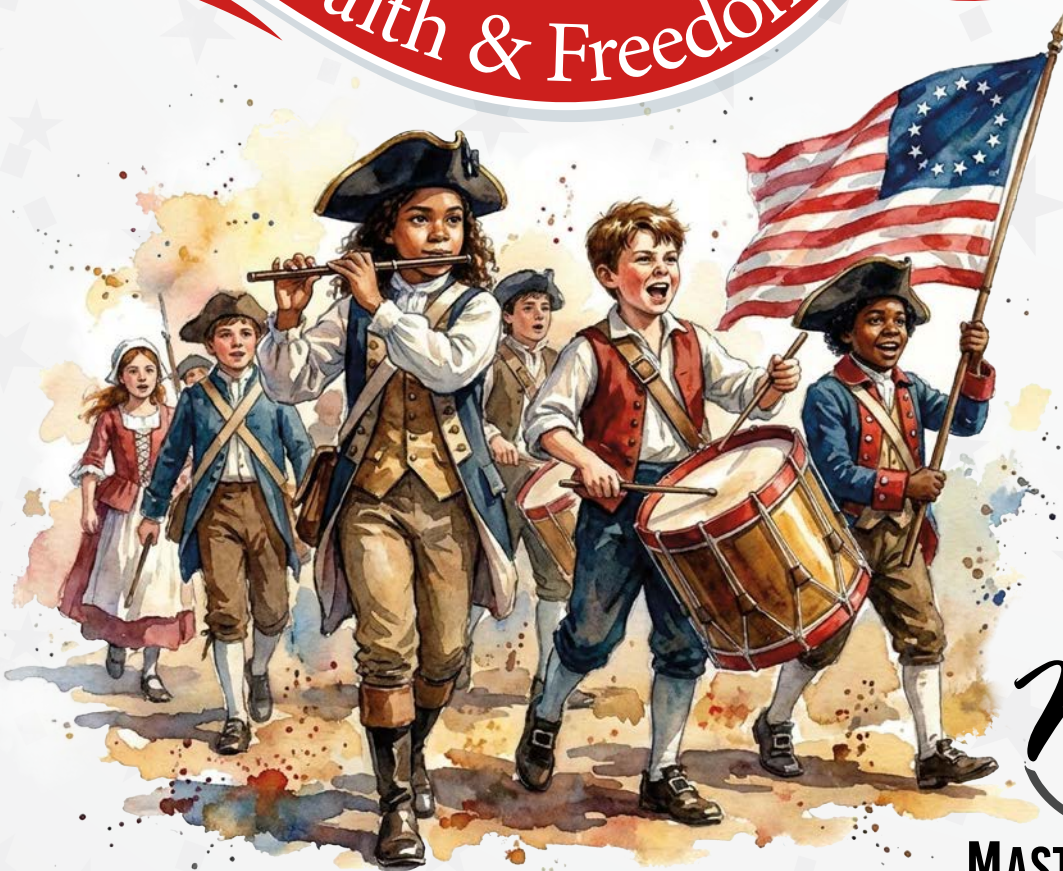


AMERICA at

250

Faith & Freedom



MASTERBOOKS®
— CURRICULUM —

A Master Books® Unit Study



Thank you to the curriculum development team at

Master Books:

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This course was shaped through your careful work, thoughtful insight, and shared commitment to excellence. We are grateful for the time, skill, and care you invested, and we pray this work will serve families and students well.

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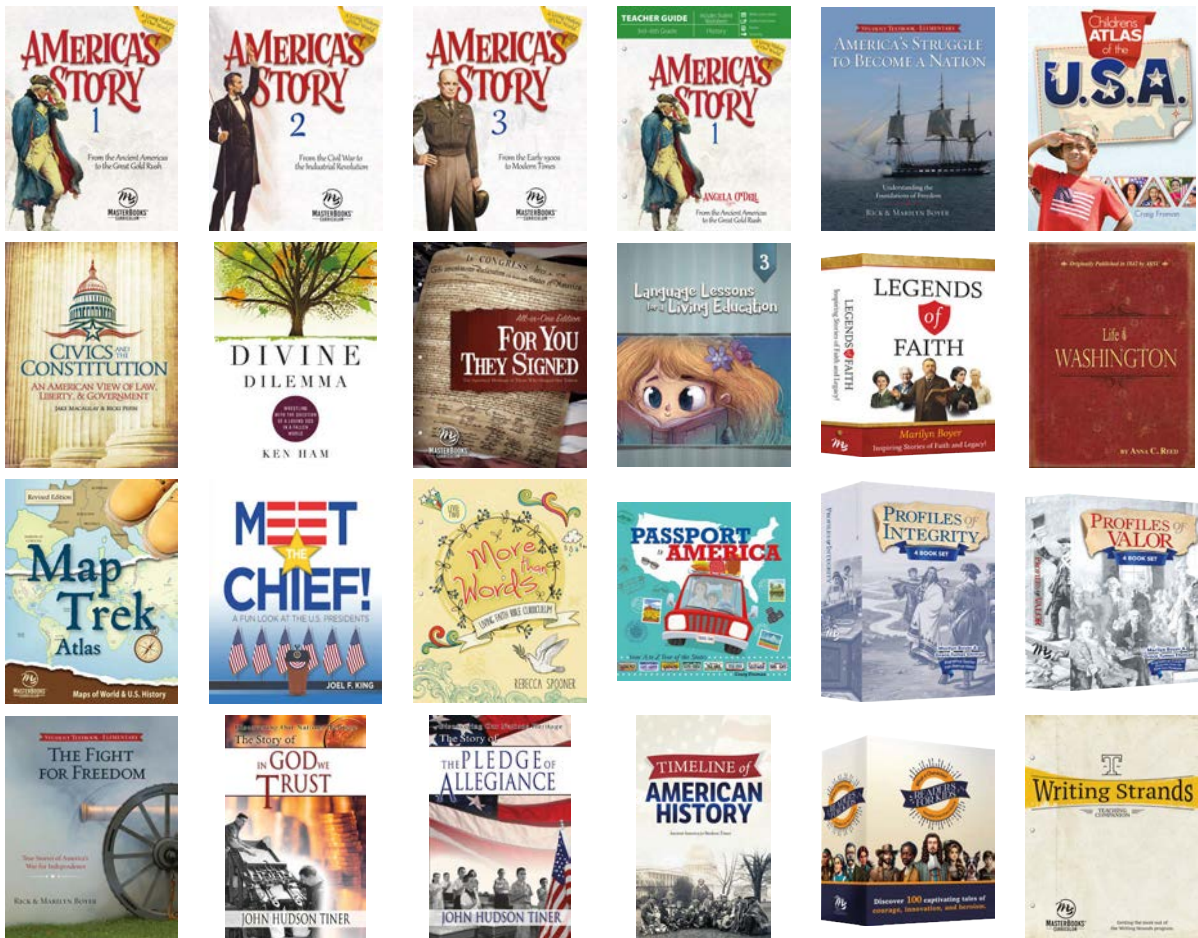
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Course Description

As the United States approaches its 250th anniversary, this family-integrated unit study invites students of all ages to explore the story of America through a biblical worldview that aligns with Master Books' distinctives. Designed for multi-age learning, this course strengthens family discipleship while celebrating God's providence throughout American history.

Students will trace the foundations of liberty from early colonial beginnings to the birth of our nation, examining the spiritual convictions, sacrifices, and character of key leaders such as George Washington. Emphasis is placed on understanding America's founding principles, the role of faith in public life, and the responsibilities of citizenship under God.

Features

	Target Level	Activities for preschool–1st grade, 2nd–4th grade, and 5th–12th grade
	Flexible 30-Day Schedule	Approximately 50 minutes per exercise, five days a week
	Open & Go	Convenient daily schedule, Well-designed lessons
	Engaging Application	Hands-on, meaningful learning experiences

Objectives

- ▶ Family-friendly learning that allows multiple ages to learn together.
- ▶ Helps families maintain a manageable and predictable routine.
- ▶ Builds student independence through clear, structured lessons.
- ▶ Strengthens critical thinking and creativity.

Special Features

This unit study integrates:

- ★ **Biblical Worldview:** Exploring Scripture connections to liberty, self-government, covenant, and moral responsibility.
- ★ **History:** Key events leading to independence, the formation of constitutional government, and America's ongoing mission.
- ★ **Civics:** The structure of government, rights and responsibilities, and the importance of virtuous citizenship.
- ★ **Family Activities:** Read alouds, discussions, hands-on projects, patriotic celebrations, and cooking recipes you will want to try as a family.
- ★ **Literature & Primary Sources:** Age-appropriate engagement with foundational American writings. This source includes recommendations to other Master Books titles for optional in-depth study into American History.
- ★ **Geography:** Mapping major events and regional influences in America's development.
- ★ **Family Friendly:** There is something for all ages as you lead your student into this family-friendly study.
 - ☆ Coloring pages are for younger students, preschool–1st grade
 - ☆ Middle students are 2nd–4th grade
 - ☆ Older students are 5th–12th grade

Teacher and Course Information

Welcome! We are truly honored that you are using this unit study to add to your family's celebration of America 250.

If you are new to Master Books, you may be wondering what makes this curriculum different. Master Books is a Christian homeschool publisher committed to providing academically strong, easy-to-use materials built on a solid biblical worldview. Every subject—whether history, science, math, or language arts—is written to help students see God's truth woven through all areas of learning.

Unlike many traditional textbooks, Master Books courses are:

- ★ Biblically grounded—Scripture is not added as an afterthought. God's Word forms the foundation of the content.
- ★ Family-friendly—Lessons are clear, structured, and designed to reduce teacher prep time.
- ★ Academically solid—Content meets or exceeds standard academic expectations while remaining accessible and engaging.
- ★ Age-appropriate and worldview-consistent—Families can feel confident that materials align with conservative Christian values.

Our mission is simple: to equip families to disciple their children academically and spiritually. We believe education is more than information—it is formation. It shapes the heart, mind, and character of the next generation.

Whether you are a first-time homeschooler or transitioning from another curriculum, we encourage you to begin with confidence. Start small, follow the daily schedule provided, and allow consistency—not perfection—to guide your year. Master Books is designed to support you, not overwhelm you.

Most importantly, remember that homeschooling is not about replicating a classroom at home. It is about cultivating a love of learning, strengthening family relationships, and pointing your children to Christ in all things.

We are grateful you are here and pray this curriculum serves your family well.

With encouragement and gratitude,

The Master Books Team

How to Use This Study

America at 250: Faith and Freedom is a short, six-week journey for families, classrooms, or small groups. Each of the six units explores a key theme from America's past and connects it to the timeless truth of Scripture. Together, these units form a portrait of a nation shaped by faith, courage, and perseverance. They are a reminder that liberty endures only when it is grounded in virtue and gratitude.

Course Schedule

This unit study is flexible, so if your family wants to linger on a specific topic of American History, you have that freedom. We encourage parents to use this tool to build excitement in their child for history. The goal is to make history fun and engaging.

Use it over six weeks as a summer or holiday study, or expand each unit into a month-long exploration by adding readings from *America's Story, For You They Signed*, *Children's Atlas of the U.S.A.*, *Civics and the Constitution*, or other Master Books® resources mentioned throughout this study. However you choose to use it, the goal remains the same: to rediscover the foundations of freedom and to see God's fingerprints across the pages of history.

Learning Goals

By the end of this study, students will:

- ★ Recognize God's sovereignty in the shaping of America.
- ★ Understand the biblical principles that influenced the nation's founding.
- ★ Develop gratitude for the sacrifices of previous generations.
- ★ Celebrate America's 250th anniversary as a great opportunity to thank the Lord for His protection of America's land and liberty over the last 250 years.
- ★ This course is ideal for homeschool families seeking a meaningful, academically solid, and spiritually rich way to commemorate America's 250th year—learning together, worshipping together, and building a legacy of faith for generations to come.

Course Overview

This is intended to be a supplemental curriculum. Each unit includes:

- ★ Five daily lessons combining historical background, biblical reflection, and engaging activities.
- ★ Focused Scripture passages that anchor learning in God's Word.
- ★ Discussions are written for a 5th grade or higher student to write out the answers, but the discussions can be used as oral discussions for a younger age. Discussion questions are designed to spark meaningful conversation between teachers and learners.
- ★ Hands-on projects for multiple ages that make learning tangible and fun. Examples include maps, timelines, crafts, historical recipes, and more. Younger students can complete most of the activities directly in this unit study. Older students will need a separate spiral-bound notebook or sketchbook.
- ★ Family reflections and prayers to help apply each week's truth in everyday life.



This study is more than history; it is heritage. It is a reminder that while kingdoms rise and fall, the Word of the Lord endures forever. Our nation's hope has never been in wealth, armies, or innovation but in the unchanging grace of God who calls His people to live justly, love mercy, and walk humbly with Him (Micah 6:8).

As you read, discuss, and pray through these pages, may your family be renewed in gratitude for the blessings of freedom. May you see God's providence not only in the celebration of the birth of our nation but in the story He is writing in your own home.

Course Information

More Ways to Use This Unit Study

This unit study is designed to be flexible and family integrated. Here are several additional ways you can use it to maximize learning:

Multi-Age Morning Time

Use the core readings as a family read-aloud during morning time. Younger students can narrate what they heard, while older students complete written summaries, timelines, or research extensions.

Co-op Study

Adapt the lessons for a homeschool co-op or small groups. Assign families different presentation topics (historical figures, key events, Scripture connections) and host a culminating celebration or presentation night.

Summer or Holiday Intensive

Turn the unit into a short-term summer study or use it leading up to patriotic holidays. Focus on hands-on projects, crafts, mapping activities, and family discussions around liberty and biblical citizenship.

Project-Based Learning Extension

Encourage older students to develop research papers, speeches, or creative presentations inspired by figures such as George Washington or documents like the Declaration of Independence. Younger students can create artwork, lapbooks, or simple copywork pages.

Family Discipleship Evenings

Use discussion questions as a springboard for deeper conversations about biblical worldview, leadership, courage, and God's providence in the history of the United States.

Service & Citizenship Application

Incorporate practical application by writing letters to local leaders, visiting historical sites, volunteering as a family, or hosting a neighborhood celebration that reflects gratitude for America's heritage.

Supply List

Daily Supplies

(Used throughout)

- ☆ Bible
- ☆ Spiral notebook or sketchbook (for older students)
- ☆ Three-ring binder or folder (optional)
- ☆ Pen and pencil
- ☆ Crayons, markers and/or colored pencils
- ☆ Eraser
- ☆ Atlas or map of the United States
- ☆ Access to state facts (book or trusted website with a parent's permission)

Additional Supplies

- ☆ Construction paper (assorted colors)
- ☆ White cardstock or heavy paper
- ☆ Scissors
- ☆ Glue stick, clear tape, or stapler
- ☆ Aluminum foil (small amount, optional accent)
- ☆ Tissue paper (red, orange, yellow)
- ☆ String, yarn, or ribbon
- ☆ Ruler
- ☆ Stickers (patriotic or general)
- ☆ Hole punch (optional)
- ☆ Paper plates (optional)
- ☆ Watercolors

Timeline Project Supplies (Optional)

- ☆ Poster board or long paper roll
- ☆ Pencil and ruler
- ☆ Colored pens or markers
- ☆ Printed images or drawings (optional)
- ☆ Glue or tape

Unit Activity Supplies

Unit 1, Day 4

- ☆ Construction paper (any colors)
- ☆ Scissors
- ☆ Glue stick or tape
- ☆ Ruler (optional)
- ☆ Pencil (optional)

Unit 2, Day 6

- ☆ Construction paper
- ☆ Glue stick and/or tape
- ☆ Markers or crayons (red, white, blue recommended)
- ☆ Scissors
- ☆ Tissue paper (red, orange, and yellow)
- ☆ Stickers or cutouts (stars, stripes, or other patterns)

Unit 2, Day 7

- ☆ Scissors
- ☆ Glue stick

Unit 2, Day 10

- ☆ 3 pieces of paper
- ☆ Pen or pencil
- ☆ Staple gun or glue
- ☆ Stickers (optional)

Unit 3, Day 13

- ☆ Watercolors or crayons

Unit 3, Day 14

- ☆ Parchment-style paper
- ☆ Pencil
- ☆ Ribbon
- ☆ Stars

Unit 3, Day 15

- ☆ Pencil
- ☆ Paper
- ☆ Jar

Unit 4, Day 16

- ☆ Crayons
- ☆ Scissors
- ☆ Glue stick
- ☆ Pencil

Unit 4, Day 18

- ☆ Pencil
- ☆ Scissors
- ☆ Glue stick
- ☆ Star stickers

Unit 5, Day 21

- ☆ Pictures of wildlife or plants
- ☆ Glue stick

Unit 6, Day 28

- ☆ Markers or crayons

Historical Cooking Supplies (Optional)

NOTE: Adult supervision and participation required for this part of the course!

Unit 1, Day 5

Johnnycakes

- ☆ Cornmeal
- ☆ Salt
- ☆ Water
- ☆ Butter or bacon fat
- ☆ Milk (optional)
- ☆ Skillet or griddle

Unit 2, Day 5

Corn Chowder

- ☆ Butter
- ☆ Corn (fresh or frozen)
- ☆ Potatoes
- ☆ Onion
- ☆ Milk or broth
- ☆ Salt
- ☆ Pepper
- ☆ A pot

Unit 3, Day 5

Cake Making Contest

- ☆ Ingredients will vary

Unit 4, Day 5

Hasty Pudding

- ☆ Milk or water
- ☆ Cornmeal
- ☆ Salt
- ☆ Molasses or maple syrup (optional)
- ☆ A pot

Unit 5, Day 5

Firecakes

- ☆ Flour
- ☆ Water
- ☆ Salt
- ☆ Cookie sheet
- ☆ Parchment paper

Unit 6, Day 5

Root Vegetable Stew

- ☆ Onion
- ☆ Carrots
- ☆ Potato
- ☆ Turnip
- ☆ Broth or water
- ☆ Thyme or parsley
- ☆ Salt
- ☆ Pepper
- ☆ A pot

Optional Timeline

★ America at 250—Timeline of Faith and Freedom

A daily timeline activity highlights key events from America’s history that reflect God’s providence, faith, and courage. Students are encouraged to add illustrations, Scriptures, or additional notes alongside each date.

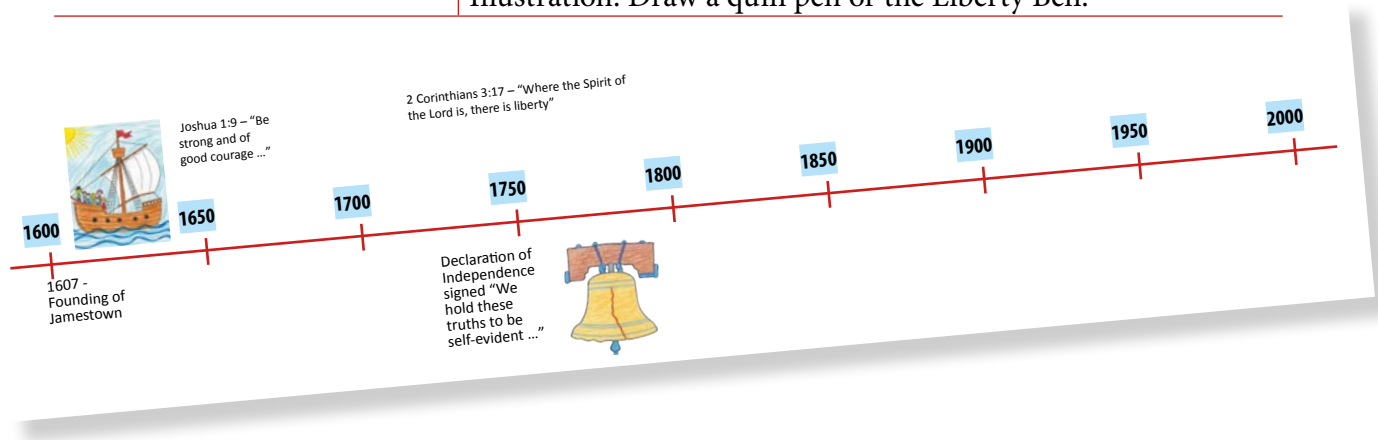
Separate Timeline Project (Optional):

- ☆ Use a long sheet of paper, poster board, or a digital tool/app (with a parent’s permission).
- ☆ Draw a horizontal line across the middle. Mark off spaces for each century or decade, allowing extra space for adding details. Make it your own.

- ☆ Add key events as they are mentioned in each unit.
- ☆ For each event, add a Scripture verse that connects to the theme of courage, freedom, or God’s guidance. Example: Joshua 1:9—“Be strong and of good courage ...”
- ☆ Write a short note about how God’s providence or faith was shown in that moment.
- ☆ Add illustrations: small drawings, symbols (like a cross, dove, or flag), stickers, or printed images.
- ☆ By the end of the study, you’ll have a visual record of America’s journey of faith and freedom.

Example Entry

▲ Timeline of Faith & Freedom Project ▼	Date	1776
	Subject	Declaration of Independence signed—“We hold these truths to be self-evident ...”
	Student Note	Scripture: 2 Corinthians 3:17—“Where the Spirit of the Lord is, there is freedom.” Illustration: Draw a quill pen or the Liberty Bell.



Celebrate America’s 250th Birthday with Master Books®. Scan for more ideas!

America at 250 Suggested Daily Schedule

Calendar	Assignment	Due Date	✓	Grade
► First Semester-First Quarter				
Week 1	Day 1	Unit 1 • Exercise 1 • Pages 13–18		
	Day 2	Unit 1 • Exercise 2 • Pages 19–22		
	Day 3	Unit 1 • Exercise 3 • Pages 23–26		
	Day 4	Unit 1 • Exercise 4 • Pages 27–30		
	Day 5	Unit 1 • Exercise 5 • Wrap-Up • Pages 31–34		
Week 2	Day 6	Unit 2 • Exercise 1 • Pages 35–40		
	Day 7	Unit 2 • Exercise 2 • Pages 41–44		
	Day 8	Unit 2 • Exercise 3 • Pages 45–48		
	Day 9	Unit 2 • Exercise 4 • Pages 49–52		
	Day 10	Unit 2 • Exercise 5 • Wrap-Up • Pages 53–56		
Week 3	Day 11	Unit 3 • Exercise 1 • Pages 57–62		
	Day 12	Unit 3 • Exercise 2 • Pages 63–66		
	Day 13	Unit 3 • Exercise 3 • Pages 67–70		
	Day 14	Unit 3 • Exercise 4 • Pages 71–74		
	Day 15	Unit 3 • Exercise 5 • Wrap-Up • Pages 75–78		
Week 4	Day 16	Unit 4 • Exercise 1 • Pages 79–84		
	Day 17	Unit 4 • Exercise 2 • Pages 85–88		
	Day 18	Unit 4 • Exercise 3 • Pages 89–94		
	Day 19	Unit 4 • Exercise 4 • Pages 95–98		
	Day 20	Unit 4 • Exercise 5 • Wrap-Up • Pages 99–102		
Week 5	Day 21	Unit 5 • Exercise 1 • Pages 103–108		
	Day 22	Unit 5 • Exercise 2 • Pages 109–112		
	Day 23	Unit 5 • Exercise 3 • Pages 113–116		
	Day 24	Unit 5 • Exercise 4 • Pages 117–120		
	Day 25	Unit 5 • Exercise 5 • Wrap-Up • Pages 121–124		
Week 6	Day 26	Unit 6 • Exercise 1 • Pages 125–130		
	Day 27	Unit 6 • Exercise 2 • Pages 131–134		
	Day 28	Unit 6 • Exercise 3 • Pages 135–138		
	Day 29	Unit 6 • Exercise 4 • Pages 139–142		
	Day 30	Unit 6 • Exercise 5 • Wrap-Up • Pages 143–146		

The Hand of God and the Hope of a Nation

Two hundred and fifty years ago, a group of ordinary people placed their trust in an extraordinary God. In a world ruled by kings and empires, they dared to believe that freedom could flourish only under the authority of the Almighty God. When they signed their names to the Declaration of Independence in 1776, they declared to the world that liberty is not granted by governments but endowed by the Creator Himself.

From that beginning, the story of America has been one of struggle and mercy, of imperfect people guided by a perfect God. Through wars, revivals, hardship, and renewal, His hand of grace has never been far from the heart of this nation. The Pilgrims who landed at Plymouth Rock gave thanks before they built homes. The soldiers who crossed icy rivers prayed before they fought. Presidents have bowed their heads on Inauguration Day, and families have gathered in churches to seek His blessing. Every generation has had moments of repentance and rediscovery, when the people were reminded that “Blessed is the nation whose God is the LORD” (Psalm 33:12).

America’s story is not a tale of human triumph but of divine guidance. We have known seasons of courage and compassion, as well as times of division and doubt, yet again and again, the Lord has called His people back to Himself to walk in righteousness, to defend the oppressed, to seek peace, and to live as salt and light in a darkened world. The same grace that carried the colonists through their trials still invites us today to trust in the One who governs the nations and writes history according to His purposes.

As we approach the Semiquincentennial, America’s 250th birthday, this milestone offers more than a moment for fireworks or parades. It is an invitation to remember: to remember God’s providence, His protection, and His promises; to remember that freedom is both a blessing and a responsibility; to remember that the story of America is part of a far greater story—the unfolding plan of redemption written by the Creator of all peoples and lands.



**Read more about
Plymouth Rock
in Chapter 5 of
America’s Story 1.**

UNIT 1
Setting the
Stage:
America at 250



Theme: *Rediscovering the Foundations of Freedom*

Key Verse

“Blessed is the nation whose God is the LORD, The people He has chosen as His own inheritance.”

Psalm 33:12

Objectives

- ★ Understand the meaning of the Semiquincentennial.
- ★ Recognize God’s hand in America’s founding.
- ★ Connect liberty with faith and virtue.

**Master Books®
Connections**

- ★ *America’s Story 1*
- ★ *Timeline of American History*
- ★ *For You They Signed*
- ★ Visit next page for additional resources

WEEKLY OVERVIEW

As America approaches her Semiquincentennial—250 years since the signing of the Declaration of Independence—this study invites families to rediscover the blessings of liberty through faith and history. You’ll explore how God shaped the early colonies, guided the birth of a nation, and inspired enduring symbols that still declare His providence and truth.

★ Unit 1—Master Books Optional Resources:

Exercise 1: What Is the Semiquincentennial?

★ *America's Story 1*:

- ☆ Read Chapter 1, “Who Lived Here First?” to see how God prepared the land and people for a new nation.
- ☆ Look at the map of the colonies from Chapter 7, and visualize how small America began.

★ *Map Trek*:

- ☆ Utilizing the *Map Trek Atlas* and the Table of Contents, find early colonial maps to study.
- ☆ Utilizing the *Map Trek Outlines*, fill in a blank map from this time.

Exercise 2: The Birth of a Nation

★ *What a Character!*: Select a biography to read and discover.

★ *For You They Signed*: Choose a signer of the Constitution based upon interest. Find a summary for younger students within *America's Struggle to Become a Nation* in chapter 34.

★ *America's Story 1*: Read Chapter 5, “Pilgrimage to Freedom”

★ *Timeline of American History*: Explore the first few panels to familiarize yourself with when it all began. Look for interesting connections.

Exercise 3: Symbols of Freedom

★ *The Story of In God We Trust* and *The Story of the Pledge of Allegiance*: Read these true stories of faith and discuss as a group.

★ *For You They Signed*: Choose a signer of the Constitution based upon interest. Find a summary for younger students within *America's Struggle to Become a Nation* in chapter 34.

★ *Timeline of American History*: Explore the first few panels to familiarize yourself with when it all began. Look for interesting connections.

Exercise 4: Colonial Life and Gratitude

★ *What a Character!*: Select a biography to read and discover.

★ *America's Story 1*: Chapter 7, “Life in the Colonies,” page 65.

★ *Map Trek*: Utilizing the *Map Trek Atlas* and the Table of Contents, find early colonial maps to study. Utilizing the *Map Trek Outlines*, fill in a blank map from this time.

Exercise 5: “What Does Freedom Mean to Me?”

★ *For You They Signed*: Choose a signer of the Constitution based upon interest. Find a summary for younger students within *America's Struggle to Become a Nation* in chapter 34.

★ *Timeline of American History*: Review the first few panels. Look for interesting connections.



Resources available at

MasterBooks.com

What Is the Semiquincentennial?

★ ★ ★
Unit 1
Exercise 1
Day 1

Learning Focus

- ★ Understand the meaning of the Semiquincentennial.
- ★ Discover why 2026 marks an important milestone.
- ★ Learn how God’s guidance has shaped America’s journey from the beginning.
- ★ Introduce the 250-year milestone since America’s founding.
- ★ This is more than a historical celebration; it’s a reminder of God’s faithfulness through generations.

The word Semiquincentennial means “two hundred and fifty years.” In 2026, the United States will celebrate 250 years since the signing of the Declaration of Independence. This milestone is more than a birthday; it’s an opportunity to reflect on God’s faithfulness through centuries of change, challenge, and blessing.

Semi quin centennial

Semi = half

quin = five

centennial = 100

From the first English settlers at Jamestown in 1607 to the Pilgrims at Plymouth in 1620, many came seeking both freedom and faith. They prayed for God’s protection, built churches before courthouses, and wrote covenants acknowledging His authority. When the colonies declared independence in 1776, they were small and fragile, yet leaders believed that God was directing their steps. They recognized that true liberty could not exist apart from virtue, and virtue could not exist apart from faith in God.

Throughout America’s history—through war, revival, hardship, and renewal—citizens have been called back to prayer. As we approach America’s 250th year, Christians share the same calling: to remember where our freedom came from and to honor the Lord who sustains it.



English settlers landing in Virginia, 1607



▲ Timeline of Faith & Freedom Project ▼	Date	1607
	Subject	Founding of Jamestown: early faith and perseverance of settlers.
	Student Notes	

★ **Reflect and Respond:** Answer the questions and then discuss with a parent.

1. What does “Semiquincentennial” mean?

2. Why did early Americans see liberty as connected to their faith in God?

3. How can your family remember God’s blessings over America’s history?

★ **Family Discussion (Oral Discussion)**

How does living under God’s authority make a nation stronger? How does living under God’s authority make your family stronger? What do you hope America will look like at 300 years of age?

“For the LORD is our Judge, The LORD is our Lawgiver, The LORD is our King; He will save us.”
—Isaiah 33:22

Activities:

★ For Older Students



Notebook

Optional: Teacher’s Discretion: No Yes Due Date: _____

Research & Present: Find another country’s milestone celebration (e.g., Canada’s 150th in 2017) and compare how faith and freedom were emphasized—or not. Always get a parent’s permission before using the internet for research.

Optional: Teacher’s Discretion: No Yes Due Date: _____

Essay Prompt: Answer the following question: “Why is liberty impossible without virtue?” Use Scripture and historical examples. Always get a parent’s permission before using the internet for research.



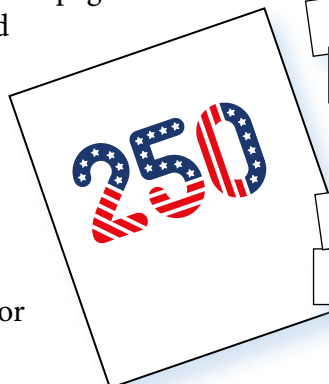
★ For Middle Students

Psalm Memory Game: Write Psalm 33:12 on slips of paper, mix them up, and try to put the verse back in order.

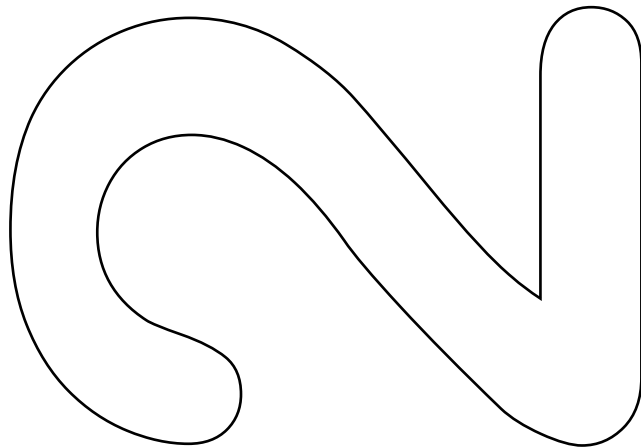
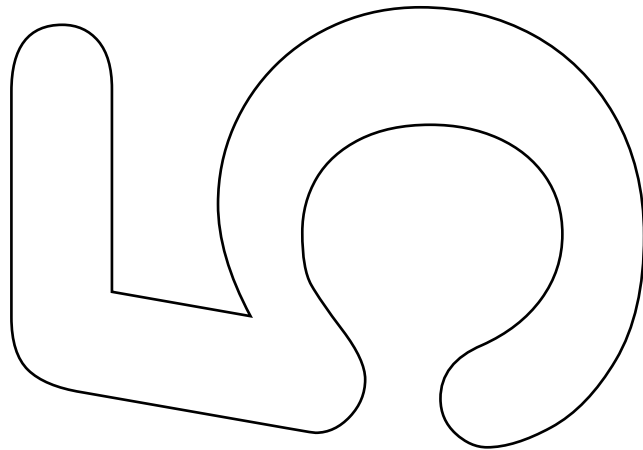
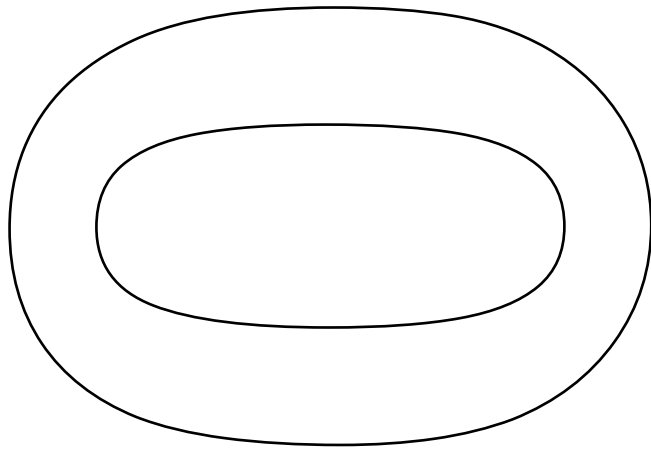
Color & Create: Decorate the “250” template on the next page with stars, stripes, and meaningful symbols of freedom.

★ For Younger Students

Coloring: Print page 149 and color the picture.



Blessed is the nation
whose God is the LORD,
as His own inheritance.
The people He has chosen



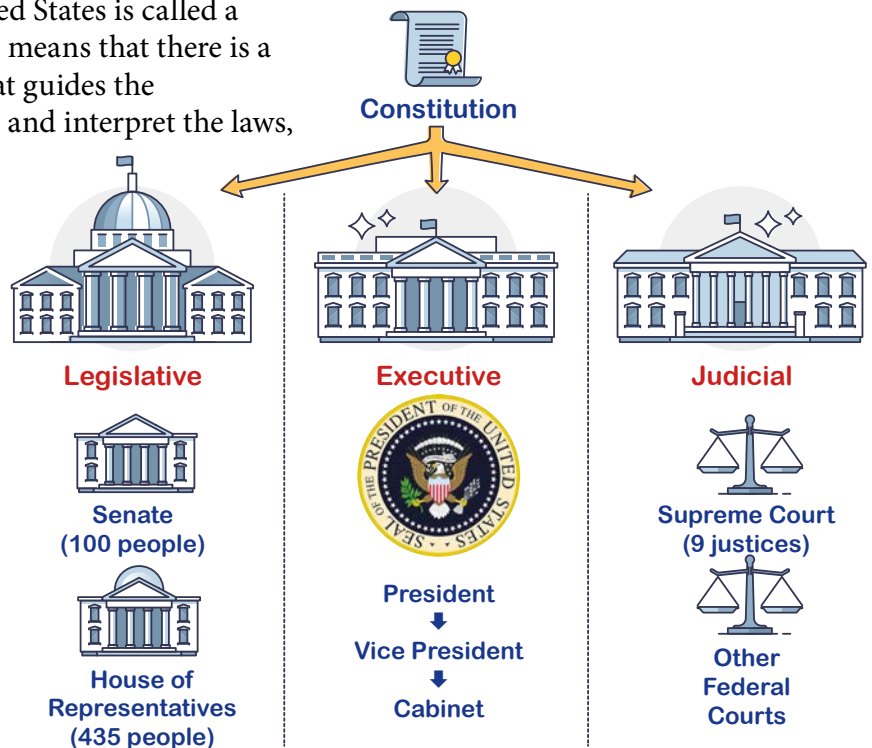
Learning Focus

- ★ Learn why the thirteen colonies sought independence.
- ★ Learn how the Declaration of Independence proclaimed that our rights come from God alone.
- ★ Review the colonies' desire for freedom and self-governance.
- ★ Discuss how the Declaration of Independence rooted human rights in the Creator rather than government.
- ★ Emphasize Galatians 5:1 as a spiritual parallel to freedom in Christ.

By the mid-1700s, the thirteen colonies had become productive and self-reliant, yet British rule limited their freedoms through taxes and restrictive laws. The struggle was not only political; it was spiritual. Many colonists believed they were defending God-given rights to live and worship according to His Word. In 1776, representatives met in Philadelphia to debate independence. Before deliberations, the Continental Congress opened each session in prayer, acknowledging their dependence on God. Thomas Jefferson drafted the Declaration of Independence, edited by John Adams, Benjamin Franklin, and others. Its opening lines boldly proclaimed that “all men are created equal” and “endowed by their Creator with certain unalienable Rights.”¹ These were human rights, rooted not in government or kings but in God Himself.

The founders knew liberty was sacred because it flowed from the Creator. Their closing words pledged “our lives, our fortunes, and our sacred honor,” trusting in “the protection of Divine Providence.”² Declaring independence was therefore both an act of courage and of faith.

The government system of the United States is called a constitutional federal republic. This means that there is a document, called a constitution, that guides the representatives who help make laws and interpret the laws, and these representatives are voted for by the people of the country. The head of the government, called the president, is elected for four-year terms. The people who govern the country include the president, Congress (the Senate and the House of Representatives), and the U.S. Supreme Court. They work from Washington, D.C. This system of government helps protect Americans' freedoms.



1. Declaration of Independence, 1776
<https://www.archives.gov/founding-docs/declaration-transcript>
2. Ibid.



▲ Timeline of Faith & Freedom Project ▼	Date	1620
	Subject	Pilgrims land at Plymouth Rock; Mayflower Compact expresses covenant under God.
	Student Notes	

★ **Reflect and Respond:** Answer the questions and then discuss with a parent.

1. What were the main reasons the colonies wanted independence?

2. Why was declaring independence an act of faith as well as courage?

3. What does it mean that all people are “created equal” in God’s image?

★ **Family Discussion (Oral Discussion)**

How does knowing that our rights come from our Creator change the way we view freedom today, and how does Galatians 5:1 help us understand what true freedom in Christ looks like for our family?

“Stand fast therefore in the liberty by which Christ has made us free.”—Galatians 5:1

Activities:



Notebook

★ For Older Students

Essay Prompt: “How does Galatians 5:1 deepen our understanding of liberty in the Declaration of Independence?”

Quick Question: Why do you think the founders rooted human rights in God instead of government?



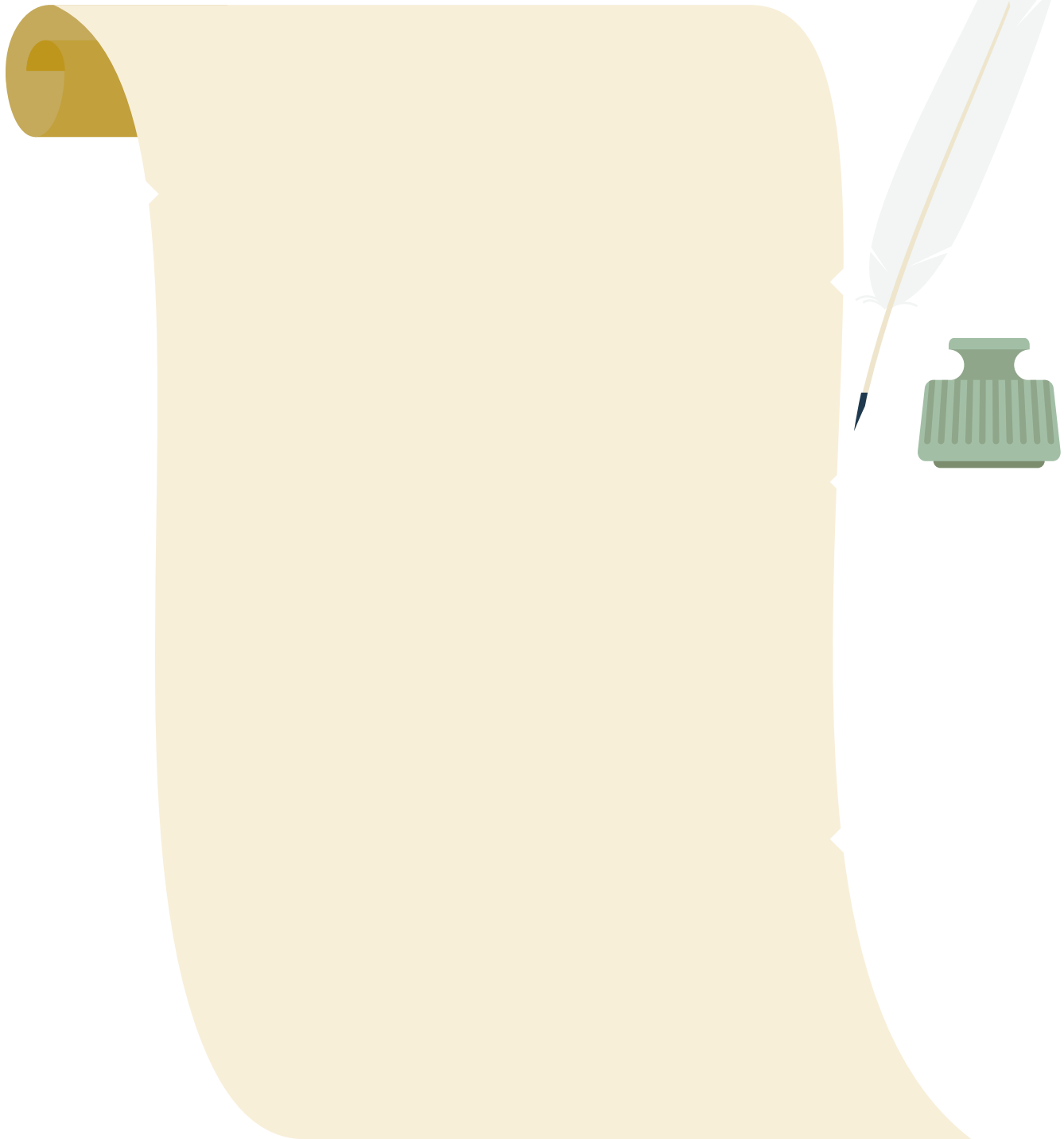
★ For Middle Students

Role Play: Pretend to be colonists explaining to King George why they want freedom.



Freedom Symbols: Draw these symbols on the Declaration paper: a flag, the Liberty Bell, and broken chains.

Pretend you are using a quill and feather, dipping it into a jar of ink as people did long ago.



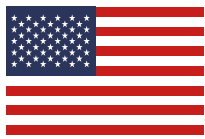
Symbols of Freedom

★ ★ ★
Unit 1
Exercise 3
Day 3

Learning Focus

- ★ Explore the meanings and biblical truths behind America's beloved symbols: the flag, the bald eagle, the Liberty Bell, and the Statue of Liberty.
- ★ Reflect on how each symbol reflects moral character and faith in God.

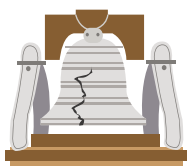
Every nation tells its story through symbols—pictures and objects that remind its people who they are and what they stand for. For America, these symbols point to courage, sacrifice, and the belief that freedom comes from God.



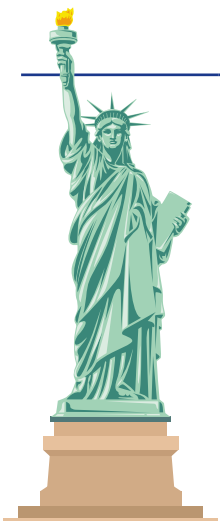
The American Flag: First adopted in 1777, it carried thirteen stars for the colonies and thirteen stripes for their unity. The red stands for the courage and sacrifice of those who fought for liberty. The white represents purity and moral virtue. The blue field reminds us of perseverance and faith. Each time we see the flag, it should remind us not just of national pride but of moral responsibility—to live in a way that honors God and country. In August 1959, the 50th star was added to the flag after Hawaii gained statehood.



The Bald Eagle: Chosen as the national bird in 1782, the eagle soars high above the storm. It represents strength and freedom. Scripture uses the eagle as a symbol of spiritual endurance: “But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles” (Isaiah 40:31).



The Liberty Bell: Cast in 1752, this bell once rang to call lawmakers to meetings and citizens to worship. It is said that when the Declaration was signed, the bell rang joyfully. Many times in history, the bell experienced cracks; the most famous one was on Washington's birthday in 1846, which led the bell to be out of service ever since. On it are engraved words from Leviticus 25:10 (KJV): “Proclaim liberty throughout all the land unto all the inhabitants thereof.”



The Statue of Liberty: Given to America by France in 1886, it stands as a light to those seeking freedom. May the torch she holds high remind us that true light comes from Christ, who is “the Light of the World.”

The importance of symbols: We can get easily distracted and grow accustomed to the freedom that we have in the USA. Learning about these symbols and what they represent helps us to thank God for the faith of the founding fathers, who developed a free nation where we can worship Him freely. These symbols show that liberty must be protected by faith and virtue in every generation.



▲ Timeline of Faith & Freedom Project ▼	Date	1776
	Subject	Declaration of Independence signed—"all men are created equal."
	Student Notes	

★ **Reflect and Respond: Answer** the questions and then discuss with a parent.

1. What did the colors and design of the flag symbolize?

red

white

blue

stripes

2. How does the eagle remind us of Isaiah 40:31?

3. Why are symbols important for remembering national values?

★ **Family Discussion (Oral Discussion)**

If America were to choose a new symbol today, what should it be, and how would it reflect God's truth?

“Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty.”—2 Corinthians 3:17

Activities:

★ For Older Students



Notebook

Compare & Contrast: Write a short essay comparing America’s symbols with biblical symbols (e.g., eagle vs. dove, torch vs. lampstand).

Creative Project: Design a modern “symbol of freedom” that reflects both American values and Scripture, then explain its meaning.

★ For Middle Students

Liberty Bell: Write out the text based in Leviticus 25:10 that is engraved around the Liberty Bell. Then see if you can draw a crack up the middle of your text below.

“Proclaim liberty throughout all the land unto all the inhabitants thereof.”

Did you know?

You can see the Liberty Bell in person at the Liberty Bell Center in Philadelphia, PA.

It is a historical landmark, and is completely free to view.

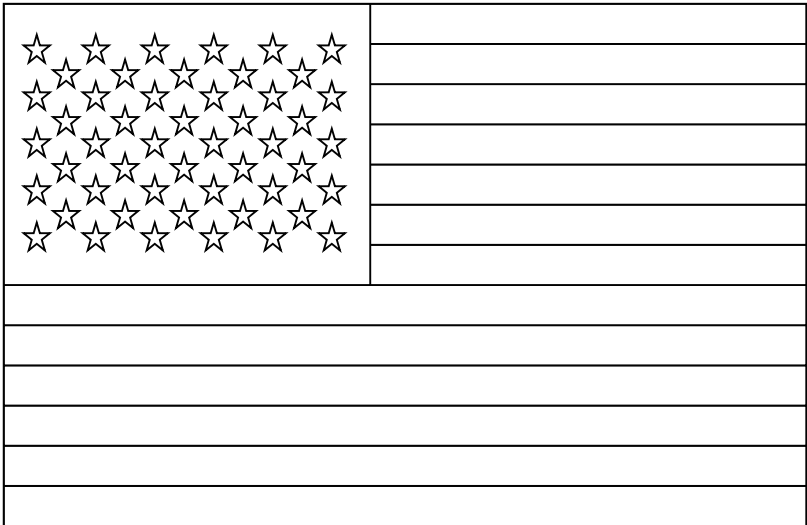


★ For Younger Students

Coloring: Print page 150 and color the picture.

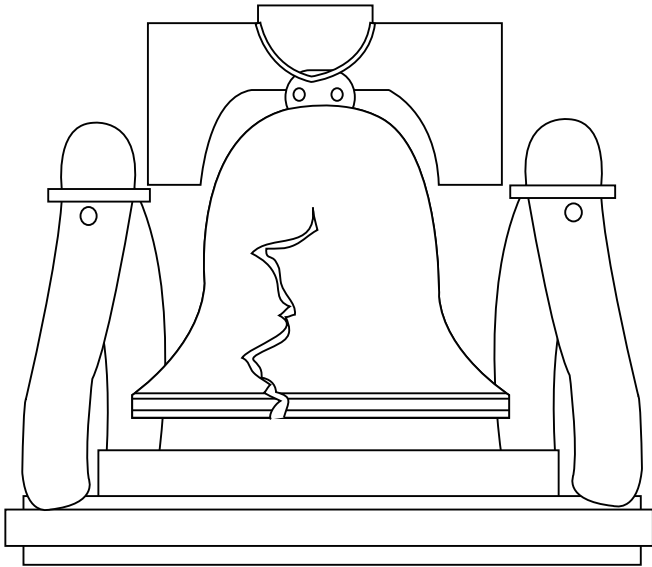
Name

Symbol Coloring Page: Color our nation's symbols.



Did you know?

When the Statue of Liberty was first built, she was not green! She was a reddish-brown color, similar to a penny. Made of copper, the statue gradually changed color as the metal reacted with air and weather over time, creating the greenish coating we see today—called a patina.



Learning Focus

- ★ Learn how early settlers lived with hard work, gratitude, and dependence on God's daily provision.
- ★ Describe how colonial families depended on God daily.
- ★ Discuss the importance of gratitude in their simple, faith-filled lives.
- ★ Key verse: 1 Thessalonians 5:18.

Colonial life was simple, yet demanding. Families built homes by hand, grew their own food, and worked from sunrise to sunset. Still, their days were filled with prayer and thanksgiving. Each meal and harvest was a gift from God.

Communities were bound by faith. Neighbors shared labor and resources. The Bible was often the only book in a home—used for reading lessons and daily devotions. Church gatherings were central, and Sabbath laws ensured a day of rest for worship. Preachers of the First Great Awakening, like Jonathan Edwards and George Whitefield, called people to repentance and gratitude, reviving spiritual life across the colonies.

Their joy was not based on comfort but on contentment in God's care. Gratitude was their strength, a daily act of trust that God would provide.



Plimoth Patuxet Museum
(formerly Plimoth Plantation) in Plymouth, MA



▲ Timeline of Faith & Freedom Project ▼	Date	1700s
	Subject	Colonies grow; faith and education shape early America.
	Student Notes	

★ **Reflect and Respond:** Answer the questions and then discuss with a parent.

1. What were some challenges of daily colonial life?

2. How did families express gratitude to God?

3. How can we develop gratitude today?

★ **Family Discussion (Oral Discussion)**

Why do you think gratitude was more important than comfort for colonial families? Why does gratitude please God? How can being thankful help us endure challenges today?

“in everything give thanks; for this is the will of God in Christ Jesus for you.”—1 Thessalonians 5:18

Activities:

★ For Older Students



Notebook

Colonial Journal Entry: Write as if you are a settler, describing chores, hardships, and prayers of gratitude.

Community Service Idea: Brainstorm one way to serve neighbors (helping with chores, sharing food)—then connect it to colonial practices of mutual aid.

★ For Middle Students

Gratitude Chain: Create a paper chain where each link has something you are thankful for—like colonial families giving thanks daily. Hang it up where you will see it the most!



Materials:

- ☆ Construction paper (any colors)
- ☆ Scissors
- ☆ Glue stick or tape
- ☆ Ruler (optional)
- ☆ Pencil (optional)

Steps:

1. Choose your paper and the colors you want for your chain. You can use one color or many.
2. Cut the paper into long strips about 1 inch wide and 8–10 inches long. (Adults may pre-cut for younger students.)
3. Take one paper strip and bend the ends together to make a circle. Glue or tape the ends so the loop stays closed.
4. Slide a second strip through the first loop so it hangs inside it. Then glue or tape the ends of this second strip to make a new circle.
5. Keep adding strips—one at a time—through the last loop to grow your chain.
6. Stop when your chain is as long as you want.

Hang it up to decorate your bedroom, classroom, or bulletin board!

★ **Bible Verse Memory:**

Practice 1 Thessalonians 5:18 with hand motions.

Bible verse	hand motion
1. "In everything"	 <p>Big circle with both arms, showing "everything."</p>
2. "Give thanks"	 <p>Hands put together in prayer.</p>
3. "For this is the will of God"	 <p>Point upward toward God.</p>
4. "In Christ Jesus"	 <p>Arms crossed over your chest.</p>
5. "For you."	 <p>Point to your chest.</p>

Put It All Together (Slow Version)

1. In everything—arms big circle
2. Give thanks—hands put together in prayer
3. For this is the will of God—point up
4. In Christ Jesus—arms crossed over chest
5. For you—point to yourself

Learning Focus

- ★ Reflect on the true meaning of freedom—both as an American and as a follower of Christ.
- ★ Study Proverbs 14:34 and John 8:36, linking freedom to righteousness and spiritual renewal.

The Pilgrims’ decision to seek religious freedom laid an early foundation for ideas that would later influence the Founding Fathers. While we look to the Founding Fathers for inspiration, the Founding Fathers looked to the Pilgrims.

When the Pilgrims left England, they were motivated by a deep desire to worship God according to their own beliefs without interference or punishment from the government. Their journey was filled with hardship, including dangerous sea travel, disease, hunger, and harsh winters, yet they persisted because faith and self-determination mattered more than comfort. They worked side by side to build thriving communities from nothing.

More than 150 years later, those same values surfaced when the Founding Fathers gathered at the First Continental Congress. These leaders believed that rights such as liberty came from God rather than a king. They faced serious difficulties, including British control, heavy taxation, threats of punishment, and the challenge of uniting colonies with different interests. Like the Pilgrims, they risked everything to protect freedom of belief and self-rule.

Because we benefit from the sacrifices of those who have gone before us, it can be easy to take for granted the freedoms that we have. Let us try to imagine what it may have been like for the Pilgrims and the Founding Fathers. Understanding their challenges and struggles will help us to more clearly see why they sought freedom at all costs.

The Pilgrims planted the idea that faith and freedom were worth sacrifice, and the Founding Fathers carried that belief forward as they worked to create the foundation of liberty for an entire nation.

Learn more from America’s Struggle to Become a Nation, beginning with chapter 1. You can also learn more about life in the colonies from America’s Story 1 in chapter 7.





▲ Timeline of Faith & Freedom Project ▼	Date	1774
	Subject	First Continental Congress meets and opens in prayer as the colonies seek wisdom, unity, and guidance from God.
	Student Notes	

★ **Reflect and Respond:** Answer the questions and then discuss with a parent.

1. What makes freedom a gift from God?

2. The Founding Fathers used their struggle to create a system which brought freedom. As we remember their sacrifice, how can we use our freedom to serve others?

3. Why does true liberty begin with faith in Christ?

4. How can we make sure to appreciate our freedom and not take it for granted?

★ **Family Discussion (Oral Discussion)**

Pray for America’s future. Thank God for your freedoms and ask Him to help our nation honor Him once again. Discuss how laws are there to protect, thus giving healthy freedoms. What family rules do we have? How do they keep you safe? What laws exist in our country that protect freedom?

Did you know?

The First Great Awakening was a powerful religious movement that swept through the American colonies in the 1730s and 1740s, changing the way many people thought about faith and personal belief. Preachers such as Jonathan Edwards and George Whitefield emphasized emotional sermons, personal conversion, and a direct relationship with God rather than relying only on church traditions. This movement encouraged individuals to question authority, including religious leaders, and to take responsibility for their own spiritual lives. As a result, the Great Awakening helped unite the colonies through shared religious experiences while also promoting ideas of equality and individual freedom that later influenced American identity and thought.

“Therefore if the Son makes you free, you shall be free indeed.”
—John 8:36

Activities:

★ For Older Students



Notebook

Creative Writing: Compose a modern “pledge” or “declaration” that reflects how you will use your freedom to honor God.

★ For Middle Students

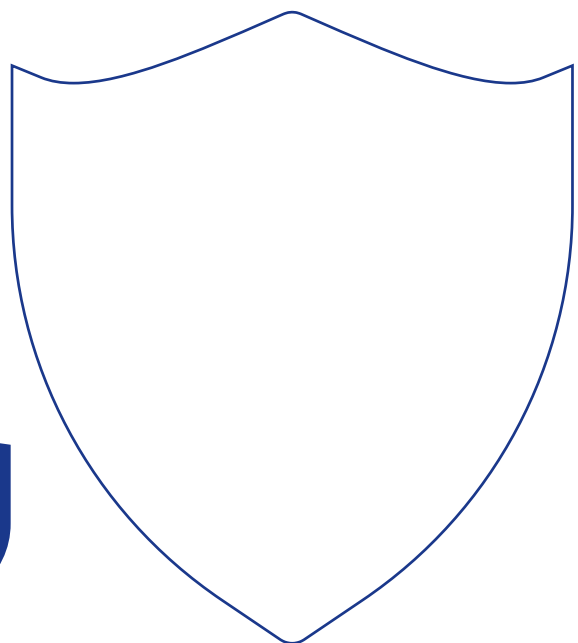
Poem or Song: Write a short, rhyming poem about thanking God for freedom. Example: Thank you, God, for making me free. Thank you, God, for all you’ve given me.

Freedom Shield Craft: Add the words, “Faith, Truth, and Service” to the paper shield and decorate with stars and stripes. Or you may choose to make your own shield on a separate sheet of paper with a different shape.

Faith

Truth

Service



UNIT 1 WRAP-UP



- ★ God is the source of liberty.
- ★ Freedom is both a gift and a responsibility.
- ★ Gratitude and virtue protect freedom.

★ Review your timeline for Unit 1 and add any additional notes or reflections.

▲ Timeline of Faith & Freedom Project ▼	Date	1730s–1740s
	Subject	The First Great Awakening renews spiritual life in the colonies.
	Student notes	

Food from the Time of the American Revolution

NOTE: Adult supervision and participation are required for this part of the course!

Johnnycakes

During the American Revolution (1775–1783), food was often simple, hearty, and made from ingredients that could be grown, hunted, or traded locally. Colonists cooked over open hearths or in brick ovens, using what was available through the seasons.

Description:

Johnnycakes were a staple in colonial diets, especially in New England. They trace back to Native American cooking and were widely adopted by settlers and soldiers. Johnnycakes were simple cornmeal pancakes that could be eaten any time of day. They were especially popular among soldiers and settlers because the ingredients were easy to store.

Recipe:

- ★ 1 cup cornmeal
- ★ 1 teaspoon salt
- ★ 1 cup boiling water
- ★ 1 tablespoon butter or bacon fat
- ★ A splash of milk to thin (optional)

Mix cornmeal and salt. Stir in boiling water and butter until smooth. Spoon onto a greased hot skillet and cook until golden on each side. Serve plain or with a bit of honey or syrup.

Serves approximately 4



Did you know?

Wheat didn't grow well at first in New England—but corn did! Johnnycakes got their name from being great “journey” food. Johnnycakes were a common food for Continental Army soldiers. They were often eaten when regular bread was scarce. Sometimes they were called “Washington’s bread.”

★ ★ ★
Answer Key



Unit 1, Exercise 1, Day 1, Page 16

1. It means a 250-year anniversary.
2. They believed freedom was a gift from God and could only survive when people lived by His truth and virtue.
3. Answers will vary but might include praying for the nation, learning its faith stories, and thanking God for His provision.

Unit 1, Exercise 2, Day 2, Page 20

1. Unfair taxes, lack of representation, and limits on freedom to govern and worship God.
2. They risked everything, trusting God to protect them against a powerful empire.
3. Everyone has equal worth and dignity before God because He created us.

Unit 1, Exercise 3, Day 3, Page 24

1. Red = courage and sacrifice; white = purity; blue = faith and perseverance; stripes = unity.
2. It shows strength and hope for those who trust God.
3. Answers will vary. They help us recall truths and virtues our nation was built upon.

Unit 1, Exercise 4, Day 4, Page 28

1. Hard work, scarce resources, and harsh weather.
2. By praying, worshiping together, and helping neighbors.
3. Answers will vary. Keep thankfulness journals, pray daily, and thank God even in hard times.

Unit 1, Exercise 5, Day 5, Page 32

1. He created us to choose what is good and to serve Him willingly.
2. Answers will vary. By helping those in need and living by Christ's example.
3. Only Christ sets us free from sin; spiritual freedom is the foundation for every other freedom.
4. Answers will vary. We can remember to appreciate our freedom and not take it for granted by stopping for moments of remembrance. Consistent gratitude practices help us consider all that God has done and continues to do.

Unit 2, Exercise 1, Day 6, Page 38

1. Because God is the Creator and Giver of life and liberty; human governments only protect what He has given.
2. All people have equal worth and dignity before God.
3. When we recognize God as the source of rights, no one can devalue or oppress others.

Unit 2, Exercise 2, Day 7, Page 42

1. Without rules, chaos and injustice destroy true liberty.
2. Each branch checks the others, so no leader becomes too powerful.
3. Leaders must serve with humility and seek God's wisdom (Proverbs 8:15).

Unit 2, Exercise 3, Day 8, Page 46

1. Because faith guides conscience and moral choices that shape society.
2. It keeps the government from controlling faith and faith from being forced by law.
3. To speak truth with love and use freedom to honor God, not harm others.

Unit 2, Exercise 4, Day 9, Page 50

1. Delegates paused to seek God's guidance before major decisions.
2. By quoting Scripture and acknowledging His providence in letters and public addresses.
3. Because righteousness and honesty build trust and justice.

Unit 2, Exercise 5, Day 10, Page 54

1. Because without God's moral law, freedom turns into selfishness and chaos.
2. Honesty and virtue build trust and justice that keep freedom strong. Morals alone cannot save, but we ought to consider that all moral ideas come from the Bible. We would be wise to remember that salvation is found in Christ alone, and that he invites us to a life of transformation. Those who follow Christ and obey the Word will ultimately make their communities a better place.
3. Answers will vary. Pray for leaders, serve others, stand for truth, and live by God's Word.