



SEEK FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS...MATTHEW 6:33

## Fruit of the Spirit

### Self-Control - Lesson 1

"Let us be alert and self-controlled." 1 Thess. 5:6

#### Lesson Time

Supplies:

Apple

**Yay, it is finally here! The aspect of the fruit we have all been waiting for: self-control! You've probably heard your mom and dad say to you "use self-control, please" but what does it mean? Sometimes it could mean you need to calm down. It might be that you need to keep your hands to yourself and control your body. Sometimes we don't control our mouth and say things that are unkind to people which can really hurt someone's feelings. The Bible says, "Everyone should be quick to listen, slow to speak and slow to become angry."**

**What are some ways you lack self-control? (Eating too much junk food/candy, interrupting while others are talking, saying unkind things to others, throwing temper tantrums, etc.) Remember, we have talked about sinning and making choices. Using self-control means saying no to things that are not good for us and yes to what is good for us. Which does God tell us to do - things that are good or things that are hurtful to others and us? That's right! God is only good, so He will never tempt us to do bad things.**

**Our memory verse this month is "Let us be alert and self-controlled." (1 Thessalonians 5:6) We need to be alert because we will be tempted to do things that are hurtful and not good for us. This is what Satan did with Adam and Eve.**

**God created a man (Adam) and woman (Eve) and told them they could eat from any tree in the garden, but that they must not eat the fruit from the tree of the knowledge of good and evil. If they do, they would die. (Hold up an apple.) Does this apple look tasty? If I told you, "If you eat this apple you would die" would you eat it? NO? What if I told you, you would die but another person (pick a kid in the class) told you "You won't die. The apple will actually give you superpowers and make you the smartest,**

coolest kid in this whole class!" That is like what Satan told Eve. He tempted her and told her that she won't die and she would be like God if she ate it. It then looked really good to her and she ate it. She then got Adam to take a bite, too. They chose to listen to Satan instead of God. They did not use self-control and they fell into Satan's trap and sinned. They did not obey God who knew what was good for them because they thought something better might be out there.

Satan is always trying to look for ways to make things in the world look better to us than God. Is there anything better than God? NO! Does God know what is best? YES! We just need to trust Him and follow what He tells us to do. He will help us say NO to temptation and sin and YES to good things that help grow the fruit He plants in us when we choose to follow Him.

**When we feel like we are going to lose control we need to STOP and PRAY; then we can choose to go OBEY!**

## Prayer Time

## Activity Time

The goal of this time is to utilize a variety of engaging activities –passive and active play, crafts, application, and more – to reinforce what was taught in the lesson. While you may not get to every activity, we encourage you to complete the “Take-Home” activity so children leave with a tangible reminder of what was discussed today.

If numbers are high and/or time and space allow, you may want to use a center format: divide the class into groups (one for each activity) and rotate through the centers after an allotted time.



### Freeze Dance

Supplies:

CD player/GCK Spotify Playlist

Explain to the kids that they will dance while the music plays, but when the music stops, they must freeze! Have the kids spread out so they don't bump into each other as they dance. Talk to them about having self-control with their bodies and staying in control by listening and obeying.



### Door Hanger Craft

Supplies:

Door Hanger (1 per child)

Crayons

Red, yellow, and green dot stickers

Various stickers

Go over the memory verse while they color their door hangers. Then have the kids put the colored dot stickers on the back with the red dot next to STOP, yellow next to PRAY, and green next to OBEY to make it look like a stop light.

**The Point:** They will take their door hangers home to use when they are feeling like they are going to lose control. **We all struggle in some way with self-control. We need to be alert so we can say “Yes” to God’s ways and His Spirit can give us the power to overcome temptation and say “No” to Satan’s traps. So if you feel like you are losing control you can “STOP!” and “PRAY!” for God to help give you the strength to “OBEY!” Him.**



## Stay Away, Sin!

Supplies:

Cup of water (1 per child)

Black pepper

Dish soap

Give each child a cup of clean water. Have kids take turns sprinkling pepper on the water as they say some of the bad things Satan tempts them to do (lie, say unkind things, whine or throw tantrums to get their way, disobey parents, focus on themselves instead of others, etc). Help them think of temptations where they need more self-control (not wanting to wait in line, getting angry with their siblings, eating too many cookies, etc). Ask the kids to describe how the water looks with all the pepper on it.

When we stay focused on God in our lives every day, we can resist temptation. When we STOP and turn to God; PRAY and ask Him for help; and rely on Him, He helps us escape sin and OBEY!

Add a drop of dish soap to each child’s cup and ask them to explain what happened to the pepper. **Just as the pepper "ran" away from the soap, when we rely and focus on God we can run away from sin.**



## YES to Self-Control and NO to Sin Goal Game

Supplies:

Half of a pool noodle

Bucket or box laying on its side for the goal

Small ball or wad of paper

This game will help the kids think through using self-control. They choose a response that shows self-control or doesn’t. If they choose self-control, their reward is to shoot the ball in the bucket/box using a pool noodle and small ball/wad of paper. If they choose selfish actions, they do five jumping jacks and go to the end of the line to try again. (There are always consequences to sin.)

- You want a toy at the toy store and your parents say “not today.” Do you say ok and wait patiently, knowing you might get it for your birthday **OR** do you stomp your feet and whine begging to have that toy right now?
- You got candy for Easter and want to eat some. Your parents say it is too close to dinner and you can have a piece after dinner. Do you go to your room and eat all your Easter candy anyway **OR** do you eat your dinner first and pick a special piece out for after dinner? After all, your parents want only what is good for you, just like God.
- You are in line at the grocery store and you have been waiting a long time. Do you start jumping up and down telling your parent you are bored and you want to go home now **OR** do you pray God will make your feet stop hurting and you start quietly singing your favorite song so the time will pass faster?
- You are in the car and your sister or brother starts poking you. Do you ask him/her to please stop and lean away **OR** do you start poking him/her back harder?
- Your friend tells you she doesn’t like your hair today. Do you think of something to say back to her that will hurt her feelings **OR** do you walk away and know that God made you and your hair and so it is all good?
- Your teacher is telling a story and asks everyone to be quiet. Do you continue talking to your friend **OR** do you stop talking and listen, even if your friend won’t?
- Your friends are all building a tower with blocks and it looks like fun. Do you run over and knock it down **OR** do you ask them if you can help build it with them and you knock it down together when you are done?
- Your friend will not share a toy with you. Do you grab it from him and run **OR** do you walk away and find something else to play with until he is done with that toy?
- You are building a Lego car and you can’t get the pieces to stay where you want them and it keeps coming apart. Do you throw it down, start crying and get mad **OR** do you stop and try again after you calm down or find someone who can help you?



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