



KIDS WISDOM

# Self-Control

## Slide: Welcome

*(Start kid's countdown once all classes are present.)*

**Hey kids! Welcome to Kid's Church. I'm so glad you could be here today.**

## Slide: Series Intro

**Leader Tip:** Bring in some snacks and pretend to stuff them all in your mouth at once. Then, pretend that your phone isn't working and stomp your feet in anger. Then, look at the group and ask them what your behaviors seem to be lacking. See if the kids can come up with self control.

**Before we jump into our lesson this week, I have a question for you! Have you ever lost control and done something you regretted? (allow kids to answer). Yeah! Sometimes we get too excited, or we get angry and we do or say something silly that gets us in trouble. (If you used the leader tip, point back to your out of control behaviors and what some of the consequences could be for behaving that way.)**

**Well, in today's lesson we are going to learn about something we all need- self-control. Self-control helps us to take responsibility for our thoughts, words and actions!**

**But, before we get into that, let's stand and sing.**

## Song

*Song 1*

**Good job! I think God loves hearing all your voices praising him! Now let's say our Big Idea together.**

## Slide: Big Idea

*All together:* Self-control is being in charge of your thoughts, words and actions. **(Repeat)**

## Video

*Play lesson video.*

## Slide: Recap

**So, what did we learn from the video today? Let's review...**

- What is better than having big muscles? (Self-control)

- What are Fruits of the Spirit? (Good character traits that come from the Holy Spirit)
- True or False: Self-control works from the inside out. (T)

That's right! Self-control isn't something we can buy at the store or get good at overnight. Self control is actually a fruit that God grows in our hearts to help us to think and act in ways that honor him. Now, that doesn't mean it just happens automatically. We still have to choose to act with self control when we get mad or frustrated. But, the point is, God will help us to get better at it. And, self-Control helps to protect us.

That reminds me of our memory verse. Let's all stand and say it together.

### **Slide: Memory Verse**

"A person (point to self) without self-control (shake finger "no") is like a city with broken-down walls (thumbs down)." Proverbs 25:28 *(Repeat)*

In the time of the Bible, most cities had walls and those walls made the city safe from attackers. Cities that didn't have walls could be overtaken really easily. They had no chance of winning because they had no control over who came into their city. Self-control is like that wall. When we have self-control, we keep ourselves safe from silly out of control behaviors that can hurt ourselves or others. For example, self control will protect us from hitting our sibling for breaking our favorite game. Or, from saying something mean to a friend that really hurts their feelings.

We all need self control so ask God to help you to grow the fruit of self control in your life.

Now, let's all stand and sing one last song together.

### **Song**

*Song 2*

Okay, let's all say the Big Idea together one last time!

### **Slide: Big Idea**

Self-control is being in charge of your thoughts, words and actions. *(Repeat)*

### **Slide: Let's Pray**

Pray and release the kids to small group.