



## Sofia Chooses a New Way

Sofia was a girl who tried very hard to be good. She wanted to obey her parents, be kind to her friends, and follow Jesus. But some days, she didn't feel like the girl she wanted to be. Some days, she snapped at her little brother or told small lies to avoid trouble. At first, those choices seemed tiny.

When Sofia rolled her eyes at her mom, she told herself it wasn't a big deal. When she copied homework from a friend because she forgot to do it, she shrugged it off. Each choice bent her heart just a little. She didn't notice that small bends, left alone, can turn into big breaks.

Slowly, those small compromises became habits. It got easier to hide mistakes than to admit them. It felt simpler to blame someone else than to take responsibility. Without realizing it, Sofia was letting sin grow roots in her heart. Sin always begins as a whisper, but it does not stay small.



For Sofia, it looked like pretending. She smiled at church but felt distant inside. She said sorry quickly, but didn't really mean it. She pushed away the gentle nudge in her conscience that told her to make things right. The more she ignored that voice, the quieter it became.

Soon, she felt restless and frustrated. She was more irritable with her friends and less patient at home. The joy she once felt in prayer seemed harder to find. It wasn't that she stopped believing in God. It was that she had slowly begun choosing her way instead of His.

By the end of the month, Sofia felt tired of herself. She didn't like the way she reacted or the habits she had formed. Sin had promised convenience, but it left her empty. She realized that when she kept holding tightly to her own will, she was drifting farther from the life she truly wanted.

One evening, after arguing with her best friend and lying about it to her parents, Sofia sat alone on her bed. She felt the weight of her choices. For the first time, she didn't make excuses. She admitted the truth: she needed to let go of the selfish ways.

Sofia remembered a verse she had learned: "Those who lose their life for My sake will find it." She began to understand it. To find new life, she would have to let go of her old habits. She would have to release her pride and trust God more than herself.

She knelt beside her bed and prayed, "Jesus, I've been choosing my way instead of Yours. I don't want selfishness to rule me. Help me let go of what's pulling me away from You." She didn't just say sorry. She asked for strength to change.

The next day, Sofia did something hard. She told her mom the truth about the homework. She apologized sincerely to her friend. Each confession felt uncomfortable, like opening her hands after gripping something too tightly. But with each step, her heart felt lighter.

When temptation returned, she paused before reacting. She chose the virtue of patience instead of snapping. She chose the virtue of honesty instead of hiding. It wasn't perfect, and it wasn't easy. But each time she let go of her selfish impulse, something stronger grew in its place.

Choosing virtue didn't make Sofia's life smaller; it made it fuller. She felt closer to God and freer inside. She realized that letting go of her old ways wasn't about losing who she was. It was about becoming who she was created to be.

Sofia learned that sin slowly pulls the heart away from life, but surrender brings it back. When she released her grip on selfishness and let Christ lead her, she discovered something beautiful. In letting go of self, she found true life in Him. And in that new life, she was made new.

## Simple Reflection Questions (5 Minutes)

Ask the kids these three questions to get them thinking:

- 1. The "Feeling" Question:** How did Sofia feel when she kept making small wrong choices? *(Answers: Restless, frustrated, distant from God, tired, heavy)*
- 2. The "Warning" Question:** What were the small "bends" that slowly changed Sofia's heart? *(Answers: Eye-rolling, lying, blaming, pretending to be sorry, etc.)*
- 3. The "Grace" Question:** What changed when Sofia told the truth and asked Jesus to help her change?

## The "Tight Grip vs. Letting Go" Exercise (4 Minutes)

This is a physical way to show the difference between holding tight and letting go.

**Step 1 (The Tight Grip):** Have everyone clench their fists tightly. Tell them: "This is what it looks like when we hold onto selfish habits. We grip tightly to our own way. It feels stubborn and heavy." Ask them to hold it tight for a few seconds.

**Step 2 (Open Hands):** Now have everyone slowly relax and open their hands with palms up. Tell them: "This is surrender. When we let go of selfishness and choose God's way, our heart becomes lighter. We have to open our heart to God's grace."

## The "Help Me Choose Your Way" Prayer (2 Minutes)

Have the kids close their eyes and repeat after you:

Dear God,

- Sometimes I choose my way instead of Yours.
- Forgive me for my selfish choices.
- Help me tell the truth.
- Help me be patient and kind.
- Give me the strength to follow Your ways.

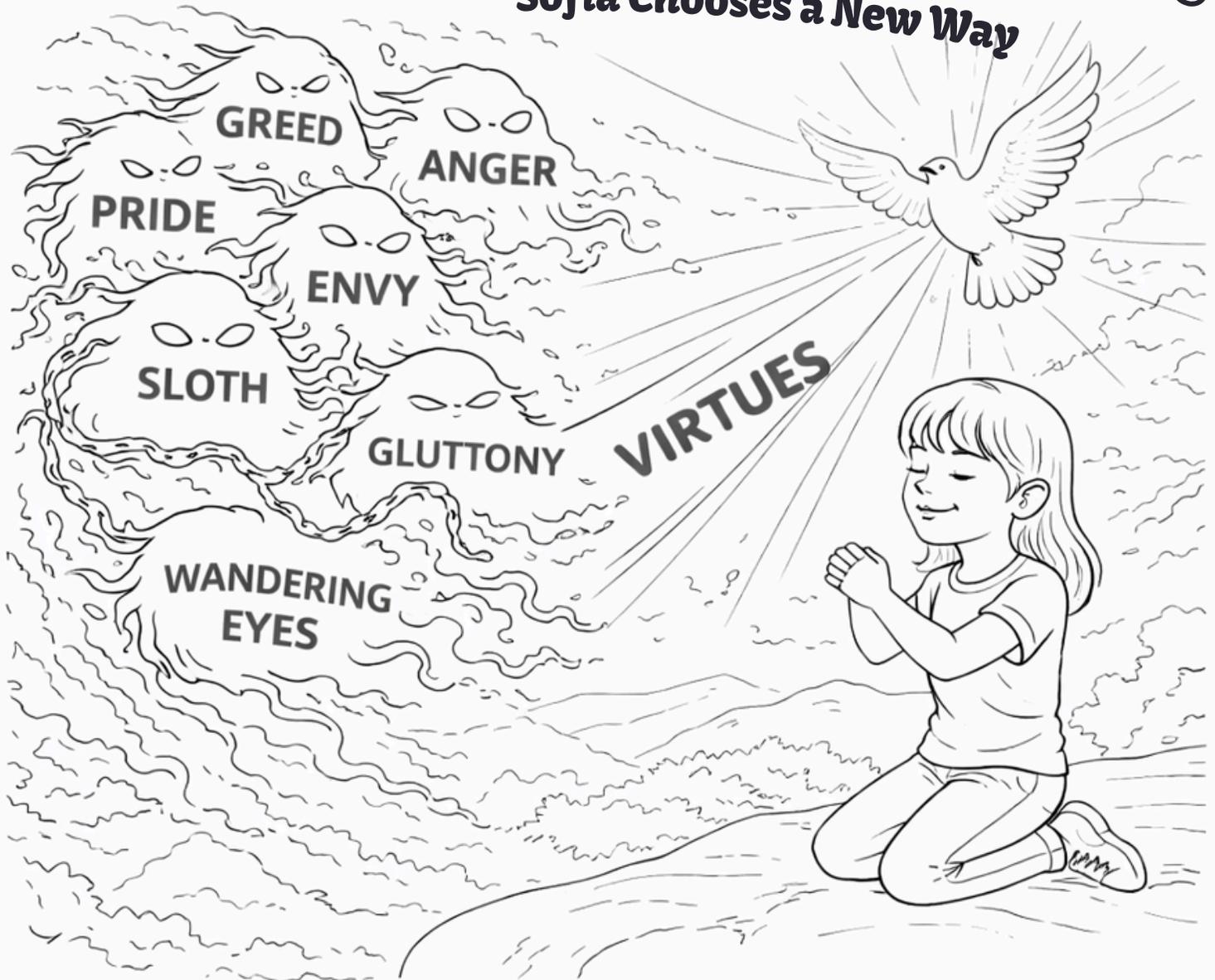
Amen.

## Fun Extras:

- **Coloring Page:** Give the kids time to color and fill in the page on the back
- **Virtue over Vice:** Talk through the examples at the bottom of the coloring page. Try to relate them to real-life situations you've encountered recently. This is a great way to connect the lesson to everyday life and gently challenge growth.

# CHOOSE VIRTUE OVER VICE!

**Sofia Chooses a New Way**



**Circle what it looks like to choose virtue over vice**

Lying so you don't get in trouble — or — Telling the truth, even when it's scary

Thinking about how you can serve others — or — Thinking only about yourself

Giving up when you fail — or — Trying again with God's help

Holding onto anger — or — Forgiving and moving forward

Taking time to pray and thank God each day — or — Ignoring prayer and God when life is busy

Staying stuck in your old habits — or — Asking Jesus to help you grow