

FRUIT OF THE SPIRIT

Gr. 1-5 Leader Outline

LESSON 9: SELF-CONTROL

BIG IDEA: Self-control is having the ability to control our thoughts, actions and feelings through the Holy Spirit's power!

STORY: Paul's Letter About Self-Control

BIBLICAL TEXT: 1 Corinthians 9:24-27

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

SUPPLIES NEEDED:

For the Leader: Kidzone Video/timestamps

For the children: crayons and markers, copies of the printables and Extra Activities listed below for each child

All times are approximate! Worship Time is at about 3:40pm. Other than that, the Leader may decide what order the other activities listed below will be done, and/or if something will be omitted or changed. For example, the children could watch the Bible Story video and the Teaching video together, and then the Leader could ask all of the questions and do the other activities after watching both videos.

Schedule:

3:00-3:15pm: Greet kids as they arrive. Kids have free-choice time with the activities the Leader has set out & prepared from the bin. Connect with kids, get to know them, introduce the Big Idea of the day, etc...

3:15pm: Tidy up the activities and games.

3:20-3:40pm: Class Time

3:40-3:55pm: Worship Time (in the Youth Lounge)

3:55-4:30pm: Class Time

WELCOME & ICEBREAKER GAME: Connecting Kids to Others

“Welcome! My name is _____ and I am so glad you are here today! Let’s take a minute to turn to the person next to you and give them a high five! A WESOME!”

We are now in the final week of our series on the Fruit of the Spirit. The Fruit of the Spirit is a gift God gives us to help us live a life that pleases Him and shows His love to those who do not know God. Throughout this series, we are going to learn about how we can develop the Fruit of the Spirit as we grow closer to Jesus.

Today, we are going to learn about the ninth Fruit of the Spirit which is SELF-CONTROL! Now before we dive in, I want to ask you a question:

What are some temptations that God desires us to stay away from? Turn to someone next to you and share! ALLOW TIME FOR CHILDREN TO TELL EACH OTHER THEIR ANSWERS.

Great job! Alright now, what were some of your answers? ALLOW TIME FOR CHILDREN TO RESPOND.

Thanks for sharing! There are many temptations that God wants us to resist, like not listening to our parents, cheating on a test or being mean to our classmates. Sometimes it can be so tempting to do these sinful things, but the Bible says that when we have the Fruit of the Spirit, God will give us the strength we need to resist. Now before we learn more about how we can have self-control; we are going to start our time together by playing a game! Let’s get started!

Directions:

“Freeze Dance” OR “Statue”

Freeze Dance: No materials needed for this game! In an open space, play music from the computer set-up with the TV or from your phone device. Students will dance while the music plays, and when the music stops, students will freeze! If you want to add a layer of difficulty, when students freeze, have them strike a specific type of pose! (ie: ninja). If students move before the music plays again, they need to sit out.

(music link: <https://www.youtube.com/watch?v=PFIW1QEZ4w8>)

Statue: For this game, the leader stands on one side of the room and the students stand on the other. The leader turns their back to the students. The students begin silently moving toward the leader. The leader can then turn around, but when the leader turns around, all kids must freeze in a statue position and hold it until the leader turns around again! Anyone the leader sees moving is out of the game!

“That was so fun! We’ve learned about 8 different Fruits from the Holy Spirit so far, and this week we’re talking specifically about our last one: SELF-CONTROL! Playing this game reminds me that it can be SUPER difficult to practice self-control at times. Sometimes my mind, my heart or my body want to do something that is opposite of what the instructions are or what the right thing to do is. Do you any of you also feel that way?”

In today’s lesson, we are going to watch a Bible story about a man named Paul. In this story, we are going to hear about a letter Paul wrote about self-control. Paul himself wa a man who exercised self-control throughtout his life. Let’s watch our Bibly story so we can learn more about self-control through Paul’s letter to the Corinthians!”

Watch the ANIMATED BIBLE STORY, “Paul’s Letter About Self-Control”, from the Kidzone Online video. (It comes after the first worship song).

Talk About the Bible Story; *ask & share some or all of the following questions and discussion points. Tip: Allow the kids to answer questions with one or two other people and*

then share what they've discovered together with the group. Encourage the kids to share their response to the questions even if someone has already said what they wanted to say.

"Wow! Having self-control in certain situations is not always easy. It can be so hard not to give in to sin when we feel tempted, but with the Fruit of the Spirit, God gives us the strength to have self-control. When we feel frustrated or angry, we can take the time to stop and pray. God gives us the power to control our actions. Becoming a mature Christian takes training, just like perfecting a sport or subject at school. We all struggle with temptations, but remember Paul used self-control to accomplish the things he needed to do in his own life!"

3:40-3:55 pm: WORSHIP TIME (in the Youth Lounge)

"Have you ever wanted to direct your OWN short film/video! WELL- some kids were given the chance to do this and TONS of short films were submitted and we're going to get to watch a couple of them today in our new show called the "YOU DIRECT AWARDS." Now, let's check it out and see who this week's finalist is as we learn more about self-control!"

Watch the YOU-DIRECT EXAMPLE VIDEO & SUPER SNAIL SAM QUIZ (2 clips);

Watch the Teaching from the Kidzone Online video. (It comes after the Bible story video).

Talk About the 'YOU-DIRECT' Example Video

“Wow, what a great video from Madison! And congratulations to the YouDirect Contest Winners, Chloe and Kaitlyn! Quick question for you. Can anyone say all the Fruits of the Spirit? WAIT FOR CHILDREN TO RESPOND. (Leader Cheat Sheet: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control) Nice job! The Fruit of the Spirit are seeds that grow inside of us to show others what God’s love looks like. Just like Pastor Shawn said, we all struggle with temptations, but we can always ask God to help us have self-control even in the most difficult situations. God promises to give us the power we need to control our actions. When we have the Fruit of the Spirit, God will help give us the strength we need to have self-control even in the most difficult situations. Now I want everyone to look at the screen and repeat after me: “Self-control means we have the ability to control our thoughts, actions and feelings through the Holy Spirit’s power.”

“Now it is time to test your knowledge with a quiz! Normally quizzes are boring, but this quiz is awesome because it features a snail that has laser vision, super speed and can talk. His name is Super Snail Sam and he is here to help you expand your knowledge. If you know any of the answers to Super Snail Sam’s questions, make sure to shout it out as loud as you can. Are you ready? WAIT FOR CHILDREN TO RESPOND.

Great! Let’s go ahead and join Super Snail Sam for our Fruit of the Spirit Quiz!”

WATCH SUPER SNAIL SAM QUIZ GAME VIDEO

Talk About the SUPER SNAIL SAM QUIZ GAME VIDEO

- *Feel free to pause the video along the way as the questions are being asked, and allow your kids to answer before Super Snail Sam reveals the correct answer!*

“Great job answering those questions! I have a question for you. Why do we need to have self-control when facing temptations? In your group today, you will answer that question and dive

deeper into our Bible story! So remember to use this time to connect with your friends and try to meet someone new. Listen to what they have to say! You might just learn from each other!"

If you are able, have the kids get into a couple of groups with a leader or LIT to discuss the following questions:

TEACHING OBJECTIVE: THE FRUIT OF THE SPIRIT IS SELF-CONTROL. SELF-CONTROL IS HAVING THE ABILITY TO CONTROL OUR THOUGHTS, ACTIONS AND FEELINGS THROUGH THE HOLY SPIRIT'S POWER!"

1. Have you ever done something you wished you didn't do? How did it make you feel?
2. How would controlling your actions have changed that situation?
3. What does controlling your thoughts look like?
4. Have you ever thought of something that you shouldn't have? What could you have done differently?
5. Describe a situation recently where you felt angry, sad or upset. What did you do?
6. Why do you think it is important to control your behavior?
7. How does self-control help us when we talk to our friends and family?
8. God gives us the ability to control our actions through HIS power in us! What is one action you can ask God to help you change this week?
9. What is a situation this week where you might need self-control for your thoughts?

"Thanks for your ideas everyone! We all experience situations when things don't go our way. We can either choose to respond, act and think with God's love or we can do things our own way.

This week, I want to challenge you to grow in the Fruit of the Spirit by using self-control with your family and friends so that way you can accomplish all that God wants you to do.”

SUGGESTION: *Before going to prayer, have the children repeat the Bible verse aloud once or twice with you. Feel free to create your own Bible Verse Game to play today!*

“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

PRAYER:

- Wrap up your time together by praying, using the CALM prayer practice (*refer to prayer practice card*).
- Ask the children if they have anything they'd like to celebrate & praise God for....
- Incorporate what the children said as you pray; or, ask if a child would like to say a sentence for the C, A, or L portion of the prayer.
- For the M part, ask the children to meditate quietly on our verse and the way we can ask God to give us SELF-CONTROL: *Dear God, Thank you for helping me have the Fruit of the Spirit. You love me more than I could ever imagine. No matter what, you promise to always be there for me and to never leave my side. Please help me to remember to call out to you whenever I feel tempted. I want to have self-control at all times, even in the most difficult situations. I love you. In Jesus' name, Amen*

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

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

4:30-4:35pm: 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.

Meanwhile, let kids choose activities from the classroom bin.