

STUDENTS



FREEDA HARRIS

LESSON PLAN



Student Lesson Plan: Freeda Harris Baptist Center

A resource in the 2026 EBO Curriculum series

Theme: Fill the Gap

Theme Scripture: Ephesians 4:15-16

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Project Leadership

Executive Director-Treasurer

Liz Encinia D. S. L.

Curriculum Project Coordinator

Darcy Jo Porter

Curriculum Development

Lead Writer

Sarah Watkins

Student Missions Strategist, & Age-Level

Review

Charity Taylor

Editorial & Design

Managing Editor, Copy Editor, Creative
Director, & Graphic Design/Layout

Darcy Jo Porter

Proofreaders

Charity Taylor, Ella Wilkins, Angie Brown

Biblical & Theological Review

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Ella Wilkins MDiv., Charity Taylor, MDiv.

Our Contributors

SARAH WATKINS

Sarah Watkins is an educator at Corbin Independent Schools and is actively involved in KentuckyWMU, where she serves on the Executive Board and as Finance Committee Chair. She is also the Assistant WMU Director for the Knox Association of Baptists. She enjoys serving alongside her husband, Josh, and their son, Boone, a third grader who already loves being part of mission opportunities. Sarah attends First Baptist Church Artemus and lives in Barbourville, Kentucky.

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Scripture Quotations

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LEADER HELPS & RESOURCES

The following is meant to provide background for you as you prepare to lead the lesson. To prepare your heart to teach, make sure to Read the Leader Devotion Page beforehand.

Key Scripture(s): Ephesians 4:15-16

Biblical Background

When Paul wrote the letter to the Ephesians, he was likely a prisoner in Rome, writing to a city that was a massive melting pot of cultures, religions, and social classes. Ephesus was home to the Temple of Artemis, one of the seven wonders of the ancient world, and the culture was steeped in individualism and idol worship. For the early Christians there, the idea of "unity" was revolutionary. They were coming from backgrounds where people were divided by ethnicity, status, and gender.

Scripture Insights & Teaching Anchors

Paul explains that God provides specific spiritual gifts not for personal status, but to "equip" every believer for a shared mission. He uses the metaphor of a human body to show that spiritual maturity is a collective effort: the body only functions when it remains connected to its "Head," Jesus, and when every "joint" and "ligament" fulfills its specific role. We have a radical call as believers to "fill the gaps" for one another, and if even one part of the body remains inactive or disconnected, the church is hindered.

Practical Note:

- The ministry of the Freeda Harris Baptist Center often serves families facing extreme poverty and food insecurity. Be mindful that students in your own group may be experiencing the same "gaps", such as not having adequate clothing, shoes, or stable food sources. If a student discloses personal trauma related to poverty or neglect, follow your church's confidentiality and mandated reporting policies immediately. Ensure you have resources ready for local assistance if a student expresses an immediate need. If necessary, you may use the following script:
 - Thank you for trusting us. Let's pause and step to a quiet place so we can sit with you and make sure you have the time, care, and support you need."

GO DEEPER

Have more time for prep or want to know more? You can use these passages for personal study before teaching. For Best results, try to choose at least 1-2 from each theme.

A. THE BODY WORKING TOGETHER

- **Ephesians 4:1-16** - Unity, spiritual gifts, and the body building itself up.
- **1 Corinthians 12:12-27** - A detailed breakdown of how every member of the body is necessary, especially the "weaker" or "less honorable" parts
- **Romans 12:3-8** - An exhortation to use diverse gifts in proportion to faith for the benefit of the whole.

B. STANDING IN THE GAP

- **Ezekiel 22:30** - God's search for one person to stand in the gap on behalf of the land.
- **Isaiah 58:6-12** - The true heart of service and the promise of being called a "Repairer of Broken Walls."
- **Psalms 106:23** - A historical reminder of Moses "standing in the breach" to turn away God's wrath through intercession.

C. GOD FILLING OUR GAPS

- **2 Corinthians 12:7-10** - How God's power is made perfect in our weakness and "cracks."
- **Philippians 4:19** - The promise that God will supply every need according to His riches.
- **Psalms 147:3** - God's heart for the broken- healing wounds and "binding up" the gaps in the brokenhearted.

D. THE CALL TO ACTION

- **Galatians 6:2** - Bearing one another's burdens as a way to fulfill the law of Christ.
- **Matthew 25:34-40** - Jesus identifies Himself with the "gap" in the lives of the hungry, thirsty, and naked.
- **Acts 4:32-35** - A picture of the early church where "there was not a needy person among them" because the community filled every gap.

LEADER DEVOTION

Read: Ephesians 4:15-16

"Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love."

As we meditate on the theme "Fill the Gap" for the 2026 EBO Week of Prayer, you as a leader are positioned by God to be a "gap-filler." In your group, there are students who feel like the missing pieces- broken, overlooked, or disconnected from the whole. Paul's message to the Ephesians is a reminder that spiritual maturity is never a solo project. The Body of Christ only reaches its full potential when "every joint with which it is equipped" is active and working.

The "gap" in a body occurs when a joint is stiff, a ligament is torn, or a member is isolated. Paul argues that Christ is the Head who provides the life-force, but the growth of the body depends on the connections between the members. When we choose to stay disconnected or remain silent, we leave a gap that prevents the entire body from building itself up. Filling the gap isn't about being the most talented person in the room; it is about being a "joint" that is properly equipped and willing to work. When every part functions as intended, the gaps are closed, and the body reflects the wholeness of Christ.

Reflect:

Where is the "gap" in my own heart that I'm trying to fill with things other than God's grace? How am I modeling to my students that their unique "crack" is where God's grace shines brightest?

Meditate:

(Scripture-focused only – we fill our minds with God's Word, not empty them.)

- The Personal Gap: Where is the "gap" in my own heart today? Am I trying to fill my own brokenness with my performance as a leader rather than resting in the grace of Christ, the Head?
- The Ministry Gap: Which student in my group seems to be "un-joined" from the rest? How can I help them see that their specific "part" is essential for our group to grow?
- The Growth: Do I truly believe that the body cannot grow "in every way" unless every part is working? How does that change the way I view the "difficult" or "quiet" students in my class?

Pray:

"Lord, thank You for the broken pieces of my life. Fill the gaps with Your grace so that I may help complete the picture of Your kingdom in Kentucky."

2026 ELIZA BROADUS OFFERING® FOR STATE MISSIONS

STUDENT MISSION STUDY

SESSION GOALS

The goal of this session is to move students from a conceptual understanding of "filling the gap" to a practical participation in the Great Commission within their own state. By the end of this study, students will be able to identify the biblical necessity of the body working together as outlined in Ephesians 4:15-16, recognizing that every believer is a vital joint equipped for service. Students will explore the history and current ministry of the Freeda Harris Baptist Center in Region 8, understanding how the Eliza Broadus Offering provides the essential resources to close the spiritual and physical gaps in Pike County. Ultimately, this session seeks to challenge students to identify the "broken walls" in their own communities and commit to a specific action, through prayer, giving, or service, that helps complete the picture of evangelism in Kentucky.

Needed Resources

- Bible
- Journal
- Pen/Pencil
- EBO Prayer Cards available for download at kywmu.org/ebo-resources
- EBO Video
- Picture of Kintsugi pottery

Enlist Helpers

Tag team your gathering. Enlist individuals to lead the Missions Learning and Prayer Time. This will engage more people to use their creativity to make your gathering unique and exciting.

Plan Your Gathering

- *Welcome & Prayer (1-2 minutes)*
- *Get Started (5 minutes)*
- *Study & Learn(15 minutes) - Use the discussion questions to deepen the conversation. Dig deep in the Word to understand God's desire for us to live lives worthy of our calling.*
- *Apply (10 minutes)*
- *Missions Learning (20 minutes) - use the suggested EBO video and highlight a Kentucky Ministry. Identify ways you can adopt this ministry and come alongside them in missions action. Identify ways your church can engage your community similar to what this ministry is doing. Highlight the State Offering Goal and your Church's goal. Incorporate a unique challenge to help your church meet your goal.*
- *Faith in Action (10-15 minutes) - Include prayer for missionaries with birthdays in "Prayer Patterns" in Missions Mosaic, KBC's InterSeed Calendar, and the KBC's Church Planter of the Week. Use the EBO prayer cards and incorporate creative ways to engage your group in prayer.*
- *Dismiss*

GET STARTED

Object Lesson: The Beauty in Broken Things (5-6 Minutes)

Needed Resources

- A high-quality image of Kintsugi pottery (found in the resources section) or have a piece of pottery that has been broken and glued back together with gold or metallic paint

Before the lesson, display a high-quality image of Kintsugi pottery or, if possible, bring in a ceramic piece that has been broken and glued back together with gold or metallic paint.

- Hold up the image or the object and explain the history.
 - Say: "In Japan, there is a traditional art form called Kintsugi. When a valuable piece of pottery breaks, they don't throw the shards away or try to hide the cracks with clear glue. Instead, they repair the breaks using lacquer mixed with powdered gold. The philosophy is that the piece is actually more beautiful and more valuable because it was broken and repaired."
- Make the spiritual connection with Kintsugi to their own lives
 - Say: "In our lives and in our communities, we often see gaps-places where things are broken, missing, or falling apart. We tend to think these cracks make a place or a person less valuable. But in God's Kingdom, the 'gap' isn't the end of the story; it is the exact place where His most valuable material, His grace, is added. Just like the gold in the pottery, God's grace doesn't just 'fix' the crack; it highlights it to show His power and beauty."
- Ask: "Look around your own world. Your school hallways, your sports teams, or your neighborhood. Where do you see 'gaps' right now? It might look like a student sitting alone at lunch (the gap of loneliness), a family struggling to buy groceries (the gap of hunger), or a friend who has never heard that God loves them (the gap of lostness)."
 - *Allow 2-3 students to share specific examples.*

Transition- Say: Those gaps you just identified are real, but they don't have to stay empty. Today, we're going to dive into the book of Ephesians to see how God designed His people to work together. We will see how God uses us, even in our own brokenness, to 'fill the gap' for one another so that the whole body of Christ can grow and be complete.

STUDY AND LEARN

This section uses short prompts to keep the flow natural. Use the timings as guides.



Teacher Tip: Students with Disabilities

Always remember that a student with a disability is not a "broken joint" in the Body of Christ. According to 1 Corinthians 12:22, the parts of the body that seem to be weaker are actually indispensable. Your goal is to help them find the specific way God has equipped them to fill their gap.

Accommodations/ Modifications to Consider:

- For students with intellectual disabilities or visual impairments, bring a large plastic skeleton or a moveable doll. Let them feel the "joint" (elbow or knee) as you explain that it's the space where two parts meet.
- Use a literal bridge made of LEGOs or blocks. Remove one block in the middle to show the "gap." This makes the abstract concept of a spiritual gap tangible.
- Energeia is a big word. Use a battery or a light switch as a prop to show "active power." When the switch is off, the energy stops.

1) Read the Word (2 minutes)

- **Say:** Let's look at our text. We're going to perform a 'check-up' on the Body of Christ. Let's pray that God uses His word to impact our lives today." (Pray)
- **Ask a Volunteer:** "Please read Ephesians 4:15-16."

2) Brief Exposition — What Went Wrong? (3-4 minutes)

- **Say:** "Paul says we are to 'grow up in every way into Him who is the head, into Christ.' In a physical body, if the head is disconnected, the body is lifeless. Filling a gap starts with being connected to the Source."
- **Say:** "Look at the phrase: 'joined and held together by every joint with which it is equipped.' A joint is literally the space or the 'gap' where two bones meet to create movement. Paul is saying that you are a joint."
- **Ask:** "If a joint in your body, like your knee, refuses to work, how does that affect your ability to run or walk? Does it just affect the knee, or the whole body?"
 - *Allow students to answer, even pausing for a personal story one of your students might have about a time where they hurt a joint in their body*
- **Say:** "...when each part is working properly, it makes the body grow.' In the original language, 'working properly' refers to *energeia*, or active power. A joint that doesn't move is a gap that causes a limp."
- **Ask:** "What is one specific way a student can 'work properly' in the church right now?"
 - *Allow students to answer*

STUDY AND LEARN

This section uses short prompts to keep the flow natural. Use the timings as guides.

3) Activity: Pass the Energy (4-5 Minutes)

- Have students stand in a circle.
- Tell the students they are going to pass energy, just like an electrical circuit, around the circle. The first person high-fives the person to their right, who immediately high-fives the next person, and so on, until it gets back to the start. Time them to see how fast they can do it.
- Now, tell two or three students to step out of the circle or simply fold their arms and refuse to participate. Tell the rest of the group they have to pass the energy again, but they cannot skip the people who aren't participating. Allow students to think of a creative idea to "fill the gap" to complete their task, but the idea is that it will be difficult to complete their task when everyone is not doing their role.
- The Result: The energy will stop as soon as it hits a gap. The energy can't move forward because a "joint" isn't working.
- Ask: "What happened to the 'energy' of the group when just two people stopped participating?"
- Say: "In Ephesians 4:16, Paul says the body grows when every joint is working properly. When you decide to sit out, or when you think your 'part' doesn't matter, you aren't just hurting yourself- you are literally stopping the growth of the whole body. You are the gap that stops the Gospel from moving forward in your circle of friends."

APPLY

Goal: help participants choose one way they can be an active member of the body of Christ

Small Group Discussion (7-8 minutes)

Have groups of 3-4 students discuss these prompts (choose what fits your group)

- If a "joint" is the connection point between two people, who are two people in your life (school, family, or church) that you feel called to help "join" together?
- Paul says the body grows when every part is working properly. On a scale of 1-10, how active do you feel your part of the body is right now? Why?
- What is a gift or a strength you have that might seem small to you, but could actually be the "gold" that fills a gap for someone else? (e.g., being a good listener, noticed when someone is left out, being able to explain things clearly).

Transition to Missions Learning: (1-2 minutes)

Say: "Now, let's take everything we've learned about filling the gap and put it into action. We're going to look through the lens of the Great Commission to see this in action right here in our state. We're heading to Pike County to see how the Freeda Harris Baptist Center, fueled by your gifts to the Eliza Broadus Offering, is standing in the gap for families who need the hope of Jesus."

FEAT. MINISTRY-SPOTLIGHT ARTICLE

The Freeda Harris Baptist Center - Elkhorn City



RESTORING HOPE AND BUILDING FOUNDATIONS IN THE MOUNTAINS

In the heart of Elkhorn City, Kentucky, tucked along the winding roads of Pike County, stands a beacon of hope that has been “standing in the gap” for over half a century. The Freeda Harris Baptist Center (FHBC) is more than just a building; it is a living testimony to the power of a community that refuses to leave its neighbors behind.

A LEGACY OF FAITH: FROM A VAN TO A VISION

Their story began in 1973 as the Marrowbone Baptist Center. It was born from the heart of Freeda Harris, a woman who saw a desperate need in the mountains of Eastern Kentucky. She started with little more than a van and a deep conviction that the families of Marrowbone Creek needed to know the love of Jesus. She served by cutting hair, delivering groceries, and driving children to church- even offering the shoes off her feet to a woman who wanted to go to church but didn’t have shoes to attend. After Freeda Harris passed away, the center was renamed after her and continues to serve the people of Eastern Kentucky still today.

MEETING THE NEEDS

Pike County is a place of incredible beauty, but it is also a place of significant struggle. With a high poverty rate and a population that has seen steady decline, the “gaps” in the community can feel overwhelming. Only 1 person out of every 12 people in Pike County are involved in a church of any denomination. The Freeda Harris Baptist Center hopes to see all of these people come to know Christ through their partnerships with local churches, construction projects, Vacation Bible Schools, and so much more.

FUELED BY THE ELIZA BROADUS OFFERING

The FHBC does not stand alone. The life-changing work happening in Elkhorn City is made possible by the Eliza Broadus Offering (EBO). When Kentucky Baptists give to this offering, they are directly providing the resources needed to keep the mission alive. Specifically, EBO funds support the center by:

- helping meet the needs of their annual budget so the center can remain a permanent fixture in the community.
- providing the funds for teams to pack “Peanut Butter & Jesus Bags”- simple meals paired with the Gospel message that are distributed to hungry children and families.
- providing the lumber and materials for mission teams to build wheelchair ramps, giving homebound residents the freedom to leave their houses safely.

MINISTRY IN ACTION

On any given week, the center is a hive of activity. From “Christmas on the Creek” to hosting hundreds of summer missionaries, the FHBC facilitates a network of care. Whether it is a new ramp for a grandmother or a PB&J bag for a hungry child, every act of service is a “joint” working properly to hold the body together.

“We aren’t just here to fix houses or hand out boxes of food. We are here to show the people of Eastern Kentucky that God sees them, He loves them, and He hasn’t forgotten them.”



LEARN MORE about The Freeda Harris Baptist Center at their website: feedaharrisbaptistcenter.org

MISSIONS LEARNING

Optional Resources

- Freeda Harris Feat. Ministry Video found at kywmu.org/ebo-resources
- TV, Laptop, and/or Projector on which you plan on watching the video.

Prepare in Advance

- Download the Freeda Harris video beforehand from kywmu.org/ebo-resources and test audio.
- If internet is unavailable, use the Spotlight article on page 11 instead."

Optional: Interactive Viewing Guide

Pause ~00:00:29 (after: "to serve and do all different kinds of things").

- Ask: "How has the Freeda Harris Baptist Center grown beyond just one location?"
- Listen for: It has become a missions hub serving churches and communities throughout Eastern KY.

Pause ~00:01:21 (after: "They're doing a lot of good work for people like me").

- Ask: "What did the church do that this family could not do by themselves?"
- Follow-up: "Why do you think helping people with physical needs can open doors to share the gospel?"

Pause ~02:29 (after: "the gospel with people").

- Ask: "What is the difference between helping someone and helping someone know Jesus?" (15-20 secs)
- Listen for: Meeting physical needs can open the door to relationships and gospel conversations.

Pause ~03:45 (after: "we are so thankful to be one of those people that gets to benefit as well").

- Ask: "What does the Eliza Broadus Offering have to do with the ministry you just saw?"
- Follow-up: "How can our giving help us be part of God's mission—even when we aren't the ones doing the work?"

Story Recap (5 Minutes)

- Say: "We've been talking about 'filling the gap' and being the 'joints' that hold the body together. Now, we're going to look at what that looks like in the mountains of Pike County, Kentucky. It all started in 1973 with a woman named Freeda Harris."
- Summarize the Spotlight Article (leader may read below or paraphrase):
 - Freeda didn't have a big building or a huge budget. She had a van, a pair of scissors (she was a hairdresser), and a heart for the families in the hollers of Marrowbone Creek.
 - She filled gaps by doing whatever was needed, whether that was cutting hair, delivering groceries, or driving kids to church. She was the 'joint' that connected isolated people to the Body of Christ.
 - What started as one woman in a van is now the Freeda Harris Baptist Center in Elkhorn City, a hub that coordinates hundreds of volunteers every year to serve Pike County

The Mission in Action: How EBO Helps Fill the Gap

- Say: "The Freeda Harris Baptist Center is the 'boots on the ground,' but they can't do it alone. This is where the Eliza Broadus Offering comes in. Think of EBO as the gold lacquer we talked about in the pottery- it's the resource that fills the cracks."
- Discuss the following ways EBO funds help fuel the work of the Freeda Harris Baptist Center:
 - Peanut Butter & Jesus (PB&J): EBO funds help teams pack PB&J bags. These aren't just sandwiches; they are a bridge to a conversation about the Bread of Life (Jesus) for hungry kids.
 - Annual Budget: EBO helps bridge gaps in the annual budget of the Freeda Harris Baptist Center so that they can meet the ministry's day-to-day needs.
 - The Ramp Ministry: Many people in the mountains are trapped in their homes due to age or disability. EBO provides the lumber so teams can build wheelchair ramps, literally opening a door for people to re-enter the community
- Ask: "If we didn't give to EBO, what happens to the kid who needs a PB&J bag or the grandmother who needs a ramp? How does that 'gap' affect them?"

MISSIONS LEARNING



Leader Tip

If possible, show a picture of a PB&J bag or a wheelchair ramp. Visuals help students connect their missions giving to tangible objects.

Discussion (4 minutes)

- Say: "In your groups, I want you to think about what we discussed in our Bible study."
- Prompt 1: Freeda Harris was just one person with a van. Why do you think God often uses one 'small' joint to start something so big?
- Prompt 2: Which part of the FHBC ministry (Home repair, PB&J bags, or Ramps) do you think is the most important 'joint' for connecting people to Jesus? Why?
- Prompt 3: How does knowing that your EBO gift buys lumber and peanut butter change the way you think about putting money in the offering plate?

Prayer & Response (2-3 minutes)

- Say: "We're going to close by joining our hearts in prayer for Region 8 and the Freeda Harris Baptist Center."
- Give each student a small piece of wood (like a popsicle stick) or a small index card.
 - On one side: Write "FHBC" as a reminder to pray for the staff in Pike County.
 - On the other side: Write one "gap" you are going to help fill this month, whether through a gift to EBO or serving someone in your own neighborhood.

"Lord, thank You for the legacy of Freeda Harris. Thank You for the ways the Eliza Broadus Offering turns our small gifts into ramps, meals, and hope. Bless the work in Pike County. Help us to be the joints that work properly this week so that Your body in Kentucky grows strong. Amen."

FAITH IN ACTION

By engaging in these activities, we can move beyond simply doing good deeds to being a light in our communities, demonstrating sacrificial love, and intentionally sharing the hope and transforming power of Christ. Think of them as the opportunity to practice costly discipleship in the spirit of Ephesians 4:15-16.

THE PRAYER MAP

Place a map of Kentucky in the center of the room. Have students place "gold" stickers on Region 8 (Pike County) and their own county. Pray that God would "fill the gap" between the two with Gospel hope.

KINTSUGI PRAYER

Give each student a piece of cardstock with a "crack" drawn down the middle. In the crack, have them write a "gap" they see in Kentucky (e.g., Addiction in Region 8). Over the writing, have them use a gold marker to write "GRACE."

THE "PB&J" GROCERY DRIVE

Since FHBC uses Peanut Butter & Jesus bags to reach hungry families, have your students host a "PB&J Drive." Set a goal for a specific number of jars of peanut butter and plastic jars of jelly. Have students write a short encouraging note or a Bible verse on a sticker and place it on each jar before sending them to the center.

LUMBER FOR THE LORD OFFERING

Connect their giving directly to the wheelchair ramp ministry. Research the current cost of a 2x4 or a deck board (e.g., "\$10 buys a board"). Create a visual "ramp" on a hallway wall using brown construction paper. Every time a student gives \$10 to the Eliza Broadus Offering, add a "plank" to the ramp. See if the class can "build" a full ramp by the end of the month.

FAITH IN ACTION

PRAYER HOLLERS

Focus on the specific geography of Region 8. Print out a map of Pike County. Identify specific "hollers" or small communities served by FHBC (like Marrowbone, Hellier, or Elkhorn City). Assign a student or a small group to one specific area. Have them pray specifically for the gaps in that holler- that the "joints" (the missionaries) would find the people who are disconnected from the Body.

PLAN A MISSION TRIP

Contact the FHBC director to schedule a weekend "Hands-on-Mission" trip. Students can spend a Saturday building a ramp or repairing a roof. This turns the Ephesians 4:16 study into a literal physical reality where they become the joints that help a homebound neighbor move again.

FAITH IN ACTION STUDENT CHALLENGE

This week, find one "gap" in your school, maybe someone sitting alone at lunch or someone struggling with a class. Fill that gap with a word of hope or an act of service. Remember: your brokenness isn't a flaw; it's the place where God's grace is most visible to the world.





*Speaking the truth in love, let us grow
in every way into him who is the head—Christ.
From him the whole body, fitted and knit together
by every supporting ligament...*



*...promotes the growth of the body for
building itself up in love by the proper
working of each individual part.*