

The WILD
3rd-5th Grade

1/22/12

11:30

January 2012

Self-Control

Week 4

Stop

Bible Story: Stop (too much of a good thing) • *Proverbs 25:16*

Big Idea: God wants you to know when to **stop**.

Memory Verse: “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.” *James 1:19*

Virtue: Self-Control—choosing to do what you should do, not what you want to do.

Basic Truth: I should make the wise choice.

FOR LEADERS ONLY

GOD VIEW: the connection between **SELF-CONTROL** and God’s character,
as shown through God’s big story

Have you ever been so angry that you just wanted to scream until your lungs fell out? Or maybe someone said the meanest thing possible and you wanted to get even. We all feel angry sometimes. But can you imagine a world where everyone *acted* on their anger? Or said what they thought right away? What if the adults and kids all threw a tantrum each and every time they got upset? The world would be a pretty scary place to live.

That’s probably one reason the Bible advises us to have self-control. But self-control means a whole lot more than not acting out or cutting up. Self-control means choosing to do what you *should* do—and not what you want to do. And that’s hard for all of us.

The good news is that God doesn’t ask us to do anything on our own. God promises to help us. In fact, 2 Peter 1:3 says God’s given us everything we need to lead a godly life. And self-control is even the last fruit mentioned in the list found in Galatians 5:22-23. The fruit of the Spirit is just a fancy way of saying that having self-control is a way to display that we have God in our life. And when we have God in our lives, He’s present every hour of every day, ready to help us take control of our thoughts, words, and actions.

So, the next time you need a little self-control to help you hold your temper, to choose your words carefully, or to eat only *one* of your favorite treats, pause to pray and ask God for wisdom and help. Then you can make a wiser choice, instead of reacting in the moment. And remember: everyone benefits when we show a little self-control.

This month, let’s think about how:

(1) We can display self-control as a response to God.

(2) God empowers us with self-control to respond wisely.

(3) God uses self-control in us to influence our families, friends, and neighbors.

Remember: A virtue is something God does in us to change the world around us.

Opening Discussion:

What You Do:

Greet the kids. Ask: "If you were in a food eating contest, what would be your food of choice?"
(Be sure to fess up to your guilty pleasure too!)

Although a food eating contest might be fun today we learned in this week's Proverb, that sometimes more isn't better. In fact, too much of even a GOOD thing can be bad.

"In Large Group today, it seemed that everyone was out of control. They didn't really want to stop what they were doing. **But we can know when to stop and know what's healthiest for us. It's just like 2 Peter 1:3 says: 'God's power has given us EVERYTHING we need to lead a godly life.'**"

Discussion Questions

- What has happened to our Host over this month? Is he (*or she*) showing self-control? Without mentioning names, does this make you think of someone at your school, around your neighborhood, yourself, or even someone in your own home?
- What is something that controls you? How can you tell when something is controlling you? What are the clues that something is controlling you?
- Proverbs 25:16 says, "If you find honey, eat just enough— too much of it, and you will vomit." Can you think of somebody in your life who's is good at "eating just enough," meaning they know when to stop and make healthy choices? **[Personalize] (Share a personal example to start this dialogue. For example, "I really struggle when there's chocolate in the house. It's hard to eat just a few pieces. But my friend puts a few pieces out in a little bowl on the counter and puts the rest away in a hard to reach place. That way it's easy to enjoy the treat, but you don't get carried away. Watching her really makes me think.")**

Activity 1 – Full Jar of Candy

What You Need: hand sanitizer, full jar of candy

What You Do:

Have each child use hand sanitizer before the activity begins.

What You Say:

“Talk about too much of a good thing! This is my absolute favorite candy!! Who thinks they could eat this entire jar of candy? Really?? Who thinks they could eat it the fastest? Who thinks they can it all of this candy in 5 minutes, 4 minutes, 3 minutes? Who thinks they could eat all of this candy without feeling like you’re going to throw up? **This is another great example of our Proverb this week. We have to know when to stop when it comes to overindulging on anything in our life. Otherwise, it starts controlling us instead of the other way around! Instead of eating the entire jar of candy in one setting we could share it with our friends (distribute a piece or two of candy to each child – check for allergies). We could eat 1 piece a day to make it last. We could even share it with our family – parents, brothers, sisters.”**

Activity 2 - Read My Forehead

What You Need: index cards, a Bible, pens, double-sided tape

What You Do:

Pair kids up so that each team has a Bible. Instruct each team to look up James 1:19. Hand out a pen and index card to each team. Divide the verse into phrases so that each team can write part of the verse on their card. For example, if you have 10 teams, you might divide it up like this:

- Card 1—“My dear”
- Card 2—“brothers and sisters”
- Card 3—“take note of this.”
- Card 4—“Everyone”
- Card 5—“should be”
- Card 6—“quick to listen”
- Card 7—“slow to speak”
- Card 8—“and slow to”
- Card 9 –“become angry.”
- Card 10—“James 1:19

Once the verse is divided up and written on cards, help kids use double-sided tape to stick their index cards on a team mate’s forehead. Mix the kids up so that the order isn’t obvious. Make sure the Bible is closed at this point. Without talking, the students must organize themselves in the correct order of the memory verse. When they think they have it, they should face you, who will “read” foreheads aloud. If the order isn’t correct, the kids should reshuffle and try again. When they are in order, the whole class should say the verse together to celebrate!

What You Say:

“If we want to know when to *stop* something, reading God’s Word is a good place to start!”

Pray/Transition for Dismiss

Honey Pot Prayer

What You Need: “Honey Pot Prayer” (Activity Pages), pens or pencils

What You Do:

Give each kid a card and writing utensil. Instruct kids to pair up but then complete their cards individually.

After they have finished individually, partners should share their cards and pray together. This is also a fantastic opportunity for you to **[Personalize] share a personal situation** before or after the time of prayer.

What You Say:

“I am so thankful that we have a God who gives us power to control ourselves and to know when to *stop*—even when it’s a good thing—so we don’t lose control.”

Once you hear the transition tone in your classroom instruct kids to gather up their personal belongings, tidy up their area and to line up at the door. Transition your class back to Studio 2 for parent pick-up. Kids should sit in the front row of chairs and place their belongings under their chair.

Pass out Fridge Door cards as adults arrive for pick up.