

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

*1/29/12*

*11:30*

*January 2012*

*Self-Control*

*Week 5*

# Guide

**Bible Story:** Guide (what you think about) • *Philippians 4:8*

**Big Idea:** God wants you to use the Bible to **guide** your thoughts.

**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 can trust God no matter what.

## 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.*

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

**Opening Discussion:**

**What You Say:**

“Imagine the best day you could ever imagine. What would you do? What would you eat? Who would be with you?”

**Activity 1 - I’m Thinking ...**

**What You Need:** Blank paper, markers, picture of a brain, large piece of paper

**What You Do:** Get the paper, markers, and the large piece of paper ready. Have the picture of the brain upside down so they don’t see it until later. They will stay more engaged that way.

**What You Say:**

“Where do we do all our thinking? *(Get responses.)* Yes, in our brain! Do you know what our brain looks like? Can you try and show me on this paper with the markers? *(Pause.)* Nice work—here’s a picture just in case you need some help. *(Hold up example brain.)* We need to draw and color a brain for an activity later. I also need some other people who like to write and spell to help me make one of those big thought bubbles that go over people’s heads in a comic strip right here on this huge piece of paper. Who wants to help do that? And really big after we draw the bubble, we need to write ‘Good Thoughts’ because that’s what we’re talking about today. In **Large Group today we learned why our thoughts are important to God.**”

**Activity 2- True Thoughts**

**What You Need:** Post-It notes, colored pencils, large piece of butcher paper

**What You Do:**

Tell the kids that they’re going to write or draw as many good things as they can think of, and put one thing on each Post-It note. They can have as many as they need, but encourage them to think of different things than the kids around them. Challenge them to fill up the piece of the butcher paper and to leave as little white or paper color as possible! Read Philippians 4:8 to them first (or ask for a good reader to read) and then brainstorm ways to illustrate the things that God tells us we should think about, passing out Post-Its and colored pencils for them to write and draw their ideas.

**What You Say:**

**[Personalize]** “There are times when I’m tempted to think negative thoughts. Sometimes I’m tempted to think negative thoughts about myself, like *(briefly share one age-appropriate negative thought)*; sometimes I’m tempted to think negative thoughts about others, like *(briefly share one age-appropriate negative thought)*; and sometimes I’m tempted to think negative thoughts about what is happening to me, like *(use extreme over the top statements—I always, she never)*. I call negative thoughts ‘stinkin’ thinkin’.’

“God doesn’t want us to have ‘stinkin’ thinkin’.’ He doesn’t want us to think bad or negative thoughts all the time. Instead, God wants us to have ‘good thinkin’.’ Like Philippians 4:8 tells us, God wants us to ‘. . . always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise think about those kinds of things.’

“It can be hard to have good thinking, but when you **use the Bible to guide your thoughts**, it opens the door for God to help you. **By reading the Bible, you’re inviting God into your mind, and that’s always a good thing!** God can help us turn stinkin’ thinkin’ into good thinkin’.”

“Sometimes it’s hard to stop thinking yucky thoughts. **[Personalize]** *(Share a time when it was hard for you to think good thoughts about a person or situation. Share how God helped you think good thoughts.)* But God’s Word promises us that His power will give us everything we need to live a life that shows other people God. *(2 Peter 1:3)* And **[Apply]** **part of living a godly life is having thoughts that honor Him and everything He’s created.** So, this week, **ask God to give you the power you need to have good thinking.** And remember, you can **use the Bible to guide your thoughts.**”

**Activity 3 - Good Thought Relay**

**What You Need:** “Bible Verse Cards”, Bibles

**What You Do:**

Divide the group into two - four teams. Guide the teams to line up at one end of the room and place the Bibles opposite them at the other end of the room. At your signal, the first child on each team will run to the Bible, open it to a marked page, grab the card, and run back to his/her team. Continue the relay until each team has every card. When all the teams finish, open a Bible and read the verses aloud. For an added challenge, let volunteers try to find and read each passage. (This will be great practice for them!) Give help as needed.

**What You Say:**

“This month we’ve been learning all about self-control. We’ve learned that God wants us to control our anger, control our words, and control what we eat and do. **God also wants us to control our thoughts. One very important way to control our thoughts is to be careful what we fill our minds with. Bad stuff is going to creep in; it’s hard to avoid. But if we focus on filling our minds with things that are excellent and worthy of praise, then our words and actions will be mostly good and thankful, too.**

“The most excellent and worthy of praise things I can think of come from the Bible. *(Read the verse on the cards.)*

“I’m so thankful that **God loves us so much that He’s given us so many wonderful words of wisdom about how He wants us to live. We can find God’s words in the Bible.** That’s why it’s smart to **use the Bible to *guide* your thoughts.**”

**Pray and Dismiss**

**What You Need:** NA

**What You Do:**

Ask kids to think of the area of self-control that they struggle with the most, be it controlling their anger; controlling their words; controlling what they eat and do; or controlling their thoughts. **Ask the group to share ideas with each other that will help them practice self-control in the various area.** Remind kids to **use the Bible to *guide* your thoughts.**

**What You Say:**

“Dear God, thank You for teaching us how important self-control is to You. Help us rely on Your power to have control over our anger, our words, our thoughts, even over what we eat and what we do. We love You, God, and we want to live lives that show other people more about You. Thank You for Your promise that Your power will give us everything we need to live godly lives. Thank You for loving us. Amen.”

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 to pick up their child(ren).