

Activity I

Obey God's Word Craft

(See example picture) Have the kids fold the "God's Word" half-sheet in half, like a book. Then have them glue the Bible with verse cutout to the inside. Punch two holes along the spine and give each kid a piece of yarn to string through the holes and have them decorate the front (and back if they wish) with stickers and coloring.

The point: Go over the verse and remind them that remembering what God tells us and obeying Him will help us to stay in control and when we are tempted it will help us not to sin.

Supplies: glue sticks, colored cardstock half sheets with "God's Word", Bible and verse cutout, yarn, stickers, crayons, craft sample picture

Self-Control L2

Activity 2

"I WILL OBEY" Game

Children will line up against a wall and teachers will call out various good and bad (temptations) scenarios (see below for ideas). If the teacher calls out a temptation, children will say loudly "I will say NO to temptation!" If the teacher says something good that the children should do, they will loudly say, "I will obey!"

Ideas: Go to bed on time; brush your teeth; talk unkindly to your friends; stomp your feet and slam your door when you're angry, read your Bible; make your bed; pray every day; hit your brother; take cookies when nobody is looking; watch a bad TV show; set the table for a meal; stay mad at your friend, etc.)

Supplies: none

Self-Control L2

Activity 3

Sticky Temptation

Set up an obstacle course with several chairs – there shouldn't be more than two or three feet between the chairs. Divide group into two teams and explain to each team that they will have one sticky hand. Each child will have a chance to go through the obstacle course by weaving in and out of the chairs. They have to swing the sticky hand back and forth out in front of them as they walk. The goal is to get through the course without the sticky hand getting stuck on anything. Make sure the course is set up so it will be just about impossible to accomplish this. Have each of the kids go through the course trying to race each other.

Was it easy or hard to run this race without getting the sticky hand stuck on something? How many of you got the sticky hand stuck on at least one chair?

The point: Sometimes temptation seems to be everywhere and it is easy to get stuck wanting to do the wrong things. But Jesus knows what it is like to be tempted and He promises to help us when we are tempted so we can avoid sin. We have to stay close to God by praying and reading the Bible and spending time with Him. We can keep our hands from getting into a sticky mess of sin by following what God says.

Supplies: two sticky hands (1 per team), chairs set up in obstacle course
Self-Control L2

Activity 4

Battling Sin

Tape a line down the center of the floor. Form two teams – one on each side of the line. Give each child a paper towel tube "sword."

Next, explain how the Bible is our sword. (They should use self-control and not hit each other with their swords.) Have the children call out some sins or temptations they face each day (lying, being unkind, throwing tantrums, disobeying parents, arguing with a friend, wanting to play video games all day long, not sharing their toys, hitting their siblings, etc). As they do, throw the wads of paper onto the floor, making sure they're on both sides of the battlefield.

See lesson for rules of the game.

Supplies: paper towel tubes (1 per child), paper wads
Self-Control L2