



SELF-CONTROL | WEEK 1 | OCTOBER 6, 2024

Elementary Lesson

Are You Ready?

Monthly Virtue: Self-control—Choosing to do what’s best even when you don’t want to.

Bible Story: Are You Ready? (Jesus Tempted in the Wilderness) • *Luke 4:1-13 (Supporting: Matthew 4:1-11)*

Key Question: How do you get ready to do the right thing?

Basic Truth: I am made by God for a purpose so the Holy Spirit will help me do big things now.

Memory Verse: God’s power has given us everything we need to lead a godly life.

2 Peter 1:3a (NirV)

LEADER BIBLE STUDY

There are a lot of choices that we need to make in life. Some of those choices can help us grow and shape us positively. Others can pull us in different directions, leaving us struggling to figure out which choice is best. What do we do when we’re confronted with all of these choices? Do we rush ahead? Or do we pause and let God lead us toward the best way to act? Self-control is a fruit of the Spirit. It’s one of the ways we can tell that God is transforming our lives and that we’re growing in our faith. Thankfully, we don’t have to find self-control on our own. When we follow Jesus, God’s Spirit is with us and helps us make the wise choice.

Key Question: How do you get ready to do the right thing? Think about the best party you’ve ever been to. It probably had great food, great entertainment, and a prepared host. Now think back to when you were in school and got an A on a really hard test. You probably took the time to study and be prepared. As preteens think through this question and think about what it means to be ready, our hope is that they will begin to see how preparation can help them when they’re faced with important moments and decisions.

We start the month in **Luke 4:1-13**. We see how Jesus was led into the desert by the Spirit and tempted by the devil for 40 days. Jesus was able to face these temptations because He was prepared and understood God’s Word. In this passage, we can see from Jesus’ actions how important it is to be prepared. Then, with God’s help, we’ll be able to face whatever situations come our way

Pre-Service Check List

- HUDDLE AS TEAM → You're in this together! Pray together and talk about the activities for the day.
- PLAY MUSIC
- PUT OUT TOYS → A welcoming environment is important! We want it to be obvious from the moment kids walk in that they belong HERE!
- PUT ASIDE DISTRACTIONS
- ENGAGE WITH KIDS

Morning Flow

Doors Open
9:15/11:00

Large Group Starts
9:35/11:20

Small Group Starts
10:05/11:50

LARGE GROUP

COUNTDOWN AND WELCOME (3 Minutes)

(VIDEO: COUNTDOWN, SLIDE: KIDCITY EXPECTATIONS)

LGL: “Welcome everyone! I’m so glad you are able to come hang out with us in KidCity today. My name is [INSERT NAME]. We are going to have a lot of fun today, but before we do let’s go over these announcements/KidCity Expectations.

(SLIDE: KIDCITY COSTUME DAY) “We’ve got a holiday coming up at the end of the month – Halloween! The Sunday before Halloween, come dressed up in your costume, but please no masks that cover your whole face or anything scary.

(SLIDE: BAPTISM) *(Said on the fourth weekend of the month only)* “Today are baptisms at Hope. Baptism is a way of telling the world that you love God and have made the decision to follow Him with your life. It’s a big deal! Is there anyone here who is getting baptized today? *(Pause and if someone is, go ahead and give them a high five and get the kids to clap).* Awesome!”

(SLIDE: KIDCITY EXPECTATIONS) “Now, let’s quickly go over our KidCity Expectations (rules) so we can make sure that we make the most of our time today: *(Don’t dwell on these too long, but make sure you review them briefly so we can set everyone up for success.)*

1. Be Kind
2. Be Safe
3. Have Fun

LARGE GROUP GAME (5 Min)

ROCK, PAPER, SNAKES

(No Supplies)

It’s a brand-new month, which means that we have a brand-new Monthly Virtue that we will be talking about. This month we are all about SELF-CONTROL. Let’s define it...

(SLIDE: VIRTUE) Self-control—Choosing to do what’s best even when you don’t want to.

When you have a right relationship with God, your life starts producing spiritual ‘fruits’. Trees that are healthy produce fruit. In the same way, people who have a healthy and growing relationship with God produce spiritual fruits. Self-control is one of those fruits! Check out our monthly verse...

(SLIDE: MEMORY VERSE) “Let your light shine so others can see it. Then they will see the good things you do. And they will bring glory to your Father who is in heaven.” *Matthew 5:16 (NirV)*

Take a minute to explain that ‘Matthew’ is a book in the New Testament, and that the first number means ‘chapter’ and the second one means ‘verse’. ‘NirV’ is what translation the Bible is in. The Bible wasn’t originally written in English! There are

different translations.

More on that later, but for now, let's play a game!

(SLIDE: ROCK, PAPER SNAKES)

(SLIDE: FUN MUSIC)

HOW TO PLAY

- Have everyone find a partner. Each pair will play a simple game of Rock, Paper, Scissors.
- The winner then moves on to find another player who won their round.
- The player who loses will then put their hands on the shoulders of the player who beat them and follow them around as their snake.
- When a player who has a snake line gets beat, the player and their snake joins the snake of the player who beat them.
- Play until there is one final winner.
 - If the game goes fast play again!

“That was so fun! Now everyone stand up and let's worship God!”

WORSHIP (6-7 Minutes)

(VIDEO: EVERY BEAT, AT THE TOP OF MY LUNGS)

BIBLE STORY (12 Minutes)

(No Supplies)

Question for you guys... Have you ever had a moment when you had to think quickly, and you *knew* what the right thing to do was—but you were really tempted *not* to do it?

“Maybe you saw something and knew you should speak up . . . but didn't want to get involved. Maybe you've been told to do something by your parents, but you're in the middle of a game and you can't pause. Maybe you're in the middle of a group of friends, and they start gossiping about someone else in your class—and the gossip is really rude, but you don't want to say anything. Turn to the person next to you and come up with some other scenarios.

While you were talking, I thought of one more.

“Let's say you're in math class about to take a really hard quiz when the principal comes into the room and calls the teacher to talk into the hallway. One of the kids—a good friend of yours— notices that the answer key to the quiz is sitting right there on the teacher's desk, and he can see it.

“I know you know what the *right* thing to do is, but math is hard. Getting the answers would be easy, and no one would know. Don't say the answer out loud but think about it.

“What would you do? Honestly? *(Pause for a moment)* Whatever you imagine yourself doing in

that situation, it's important to remember that there are a lot of situations in life like this, aren't there? Things that happen in the moment, forcing you to decide and act.

"How can you find the wisdom, the courage, and the boldness to know what to do or how to respond in moments like this? It's a tough question. Thankfully we've got the Bible to help us find some answers.

"Remember, in the Bible we find true stories and amazing wisdom to help us with some of the biggest questions we face in life. They were all written by people who experienced God and wrote down what they learned so others could grow in their own relationship with God, too. Let's check out one of those moments now.

(VIDEO: BIBLE STORY 4 MIN)

It's so wild to think about this story and to imagine Jesus standing toe-to-toe with the devil in the desert. What's even more surprising—even though it probably shouldn't really be that surprising—was that Jesus' response to the devil's temptations was to quote Scripture. Jesus knew Scripture, and what's more, He knew God's heart and the intention behind it.

"In short, the devil was trying to tempt Jesus to use His power for selfish reasons. You're hungry? Miraculously make yourself some food. You don't want to go through hardship to achieve power? Skip it all, bow to me, and rule the world. You're in danger? Divinely call on angels to help you.

"He was asking Jesus to focus on Himself and make decisions for selfish reasons rather than give the glory and honor and worship to God.

"I'm not sure if Jesus knew this temptation was coming. But here's the thing—He was ready for it. He knew who He was, He knew God, and He spent time learning God's Word so that He could deal with the struggles and temptations when they came.

"We won't always have time to prepare or get ready for the challenges that face us. Who knows when we'll find ourselves in our own desert. But the more we spend time with God, read the Bible, and surround ourselves with wise people who are helping us get to know God and understand what we read in the Bible, the more prepared we'll be to do the right thing when the time comes. Think on this...

(SLIDE: BASIC TRUTH) I am made by God for a purpose so the Holy Spirit will help me do big things now.

When we go through life, we will face big challenges and big temptations. When we have a right relationship with God - we will face even bigger challenges! It's important to know that the Holy Spirit - who is God - is with us and will give us His wisdom and strength to resist temptations. That's a BIG thing!

Ok, let's turn to the person next to us and answer our Key Question for today.

(SLIDE: KEY QUESTION) 'How do you get ready to do the right thing?



Have kids turn and talk to their shoulder partner for 60 seconds. Your KQ slide on Playlister will keep track of time for you. While kids are talking, walk around and listen in to what they are saying and give prompts if needed. Don't try to resolve anything, kids will have a further discussion within their small group time.

“Ok friends, come back together in 3, 2, 1...”

“I heard some great thoughts floating around. You are going to have more of a chance to talk about this in small group time, but for now let's pray.

Dear God, thank you for sending the Holy Spirit to give us wisdom and for giving us the Bible to know you and your will better. I pray that WHEN these kids face tough decisions and are tempted to act selfishly that they are able to remember what you say in your Word. Amen.

DISMISS TO SMALL GROUPS



SMALL GROUP

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TALK ABOUT IT (K-5th)

There are no right or wrong answers but try to challenge the kids to think deeper.

Key Question: How do you get ready to do the right thing?

(Answers will vary: read the Bible regularly, look up verses when I’m confused or going through a hard time, talk to other people who know God and ask them to pray for me, etc.)

LOOK IT UP (K-5th)

Grab Bibles, look up, and read the following passage.

Look Up: Luke 4:1-13

Say: “The book of Luke is in the *New Testament*. Luke is a part of the first four books of the New Testament called ‘*The Gospels*’ – which tell the story of Jesus. It was written by a close follower of Jesus named Luke, and he was a doctor.

PRACTICE IT (K-5th)

(Bucket, Scrap Paper)

What You Do:

- Instruct the kids to sit in a circle with the bucket in the middle. Crumple up a piece of paper into a ball and hold on to it for now.
- **SAY:**
 - “Jesus had spent His whole life studying God’s Word. He knew God and He knew God’s heart. So He was prepared for the devil’s tricks. Because Jesus knew God and God’s Word, He was ready to make the wise choice. You can be ready to make the wise choice too!
 - “You can spend time discovering who God is and what God says so you can be ready to do the right thing too. You can read the Bible and memorize verses. Talk with your parents or other trusted adults who love Jesus about what God says. Ask lots of questions. And ask God to help you stay in control. Because the more you know who

God is and what God is like, the more you'll be ready to do the right thing."

- Explain that you will read a scenario, then ask someone to decide if the scenario was an example of a wise choice or unwise choice. If they get the answer correct, then they get to shoot the paper ball into the bucket – trick shots encouraged!
 - If they think the scenario describes a wise choice, they should shout out 'READY!'
 - If they think the scenario describes an unwise choice, they should shout 'NOT!'
 - *Wise choices help us be READY to have self-control and make the right choice when the time is right.*
- Repeat this process for each scenario—choosing a different kid (or kids) to respond each round.
- SCENARIOS:
 - Your little brother breaks your favorite toy. You want to yell at him, but then you remember, "I should treat others the way I want to be treated." You take a deep breath and tell him you forgive him.
 - You ask your parent to help you learn this month's Memory Verse.
 - Someone cuts in front of you in line, and you push them out of the way.
 - When your grandparent tells you stories about Jesus, you choose to listen.
 - When a babysitter asks you to clean your room, you want to shove stuff under your bed. But then you think about what Jesus would do, so you choose to take the time to clean your room.
 - You're at the grocery store and your grown-up says "no" to your favorite cereal. You whine and fuss.
 - You're almost to the next level on your favorite video game when the power goes out. You want to slam the controller to the ground, but then you remember, "I need to make the wise choice."
 - Your friend has something you really want, and you're tempted to hide it in your backpack. Then you remember a Bible verse about not stealing.
 - When you don't understand something about God, you ask your aunt because you know she loves Jesus.
- **EXTRA SCENARIOS: 3rd-5th.** Say an *unwise* and *wise* choice kids could make in the situation.
 - There's only one piece of pizza left, and you're not the only one who wants it.
 - Some kids are bragging because they only got one or two wrong answers on a really hard test. You got a perfect score.
 - All your friends have their own phones, but you don't.
 - You're hiking with your family. Your feet hurt. You're hot and sticky. There are mosquitos everywhere, and now your parent thinks they may have misread the map.
 - Your friends dare you to steal a candy bar from the store.
 - No one will know if you watch a movie your parents have told you is not allowed.
 - You're good at being funny and making others laugh. Everyone likes you.
 - Your family is traveling together to see your cousins. It's a long trip and you're tired, bored, and hungry.
 - The lady in front of you dropped a \$20 bill on the floor. No one sees it except you.

GET STRONGER (K-5th)

(Bibles, (1) Magnet Wand or Magna-Tile per group, (1) Binder Clip and (1) Small Paper Clip per group)

What You Do:

- Make sure each kid has a Bible.
- Together, look up the Memory Verse, 2 Peter 1:3a, using the Bible Navigation Tips below.
 - *Finding verses with kindergartners:* Guide children to open the Bibles to the marked page. Point to the words *2 Peter* at the top of the page as you say “2 Peter” aloud. Then guide children to find the big number 1 on the page. Explain that this is the chapter number. Finally, guide them to look under the big 1 for the little 3; this is the verse number. Tell them to leave their finger on the verse as you read the verse aloud. Then lead everyone to say the verse together.
 - *Finding verses with 1st graders:* Guide them to open their Bibles to the front and find the table of contents. (Hold up a Bible opened to the table of contents to show the kids what the page looks like.) When the kids find the table of contents, lead them to find 2 Peter in the list under “New Testament.” You can help by telling them that 2 Peter starts with the number 2 followed by the letter P. When the kids find 2 Peter, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find 2 Peter. Help the kids find the page. When they find 2 Peter, explain that the big numbers on the page are the chapter numbers. Help them find chapter 1. Explain that the small numbers are verse numbers. Help them find verse 3 in chapter 1.
- Read the first part of the verse to the group (just 1:3a), inviting kids to repeat the verse after you.
- Show the kids the magnet (or magna-tile), paper clip, and binder clip.
- Ask: “Do you think the binder clip and paper clip will stick together?”
- Ask: “Do you think they will stick to the magnets?”
- Lead kids to test their predictions.
 - Direct kids to hold the binder clip over the paper clip (they will not move/stick).
 - Stick the binder clip to the magnet with the black part fully on and the arms hanging down. Touch the arms to the paper clip and it should attach.
 - *NOTE: For block magnets, be sure kids use a side of the magnet, not an edge.*

What You Say:

“On their own, the binder clip didn’t have the power to make the paper clip stick to them. But what happened when you added the magnet? (*The magnet helped the binder clip pick up the paper clip!*) Yes! The magnets gave the binder clip the power to hold the paper clips.

“Like the binder clip, there are things we don’t have the power to do on our own—like having all the self-control we need. But just like the magnets gave the binder clips their power to pick up the paper clips, our Memory Verse promises that God’s power will give us what we need to **be ready to do the right thing!** If we ask God for help, God will always help us.”

PRAYER

Dear God, thank you SO much for giving us YOUR POWER to live the way you want us to. Thank you for giving us your Word to show us who you are and what you’re like. Thank you for giving us people who love you and who can teach us more about you. Help us listen and learn so we’ll **be ready to do the right thing.** We love you, and we pray these things in Jesus’ name. Amen.”