

*The WILD*  
*K-2<sup>nd</sup> Grade*

*1/22/12*

*9:00*

**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

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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.*

### **Early Arrivers**

**What You Need:** offering container, prepared index cards with pictures of food  
(Kindergarten – coloring page and crayons)

#### **What You Do:**

Invite the kids to put their offerings in the container. Ask the kids what their favorite food is. What's their favorite restaurant? Once everyone has arrived have the kids choose one an index card or picture of food. You'll use the cards during an Activity below. So, please save them!

#### **What You Say:**

"Have you ever felt sick or even gotten sick after eating too much of something you liked? When was it? What did you eat too much of?"

### **Activity 1 - That's My Favorite!**

**What You Need:** Play-Doh

#### **What You Do:**

Invite the kids to use the Play-Doh to sculpt the food on the index card or picture they chose or their favorite food. The more detailed the better.

#### **What You Say:**

"This month we've been learning that self-control is choosing what you should do, not what you want to do. Sometimes it's really hard to practice self-control when it comes to things we like, you know—video games, TV, and our favorite foods.

***Today in Large Group we'll hear what God has to say about having too much of a good thing.***"

### **Bible story: Proverbs 25:16**

If you find honey, eat just enough—  
too much of it, and you will vomit.

Betsy LOVED ice cream!! She would eat it every day after school. Her mom let her have two scoops of chocolate chip ice cream every day if she was good at school. She loved ice cream so much that every day she would ask her mom for another scoop after she was done, but every day her mom would tell her that if she ate any more she would get sick. Betsy just could not believe that something that tasted SO good could make her sick!! How is that even possible?

A few months of eating ice cream every day after school went by. Betsy still loved it enough to have it every day. The chocolate chip was her favorite kind! One day her babysitter was home after school instead of her mom. Betsy decided she

would try to get more ice cream after she was finished since her mom was gone. Her babysitter did not know just how much Betsy loved ice cream. Betsy kept finishing her bowl, and ended up eating 4 bowls of ice cream in one day!! Betsy began to feel very sick. She didn't want any more ice cream. Later when her mom got home, Betsy still had a stomach ache.

Her mom pulled Betsy aside and asked what was wrong. Betsy told her mom everything, that she had way too much ice cream! Her mom was not happy about it, but saw it as a good lesson. When we don't show self-control and eat too many sweets we will get sick! Betsy learned the hard way that it is possible to have too much of a good thing. From then on, she had a different flavor of ice cream, and she only ate one bowl a day.

### **Activity 2 - Upset Stomach**

**What You Need:** a parachute, sheet, or tablecloth; knotted scarves

#### **What You Do:**

Spread out the parachute and lead the kids to sit around it. Guide them to grab the edge of the parachute with both hands and gently wiggle it to create a "happy tummy." As the kids wiggle the parachute, progressively add scarves or balls to represent different food items, such as candy, ice cream, cake, soda, pizza, and cookies. With each item you add, coach the kids to wiggle the parachute harder and harder, making the tummy more and more "upset." Continue until the tummy becomes so "upset" that it "throws up" (all the objects fly off the sheet).

### **Activity 3 - Very Hungry**

**What You Need:** The Very Hungry Caterpillar Book

#### **What You Do:**

Gather the kids around you and read the book.

- If you read The Very Hungry Caterpillar, lead the kids to pantomime the caterpillar as you read. They can pretend to hatch from the egg, eat the food, and get a stomachache. Be sure to stop reading when the caterpillar gets a stomachache.

Ask the kids to recap why it isn't good to have too much of a good thing and why it's important to **know when to stop**.

#### **What You Say:**

For The Very Hungry Caterpillar: "Pears and strawberries and cake and lollipops are all good things God wants us to enjoy.

"But He also wants us to **know when to stop**. **Too much of even the best things can cause problems**. If I eat too much food, I'm going to get a stomachache. I might even throw up like Proverbs 25:16 says! If I watch too much TV or play too many video games, I might forget to spend time with my family and friends, not to mention that too much of those things is just not good for you anyway! So, no matter what you're doing, remember: it's important to **know when to stop**."

“Self-control is choosing to do what you should do, not what you want to do. Sometimes we need to practice self-control when we choose the foods we eat. **For many foods, like fruits and vegetables, we can eat a lot of them before we’d get into trouble. With other foods, like cake and cookies and candy and brownies and soda and donuts, we need to be more careful. There’s nothing wrong with eating a little of these things,** but we need to **know when to stop.** If we don’t, we can make our bodies sick. We could also get a stomachache or even throw up! Remember: God wants what’s best for us, and He wants us to make healthy choices. So this week, be smart and **know when to stop.**”

### **Wrap Up/Transition:**

Once you hear the transition tone in your classroom instruct kids to tidy up their area and to line up at the door. Transition your class to Studio 2 for Large Group. Kids should travel quietly in the hallways.

### **Pray and Dismiss**

#### **What You Need: Bible**

#### **What You Do:**

Open the Bible to Proverbs 25:16 and read the verse aloud.

#### **What You Say:**

“**There’s nothing wrong with good things. It’s just how we handle them.** It doesn’t matter what the good thing is—whether it’s honey or pizza or brownies or candy or TV or video games or the Wii. A little bit is good; too much isn’t good.

In our Large Group today we learned that Proverbs 25:16 says, ‘If you find honey, eat just enough. Too much of it and you will vomit—or throw up. God knows what to say to get our attention, doesn’t He? He wants us to know that **too much of something isn’t good for us!** What are some things that it’s not good to get too much of? (*Possible responses: TV, candy, cake, cookies, brownies, video games*) **Just as eating too much honey isn’t good for you, too much of other things like food, TV, video games, and movies aren’t good for you, either.** That’s why it’s important to **know when to stop.**”

“Dear God, thank You for giving us good things. Help us have the wisdom to know when we’ve had enough, and help us to show we have self-control because we **know when to stop.**”

Pass out Fridge Door cards as adults arrive to pick up their child(ren).