

Lesson Overview

In today's lesson, we're going to learn about self control. Most of us probably learn about self control when we don't have it and we get in trouble for being out of control. Like, when you get mad at your sibling for breaking your game and you hit them. Or, when your Mom catches you sneaking candy when you were told to wait until after dinner. Those are examples of a lack of self-control. When we have self-control, it means we're in charge of our thoughts, words and actions. We don't just react however we want. We remain calm and choose the right way to respond. Self-control is hard. It actually takes more strength to hold back than it does to just react in a moment. That's why God doesn't leave us to figure out self control on our own. He gives us a helper. The Bible says that when we trust in Jesus, the Holy Spirit comes and lives in our hearts. The Spirit helps us to say "Yes" to the things that honor God and "No" to the things that don't. In fact, the Bible says that the Holy Spirit will grow the fruit of self control as well as other fruits like joy, patience, and kindness in our hearts. So kids, next time you want to do something in anger, stop yourself and remember self-control. God will help you!

Big Idea

Self-control is being in charge of your thoughts, words and actions.

Key Question

How does self-control protect us?

Memory Verse

Proverbs 25:28 "A person without self-control is like a city with broken-down walls."

Classroom Agenda

1. (5 min) **Let kids start working on Activity Page #1.**
2. (5 min) **WARM UP: Share a time you were so excited or mad that you did something you regretted. (broke your mom's lamp, hit your friend)** (Tip: Maybe you jumped in excitement and accidentally hit your Mom in the face or in anger you threw your game console and broke it. God wants us to have self-control.)
3. (5 min) **PREVIEW: Write out the Big Idea, Memory Verse, and Key Question on a whiteboard.** Have the kids copy it down on Activity Page #1 (if applicable).
4. (20 min) **LARGE GROUP: Gather for songs and videos with other kids.** Then return to class to finish this guide.
5. (2 min) **RECAP: Read the Lesson Overview (see above).**
6. (3 min) **KQ: Answer the Key Question.** (Answer: **It protects us from making mistakes and from hurting others.** (When we react without thinking, we make big mistakes. We make our parents mad and then they ground us or we say something mean and really hurt our friend's feelings. Self control helps us to stop and think and protects us from making decisions we'll regret. God wants to help us with self control so he sent us the Holy Spirit.)
 - **Bonus Questions:** How does self-control protect us? Who helps us to grow self control in our lives? **4-5th** Share a time you showed self-control and how did it keep you out of trouble?
7. (5 min) **EXPLORE: Read Galatians 5:22-23. List all of the fruits of the Spirit. How do all the fruits help us in life?** (Answer: The Fruits of the Spirit help us to be good friends, obedient kids and respectful. Having the fruits of patience, kindness, love, peace and joy are necessary to being a healthy, God-honoring kid.)
8. (10 min) **PLAY: Choose a group activity from Activity Page #2.**
9. (5 min) **CLOSE: Share prayer requests and pray as a class.** Encourage kids to use the Family Guide at home with their parents - and remind them to go online to pursueGODkids.org to find this week's lesson video.

Teacher instructions: Choose an activity for your classroom.

OPTION 1: SELF CONTROL TARGET GAME

Instructions:

- Before playing, tape a line on the floor and place 3 buckets (with point values attached) (page 5) at varying distances from the line. You may want to put something heavy in each bucket so it doesn't tip over. Have the kids line up behind the line.
- Give the first kid in line a bean bag. Have them try to throw the bag to land in one of the buckets. If they make it, the class earns those points. If you have time, let the kids go twice. See how many points the class can earn.
- After playing, read a scenario from below, and as a class, come up with a response that shows self control.

Scenarios:

1. Your younger sibling ate your favorite candy you have been saving.
2. Your friend broke your favorite game.
3. You really want a cookie but your Mom said not until after dinner.

Supplies needed: Tape, 3 Buckets, Point Values template (pg. 5, 1 set per class) Bean Bag

OPTION 2: FRUITS OF THE SPIRIT WATERMELON CRAFT

Instructions:

- Give each kid a half of a paper plate and a Fruit template (page 6). Have them glue the watermelon on to the back, flat side of the plate.
- Have the kids color the bottom ring green to make it look like the outside of a watermelon. Then, have them color the rest pink or red. Then have them glue the words onto the watermelon however they like.
- As they work, remind the kids how important self control is in their lives. It helps them to have charge of their thoughts, words and actions. The Holy Spirit will help them to grow more self control.

Supplies needed: Paper plates (cut in half, 1 per kid), Fruit template (pg. 6, pre cut, 1 set per kid), Glue, Crayons



Hey kids and parents! Fill in the blanks as you talk about this week's lesson together. Have fun!

Key Points

- Self-control is being in charge of your _____, _____, and _____.
- Having _____ is better than having big muscles.
- Self-control works from the _____ _____.

Big Idea

Self-control is being in control of your thoughts, words and actions

Key Question

How does self-control protect us?

Memory Verse

Proverbs 25:28 "A person without self-control is like a city with broken-down walls."

Talk About It

1. What's your favorite part of the video? What's one thing you learned from it?
2. Share a time you were so excited or mad that you did something you regretted. (broke your mom's lamp, hit your friend)
3. What is self-control? How does self-control protect us?
4. Who helps us to have self-control?
5. Read Galatians 5:22-23. List all of the fruits of the Spirit. Which one(s) do you need to grow more of in your life?
6. How will you apply this lesson to your life this week?

Instructions: Color the picture.

SELF CONTROL IS
BEING IN CHARGE OF
YOUR THOUGHTS,
WORDS AND ACTIONS

Key Question

How does self control protect us?

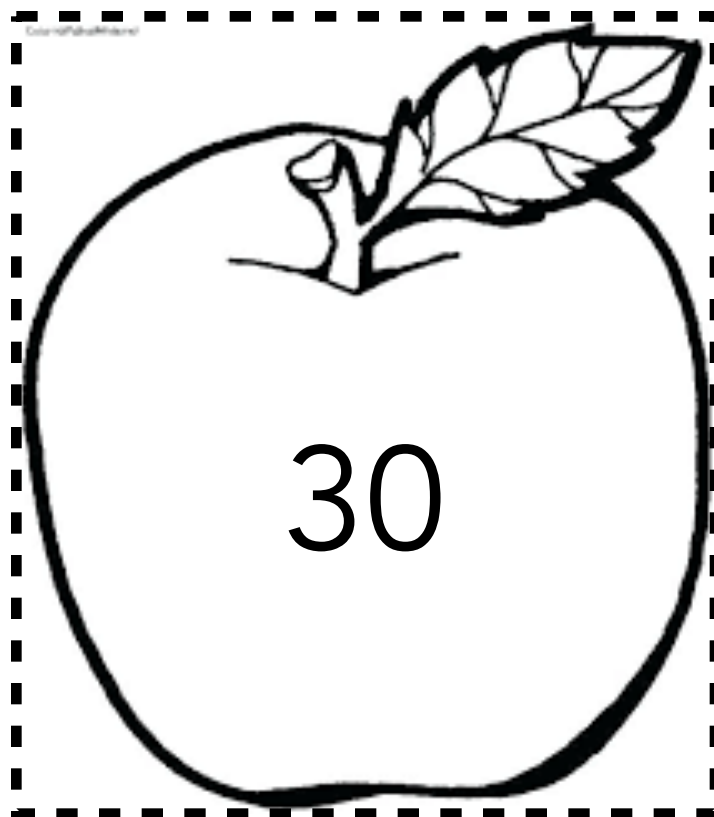
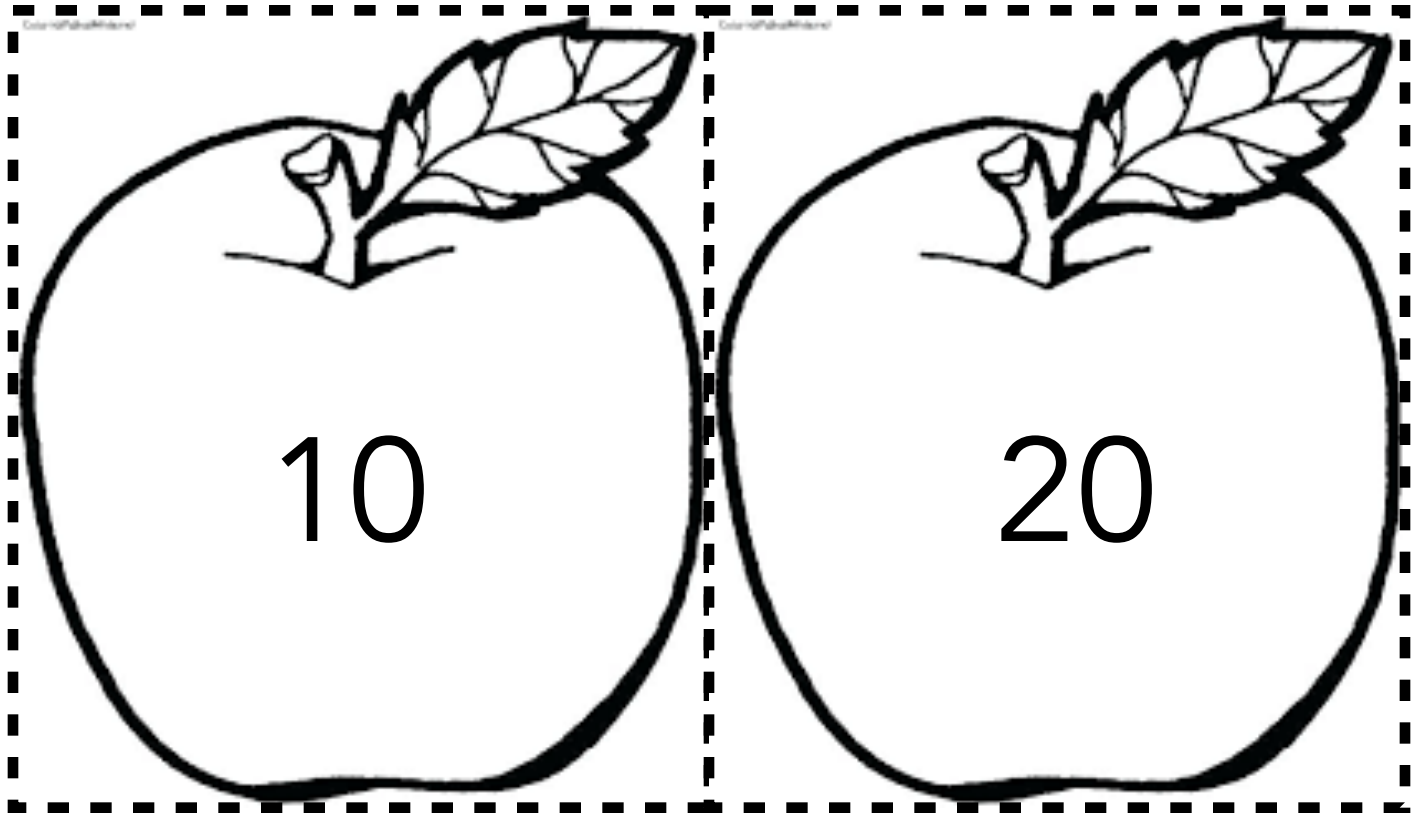
Memory Verse

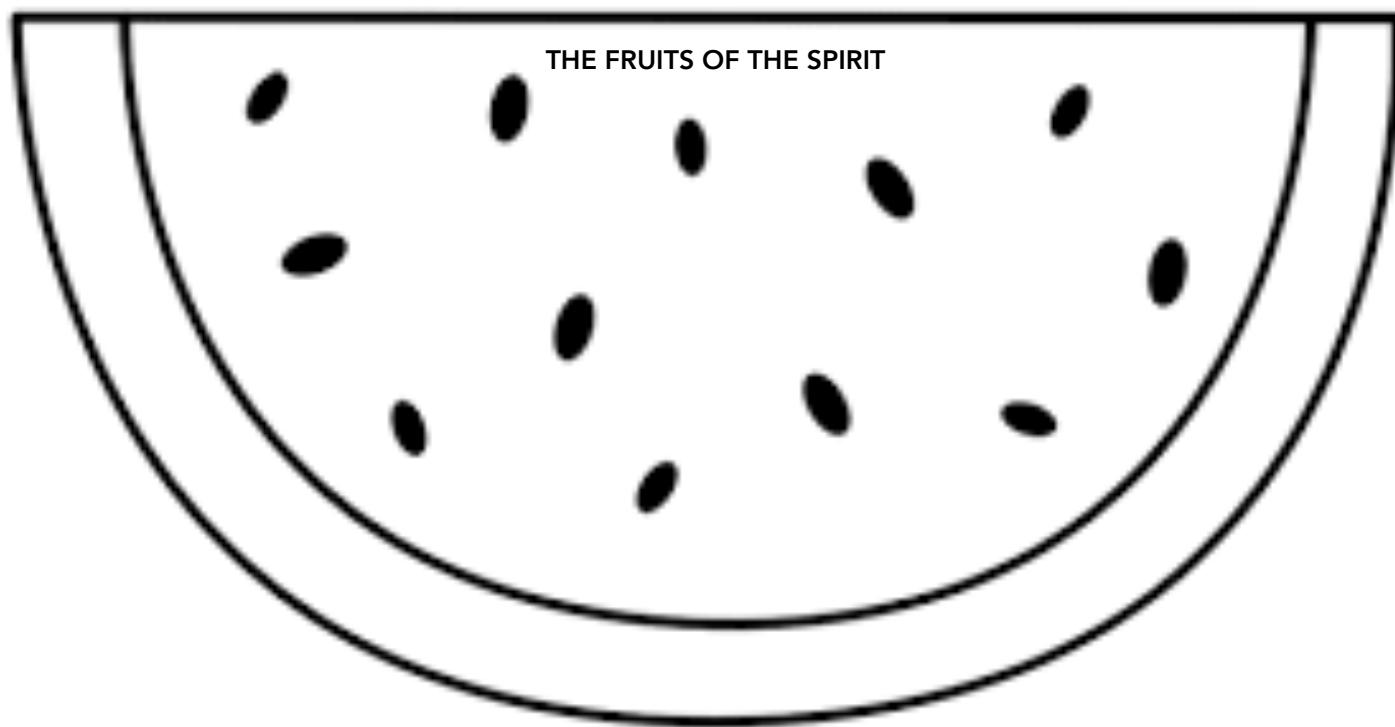
Proverbs 25:28 "A person without self-control is like a city with broken-down walls."

Fruits of the Spirit



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LOVE JOY PEACE KIND GOOD
PATIENT FAITHFUL GENTLE SELF CONTROL