



Fruit of the Spirit

Self-Control – Lesson 4

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

Lesson Time

Does anyone know what part of the fruit we have been talking about the past few weeks? That’s right, self-control! Does anyone remember why we need it? We need it to avoid being tempted by our enemy, Satan. We need it so we can live the life God knows is best for us and make choices that honor Him.

What can protect us against temptation and help us make good decisions? God’s Spirit can give us self-control and we can learn what He wants us to DO by knowing God’s Word, The Bible. The Bible says in James Chapter 1, “My dear brothers and sisters, pay attention to what I say. Everyone should be quick to listen. (Put your hand behind your ear.) They should be slow to speak. (Put your finger over your lips.) They should be slow to become angry. (Make an angry face.) A man’s anger doesn’t produce the kind of life God wants. (Wave your finger back and forth indicating not to.) So get rid of everything that is dirty and sinful. (Brush yourself off with your hands as if you are dirty.) Get rid of the evil that is all around us. Don’t be too proud to accept God’s word that is planted in you. God’s word can save you.” (Open your hands up like a bible and then fold them up by your heart.) James 1:19-20.

What can God’s word save you from? (Making choices that can hurt us or others, sinning.) That’s right! God’s word helps us make the right choices.

What do you think it means to be quick to listen and slow to speak? Should we be good friends and listen to what other people say? Yep! Should we interrupt someone when she is talking? No, that wouldn’t be polite and it would not show someone that you care about her.

What does it mean to be slow to become angry? What makes you angry or upset? (Let the kids respond.) What about when people laugh at you or make fun of you? Does that make you mad? We need to remember to be at peace with other people, too, right? So we need to be careful how we

react to people when we are feeling angry with them. We can have self-control and ask them to please stop or choose to walk away from people if they are not making good choices. Should we yell at people, call them names, or harm them? NO WAY! Would that be obeying God's word? NO WAY!

Can we just listen to God's word or do we need to obey it, too? The Bible then tells us, "Don't just listen to the word. You fool yourselves if you do that. You must DO what it says!" James 1:22.

Isn't that good news that we get to DO what God says and show God's love to other people by caring for them? YES! God loves us so much that He shares it with us and we get to share it with others. God gives us "Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control" so we can show other people who He is. If we DO what the Bible tells us to do, then we show other people how much God loves us and how much He loves others.

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.



Circle Hop

Supplies:

Colored cardstock paper

CD/GCK Spotify Playlist

Masking tape

Place paper on the floor, no more than two feet apart. Tape them down to secure them. Play the CD as the children step from one spot to another, trying not to touch the floor. Stop the music every 10-20 seconds. When the music stops, each child should freeze on a square. Start the music again reminding the kids they need to be good listeners and obey. To make it more challenging, get the kids to say the memory verse when the music stops ("Let us be alert and self-controlled." 1 Thessalonians 5:6).



Simon Says War

Form two lines and play Simon Says. Tell the children that they must hear the words "Simon says" in order to perform the action called out. They have to listen and obey. If they do not obey at the right

time then they go into the other line. The goal is to have the shortest line. (If there are not enough kids for the variation, play regular Simon Says.)



Listening Ears

Supplies:

Pipe cleaners

Paper plates

Glue sticks

Tape

Ear cutouts

Cut the plate in half. Glue an ear cutout to each half. Tape one pipe cleaner to the top of each plate, connecting the plates with the pipe cleaner (like a headband or earmuffs).

The Point: Talk to the kids about how we are to be good listeners when someone else is talking we need to control ourselves and not talk over them and speak when someone else is talking. This also goes for talking while the teacher is talking. We also are to be good listeners and obey what our parents, leaders and teachers say. That takes self-control!



Red Light, Green Light Animal Control

Start the game similar to Red Light, Green Light but instruct children to hop like frogs across the room. When “red light” is called, children must stop hopping. Allow the winner to choose what animal behavior players will perform next. (Suggestions: slither like snakes, crawl like sheep, act like monkeys, hop like kangaroos, crawl like crabs.)

The Point: This game teaches preschool children to listen, follow instructions, and play well with peers. They must use self-control to stop and go when told.



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