



Fruit of the Spirit

Self-Control – Lesson 3

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

Lesson Time

Supplies:

Socks rolled into balls

Sign that says “God’s Word”

Remember what we talked about last week? When Jesus was tempted, He stood up to Satan with God’s word. He said verses from the Bible. Jesus knew what God wanted Him to do because He knew what God’s word said. It protected Him from Satan and allowed Him to have self-control. So if I stand over here (walk to the other side of the room but not too far away from the kids) and I don’t have anything around me do you think I would be protected if something was thrown at me? (Have a volunteer ready to throw some socks at you.) No? (Have the volunteer throw socks at you and try to block them but show that you are not protected.)

The Bible says, “A person who lacks self-control is like a city whose walls are broken down.” (Proverbs 25:28) Can you picture this city with no walls or your house with no walls – not even the outside ones? Would you feel safe and protected if there were no walls anywhere you went? When we don’t have the self-control we are not protected from temptation; just like a house with no walls wouldn’t protect us from the rain or wind when a storm comes. But, if we know what God’s word says and we choose to DO what it says, then we are able to stand up to what comes at us. (Hold up a sign that says “God’s Word” on it and use it like a shield.) God’s word is very powerful. It can act as a shield between us and whatever the devil tries to throw at us. (Have the volunteer throw the socks at you again and this time you will be protected by God’s word.)

By practicing self-control we choose Jesus over the temptations of the world. The world has lots of stuff in it that looks really good – like cartoons, new toys, new video games, candy, etc. We have to control the powerful pulls that are temptations to sin and choose ourselves over God. We need

God's power and strength. His spirit gives us the fruit of self-control so we will not become destroyed by sin. We have to be alert and self-controlled. Remember our verse says, "Let us be alert and self-controlled." (1 Thessalonians 5:6) Let's repeat it: "Let us be alert and self-controlled." (1 Thessalonians 5:6).

So, if I have self-control and all the other aspects of the fruit of the Spirit, then when my friend says "Hey, let's not play with *Sally*, let's play just with each other," what would I say? Would I stand up to my friend and say "NO, we should play with Sally because God wants us to love everyone and not pick favorites." Yep! What if I didn't have self-control? I would go with my friend and leave Sally to feel sad and left out. Is that what Jesus would do? NO WAY! What about if someone is making me mad and I don't have self-control. What would I do? Maybe I would yell at him or, even worse, hit him and he would get hurt. Right? But if I had self-control and ALL the other parts of the fruit, what would I do? I would choose to walk away or use words to talk to him – patiently, kindly, etc.

Remember all these things we've learned about go together like one big fruit salad. We cannot have love and not be self-controlled. We cannot have peace and not have kindness. It is the FRUIT (singular) of the Spirit, not the fruits (plural). It's one thing with many aspects or parts. We get all the fruit from God's Spirit as we live by what God says. We will have love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. We just need to keep in step with God and walk with Him just like Jesus did.

Prayer Time

Activities

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.



Tug-of-War (Group Activity)

Supplies:
Rope

Put the rope on the floor and have one person stand in the middle of the rope with a team at either end. Explain that one team represents a particular temptation and the other represents God's good and perfect way. Have the kids pick up the ends of the rope and begin pulling to demonstrate how Satan pulls at our hearts trying to get us to do things that are wrong. Have an adult go to one side to help pull to demonstrate that if we have God on our side we can resist temptation.



Limbo

Supplies:

Pool noodle

CD Player/GCK Spotify Playlist

Have two people hold the ends of the pool noodle so it is parallel to the floor. Have the kids walk around and under the limbo stick (pool noodle). **It takes self-control to get under the limbo stick each time. It takes focus and we have to be aware of what our body is doing.** If we are alert and aware of what we are doing then we will pay more attention to having self-control. It is hard to have self-control on our own and that is why the power of God's Spirit is so important. We need Him to help us because we cannot do it by our own strength.



City With Walls

Supplies:

Sock rolls

Large Blocks

Build "a city with walls" out of blocks and let the kids throw socks at it. It is protected. Have the kids knock it down and then throw the socks again and see how it is not protected without walls. You can have one or two of the kids stand in the block tower to illustrate how you are protected with wall and not protected without. We need God's Spirit and His word in us to protect us from temptation and sin.



Gumdrop Towers

Supplies:

Lego blocks

Gumdrops

Proverbs 25:28 "flag"

Toothpick

Scissors

Have the kids build individual "city walls" with Lego blocks. Help them glue or tape a flag to a toothpick and stick it into a gumdrop. Let the flags fly over the city walls as you go over the verse with them and talk about how we are open to being attacked by temptations if we don't have self-control. Remind them that when we choose God's way we will react with the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. They can take their gumdrop flagpoles home to remind them of our need for self-control and the fruit of the Spirit as a whole.



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