a chain to demonstrate the binding power of sin.
6. **Discussion (5 mins):** Ask, "What are some of the 'chains' of sin that you see in your life or the lives of those around you? Why do people fall for the lie that sin is freedom?"

Week 3: The Savior Who Sets Us Free

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Have teens talk about a time they felt trapped or afraid of something and how they were eventually released from that fear.
2. **The Problem (10 mins):** The binding of sin leads to the fear of death, which is the ultimate form of bondage. This fear keeps us from living fully for God and from sharing the Gospel with others.
3. **The Bible (15 mins):** Read Hebrews 2:14-15. Explain that Jesus became human specifically to break the power of death and the devil. His death was the perfect sacrifice, and His resurrection proved His victory over both sin and death.
4. **The Solution (Application) (10 mins):** We are now free from the fear of death. The application is to live a life of freedom, knowing our eternal destiny is secure in Christ. This gives us the courage to be "LOUD" and share the Gospel with others.
5. **Activity (15 mins):** Discuss a Bible character who was physically or spiritually liberated by God (e.g., Peter in Acts 12, the woman with the issue of blood in Mark 5). Have the teens create a short skit or drama to show how this freedom was demonstrated.
6. **Discussion (5 mins):** Ask, "If Jesus has set you free, what do you no longer have to be afraid of? What are some ways you can be courageous for Christ?"

Week 4: Our New Life and Purpose

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Ask teens to share something they are really good at. Connect this to the idea of being created with a purpose.
2. **The Problem (10 mins):** Some Christians think their purpose is just to avoid sin and get into heaven. This leads to a passive, unfulfilling faith.
3. **The Bible (15 mins):** Read Ephesians 2:8-10. Emphasize verse 10: "we are His workmanship, created in Christ Jesus for good works..." We are not just saved *from* something, but saved *for* something.
4. **The Solution (Application) (10 mins):** Our new identity as "God's workmanship" means we are specially designed for a purpose. The application is to actively seek out and participate in the good works God has prepared for us. This is how we live a "LOUD" and purposeful life.
5. **Activity (15 mins):** Have teens brainstorm ways they can be "LOUD" for Christ in their schools or communities (e.g., starting a prayer group, being a kind friend to someone who is hurting, etc.). Have them choose one and commit to it for the week.
6. **Discussion (5 mins):** Ask, "What does it mean to be God's 'workmanship'? How can we use our freedom to serve others?"

Workbook 3: Ages 18-22 (Young Adults)

Living a Liberated Life

Week 1: The Liberated Lifestyle

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Ask young adults to share a trend they've seen in their age group that they feel pressured to follow.
2. **The Problem (10 mins):** Discuss the "do whatever you want" lie of worldly freedom. Explain that this often leads to a different kind of bondage—to sin, materialism, and selfish desires.
3. **The Bible (15 mins):** Read 1 Corinthians 6:19-20. Break down the idea that our bodies are a temple, and that we are not our own. We were bought at a price by Christ's sacrifice.
4. **The Solution (Application) (10 mins):** True freedom is the ability to choose to glorify God in every area of our lives. Discuss what it means to be "set apart" in relationships, career, finances, and entertainment. Living "LOUD" means making choices that honour God, even when they go against the grain.
5. **Activity (15 mins):** In small groups, discuss a common "conforming" pressure (e.g., "hookup culture," chasing materialism). Have them brainstorm biblical principles that would apply to those situations and create a short guide for their peers.
6. **Discussion (5 mins):** Ask, "What does it mean to 'glorify God in your body'? How can we live a 'LOUD' lifestyle in our workplaces or universities?"

Week 2: The Renewing of the Mind

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Ask young adults to share a book or movie that significantly shaped their thinking, for better or for worse.
2. **The Problem (10 mins):** Our minds are constantly under attack from worldly influences. If our thinking is not renewed, our actions will not be transformed.
3. **The Bible (15 mins):** Read Philippians 4:8. Challenge them to think about what they are consuming. Are they filling their minds with things that are true, noble, and pure? Or are they filling them with garbage?
4. **The Solution (Application) (10 mins):** The renewal of the mind is a conscious, daily decision. It requires actively replacing worldly thoughts with biblical ones through meditation on God's Word, prayer, and worship. When our minds are renewed, our actions will follow.
5. **Activity (15 mins):** Encourage participants to take a "digital detox" challenge for the week or start a "thought journal." Have them commit to replacing an hour of social media with time in the Word. Discuss the importance of a prayer life in this process.
6. **Discussion (5 mins):** Ask, "What are some specific things you can do to 'take every thought captive'? How does renewing your mind help you avoid conforming to the world?"

Week 3: Overcoming with Christ

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Ask for a show of hands of who has ever tried to fight a bad habit on their own and failed. Discuss the feeling of defeat.
2. **The Problem (10 mins):** A liberated life is not free from temptation, but it is free from the bondage of sin. If we try to fight temptation in our own strength, we will fail.
3. **The Bible (15 mins):** Read 1 Corinthians 10:13. Explain that God is faithful and always provides a way out of temptation. We are not left to fight alone.
4. **The Solution (Application) (10 mins):** The application is to use the spiritual disciplines of prayer, fasting, and biblical study as tools for overcoming. We must rely on the Holy Spirit's anointing (the "U" in LOUD) to give us the strength to choose righteousness over sin.
5. **Activity (15 mins):** Create a resource sheet with practical tips for overcoming common temptations for this age group. Spend time in small groups praying for one another over specific struggles.
6. **Discussion (5 mins):** Ask, "How has God given you the strength to overcome a trial in the past? What does it mean to be 'under the anointing' in your daily life?"

Week 4: The Outspoken Witness

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Ask for volunteers to share a short, simple testimony of how Jesus changed their life.
2. **The Problem (10 mins):** The greatest liberation is a life set free from sin and death. This truth cannot be kept silent. The world is full of people still in bondage because they have never heard the truth.
3. **The Bible (15 mins):** Read Matthew 28:19-20. Explain that being "outspoken" is not a suggestion but a command—it's the Great Commission. True liberation leads to a desire to share that freedom with others.
4. **The Solution (Application) (10 mins):** The application is to be a witness. This means living a life that reflects Christ and being ready to share a simple testimony of how He liberated you. We are called to be "LOUD" in our words and actions, sharing the Gospel in our workplaces, schools, and communities.
5. **Activity (15 mins):** Have young adults practice giving a simple 60-second testimony of how Jesus liberated them. Have them share in pairs and give each other feedback.
6. **Discussion (5 mins):** Ask, "What are some fears or barriers to sharing your faith? How can we be 'LOUD' in sharing the Gospel in a loving and effective way?"

Workbook 4: Ages 23 and Older (Adults)

October - Living a Liberated Life

Week 1: A Life Unbound

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Ask adults to share a time they felt "stuck" or "trapped" by a bad habit, a job, or a relationship.
2. **The Problem (10 mins):** Explain that even as adults, we can fall back into a form of bondage by living by self-imposed rules or conforming to adult pressures (e.g., career milestones, social expectations).
3. **The Bible (15 mins):** Read Galatians 5:1. Emphasize that the freedom Christ gives us is not a license to sin, but the power to live a life of righteousness and obedience.
4. **The Solution (Application) (10 mins):** Living a life "unbound" means we are free to live for God in every area of our lives. The application is to examine our lives and ask, "Where am I still in bondage?" and intentionally choose to walk in the freedom Christ has given us, modeling this for our families and community.
5. **Activity (15 mins):** Small group discussion: share a time when you felt bound by something and how God set you free. Have them discuss how they can mentor others who are struggling with similar issues.
6. **Discussion (5 mins):** Ask, "In what ways do we still try to put ourselves back into bondage? How does being liberated impact our relationships and careers?"

Week 2: The Transformed Mind

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Ask adults to share a belief they held in the past that has changed over time.
2. **The Problem (10 mins):** As adults, our minds have been shaped by a lifetime of worldly influences. We can carry old ways of thinking into our roles as parents, spouses, and leaders.
3. **The Bible (15 mins):** Read Philippians 4:8 and Colossians 3:1-2. Explain that the renewal of the mind is a continuous process that involves actively setting our minds on things above and consuming things that are true, noble, and pure.
4. **The Solution (Application) (10 mins):** We are called to be mature in our thinking. This means applying biblical principles to all aspects of our adult lives: parenting, leadership, and financial stewardship. We use God's Word to make decisions that honour Him.
5. **Activity (15 mins):** Review a short case study of a real-world ethical dilemma (e.g., a workplace situation) and discuss how a transformed mind would approach it. Have them brainstorm ways to apply these principles in their specific fields.
6. **Discussion (5 mins):** Ask, "How does our mindset influence our decisions as leaders, parents, and members of the community?"

Week 3: The Power to Overcome

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Ask adults to share a recent challenge they've faced.
2. **The Problem (10 mins):** Life as an adult is full of challenges. If we try to deal with them in our own strength, we will be overwhelmed and defeated.
3. **The Bible (15 mins):** Read John 16:33. Remind them that Jesus promised that we would have tribulation, but also that He has overcome the world. We are not promised a life without trouble, but we are promised victory through Christ.
4. **The Solution (Application) (10 mins):** We must rely on the Holy Spirit's power (the "U" in LOUD) to face and overcome life's trials. The application is to actively seek the Holy Spirit through prayer, worship, and fellowship, allowing His strength to work through us.
5. **Activity (15 mins):** Small group prayer and testimony session focused on overcoming a specific challenge. Encourage them to share a time when they were able to overcome a trial through prayer or faith.
6. **Discussion (5 mins):** Ask, "How has God given you the strength to overcome a trial in the past? What does it mean to be 'under the anointing' in your daily life?"

Week 4: Mentoring and Discipleship

Lesson Plan (60 minutes):

1. **Welcome & Icebreaker (15 mins):** Ask adults to think about a spiritual mentor they've had in their life. What qualities did that person have that made them a good mentor?
2. **The Problem (10 mins):** A mature, liberated faith is not a destination; it's a foundation for leading others. The next generation needs to see living examples of Christ-like leadership.
3. **The Bible (15 mins):** Read 2 Timothy 2:2. Emphasize the clear pattern of discipleship from one generation to the next.
4. **The Solution (Application) (10 mins):** Our role as mature adults is to model the liberated life and to intentionally invest in younger believers. We are called to be "outspoken" in our guidance and to mentor others, helping them find the same freedom in Christ.
5. **Activity (15 mins):** Break into intergenerational groups (if possible) and have the adults share their testimonies with the younger age groups. If not possible, have them discuss who they can mentor in their own lives (e.g., children, younger family members, new believers).
6. **Discussion (5 mins):** Ask, "Who are you currently discipling or mentoring? What are some practical steps you can take to become a more effective spiritual leader?"

NOTES

YOUTH FELLOWSHIP CURRICULIM OCT. - NOV. 25



This workbook series, "Living LOUD – Liberated," is a dynamic and essential guide for youth and young adults on their spiritual journey. Rooted in the powerful message of Romans 12:2, this series challenges every believer to reject worldly conformity and embrace a life of authentic freedom in Christ.

Through engaging lessons, relevant activities, and thought-provoking discussions, we explore what it truly means to be set free from the bondage of sin and discover our new identity as God's workmanship. From understanding the "binding of sin" to embracing our purpose as an "outspoken witness," each page is designed to ignite a passion for a liberated life—a life that is Liberated, Outspoken, Under the anointing, and Discerning.

Whether you are a child just learning about Jesus as your Liberator, a teen navigating social pressures, or an adult seeking to live a life unbound by worldly expectations, this workbook is your tool for transformation. It's time to stop living quietly and start Living LOUD.