

FRUIT OF THE SPIRIT

2's-SK Leader Outline

LESSON 9: SELF-CONTROL

SUPPLIES NEEDED:

For the Leader: Theater script & puppets, Kidzone video/timestamps

For the children: Craft printables, crayons, and Extra Activities listed below for each child, extra toys/games in bins.

BIG IDEA: Self-control means we have the ability to control our thoughts, actions and feelings.

BIBLICAL TEXT: 1 Corinthians 9:24-27

STORY: Paul's Letter About Self-Control

VERSE: *"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."* Galatians 5:22-23a

"We are so glad you came to church today! We are now in the LAST week of our series on the Fruit of the Spirit! The fruit we are talking about today is not like the kind we eat- the Fruit of the Spirit is things like goodness, faithfulness, gentleness and self-control! When we follow Jesus, the Holy Spirit helps us to become more like Jesus. We then have the Fruit of the Spirit. Today, we are going to learn more about the fruit SELF-CONTROL! When I count to 3, let's say 'Self-Control' together. Ready? 1, 2, 3! (ALLOW CHILDREN TO REPEAT). Great job! We are going to learn more

about self-control through our Bible story today about a man named Paul. Let's learn about our story by looking at our Bible Stick Theater!

BIBLE TEACHING TOOL- Bible Stick Theater (Puppets)

Let the kids know they are going to see this come to life again a little later when they watch the Bible Story Video. *As you read the theater script, use the sticks to play out the story. There are different sticks for different characters and emotions. Feel free to involve the kids to hold the puppet sticks! By the end of the lesson, the children should have a better understanding of the story of Paul. STORYTELLING TIP: Familiarize yourself with the characters on the sticks prior to telling the story. They will be labeled so you can know who is who.*

“WOW! Paul chose to make decisions and live a life that would make God happy! He had great self-control. Self-control means that we have the ability to control our thoughts, actions and feelings. When we have self-control, we are becoming the person God wants us to be- just like Paul!

Let's look at our verse for today that tells us what the Fruit of the Spirit is: SELF-CONTROL is one of them!”

VERSE TIME — (Feel free to use Bubble Time portion on the video)

- Our Bible verse says: *“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”* Galatians 5:22-23a
- Today, we're going to hear the whole verse, and practice the entire thing; up to SELF-CONTROL
- Have the children repeat the whole verse after you.

- Repeat it again, clapping your hands
- Repeat it again, playing red light green light and having the group share after playing (practicing self-control!)
- Repeat it one more time, echo-ing!

CRAFT TIME – SKUPPETON FARMS COLOUR BY NUMBER

Refer to the craft instructions page for details on the craft lesson.

Use the craft time to reinforce the Big Idea by talking to the children as they are working. Help the kids complete the craft and talk with them about the questions included on the craft lesson page.

“These crafts are awesome! This week we are learning about how Jesus will help us have self-control. To stay in the lines and only colour a specific colour with the right number takes self-control! Jesus wants us to have self-control in our lives and promises to give it to us when we ask Him to, by His Holy Spirit!

One of the best ways we can shine our light for Jesus is by having self-control. Remember, self-control means we have the ability to control our thoughts, actions and feelings. Now I have something I want to show you. (Pull out a Bible.) Who knows what this is? WAIT FOR CHILDREN TO ANSWER. Yes! This is the Bible. The Bible is a special book because it is God’s book. There are a lot of stories in the Bible, but today I want you to hear the story of Paul. (Open the Bible) In this story, Paul wrote a letter where he talked about what it means to have self-control. So now, let’s put on our thinking caps and listening ears and hear our Bible story!

BIBLE STORY VIDEO & TALK ABOUT THE BIBLE STORY VIDEO —

Tip: Allow the kids to answer questions with one or two other people and then share what they’ve talked about together with the group. Let kids know you want to hear from them and what they think about the things talked about today.

WATCH BIBLE STORY VIDEO

“Wow! Because Paul had self-control, he became the person God wanted him to be! It is not always easy having self-control, but God promises to help us when we ask Him to! He will help us to have control over our thoughts, feelings and actions. When we follow Jesus, the Holy Spirit works to make us more like Jesus. We then start having the Fruit of the Spirit. The Fruit of the Spirit is not actual fruit, like the fruit we eat. It is things like goodness, faithfulness, gentleness and self-control. We know that because of our Bible verse!

I think we need some more help to understand how we can show self-control to the people around us. I heard that Zara and Savannah are having some fun adventure together at Skupperton Farms. They are going to help us learn more about the Fruit of the Spirit! Now let's make sure we are ready to listen and learn. So put on your listening ears and your thinking caps. And let's join Savannah and Zara at Skupperton Farms!”

SKUPPETON FARMS- TEACHING VIDEO Watch the teaching video clip episode.

TALK ABOUT THE TEACHING VIDEO-

Tip: Allow the kids to answer questions with one or two other people and then share what they've talked about together with the group. This creative video segment unpacks the Fruit of the Spirit that the children are learning this week and tells us the application of the story for the children's lives. Let kids know you want to hear from them and what they think about the things talked about today.

“Wow! Zara showed that she had self-control! She really wanted to eat all the peach jam, but instead she chose to have self-control by not eating it. The Bible tells us that we should have self-control too! When we follow Jesus, the Holy Spirit works to make us more like Jesus. We then start having the Fruit of the Spirit, like self-control! And that is why we are learning about self-control. Now repeat after me, “Self-control means we have the ability to control our thoughts, actions and feelings.” WAIT FOR CHILDREN TO REPEAT. Great job! This week, we can choose to have self-control. If we ever feel worried or angry, we can take time to stop and pray to God. He will help us control our thoughts and actions.

Let’s talk to God about giving us SELF-CONTROL through His Spirit right now!”

PRAYER TIME —

- Use the prayer practice “Please: I’m Sorry; I love You”.
- Ask the children if they have anything they’d like to ask God for, to apologize for, or to thank God for.
- Incorporate what the children said as you pray; or, ask if a child would like to say a sentence for part of the prayer.
- Incorporate the Big Idea in your prayer; e.g., *“God thank you for helping me have the Fruit of the Spirit. I want to have self-control, just like Paul. Please help me remember to have self-control even when it is difficult. I love you. Amen!”*

EXTRA ACTIVITIES: If there is time left over before the service ends, the curriculum contains these additional activities:

- Lesson 9 Colouring Sheet
- Play the introductory “game” on the Kidzone Online video (it comes right after Pastor Shauna welcomes everyone).

Dismissal and Checkout:

Open the classroom door and use the walkie talkie so you can hear the Host team calling children's names. Dismiss children down the hall toward the hosts with their activities from today. Meanwhile, let the other kids continue to play or do activities.