



SELF-CONTROL | WEEK 2 | OCTOBER 13, 2024

Elementary Lesson

These Words

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

Bible Story: These Words (Choose Your Words Carefully) • *Proverbs 12:18*

Key Question: How can your words change things?

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 can your words change things?

Have you ever said something mean to someone and didn’t mean it, but it was too late to take back the words you said? Maybe it took a while to rebuild that trust, or maybe you lost the relationship. Our words have the power to cause pain or bring healing.

Because our words hold that much power, the way we use them can make all the difference. We hope this question helps preteens to remember to think before they speak.

In week 2, we head to **Proverbs 12:18**, where Solomon spoke about the power of words. He said, “The words of thoughtless people cut like swords. But the tongue of wise people brings healing.” Thoughtless, mean, and hurtful words can cause harm like a sword! But on the flip side, when we ask God for wisdom and speak intentionally with kindness, love, and care, the words we say can bring healing.

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



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)

WHAT’S THAT WORD?

(Buzzers - 2)

Let’s continue our conversation 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: WHAT'S THAT WORD?)

(SLIDE: WHAT'S THAT WORD #1-14)

HOW TO PLAY

- Choose 2 contestants. They will be competing to guess the definition of obscure words.
- The first slide will have the word and multiple-choice options for a definition. The second slide will have the answer. First person to buzz in after you read the word and the multiple choice, gets to guess. Most correct answers win!

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

WORSHIP (6-7 Minutes)

(VIDEO: AT THE TOP OF MY LUNGS, GOD IS ON THE MOVE)

BIBLE STORY (12 Minutes)

(No Supplies)

Now, we all know that words matter. What you say matters. It's not like you can just say whatever you want and have no consequences. I'm sure you've heard the phrase 'use words that help, not words that hurt,' right?

"Maybe people have used words to make you feel bad. Or hurt you in some way. It stinks when that happens. Even though they're just words, they still affect us.

Sometimes people can be so mean. Thankfully, on the flip side, though, sometimes people can be amazing. It's interesting how words can be used in two totally different ways, right? Words can heal or words can harm.

"Here's my question . . . do you think about that before you speak? Or do words just come flying out of your mouth as you react to whatever is happening around you? If I'm honest, there have been all sorts of times when I said something without thinking and ended up hurting people who actually meant a lot to me.

"It's important for us to consider why we choose to speak without thinking about the power of our words. Sometimes the things we say without thinking can totally ruin a conversation, a moment, or a friendship . . . maybe even permanently. That's a hard question—because I think if we're honest, most of us would answer, 'No, we don't really think about that too often.' Sometimes, I'd even say *most* times, we don't think about how our words will affect someone else.

"Thankfully, we don't have to wrestle with these questions on our own. When we're faced with tough questions like these, we've got an amazing place to find wisdom: the Bible. And in the part of the Bible we know as the Old Testament, we find the book of Proverbs, which includes all sorts of wisdom to help us live like God wants.

(VIDEO: BIBLE STORY 5 MIN)

Words have power. Plain and simple. The power to destroy or the power to heal. But sometimes it's not just the actual words. Maybe it's the way you say it. You can say "I'm so sorry that happened" (*sincerely*) or "I'm SO sorry that happened" (*sarcastic*).

"Or maybe it's your motivation. The person who did something wrong and wants to be forgiven might say "I'm sorry that I offended you." (*sincerely*) but they might also say "I'm sorry that YOU were offended" (*snarky*), as if it's their fault for being so easily offended!

"Words matter, but so does the way we say them and the reason behind why we're saying them! God wants all of this to come together in a way to build and heal, not to tear down and destroy. Words are a gift from God, and we can use them to bless other people. Our words are a big deal. Whenever we talk about big things in KidCity we remind ourselves of this Basic Truth...

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

Not only can our words build up or tear down, but they can also tell people the Good News about Jesus and how He died on the cross to save us from our sins.

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

(SLIDE: KEY QUESTION) 'How can your words change things?'

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 we use our words to build people up and tell people about your love for them. 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 can your words change things?

(Answers will vary: They can lead people to Jesus, they can brighten someone’s day, they can reveal truth in complicated situations, etc.)

LOOK IT UP (K-5th)

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

Look Up: **Proverbs 12:18**

Say: “The book of Proverbs is in the Old Testament and is one of the books of poetry. It was written by King Solomon, who was the son of King David (David and Goliath).

PRACTICE IT (K-5th)

(“T-H-I-N-K” Activity Page - 1 per kid, Clear Tape - 2-3 per group)

What You Do:

- Pass out the THINK activity pages. Read what it says and explain that the key to self-control is stopping to T-H-I-N-K.
 THINK Acronym:
 T: Is it true?
 H: Is it helpful?
 I: Is it inspiring?
 N: Is it necessary?
 K: Is it kind?
- Set out the rolls of clear tape.
- Explain that you will read a statement.
- If the statement sounds hurtful, reckless, or thoughtless, kids should make a small tear in their paper.
- If it sounds helpful or healing, kids should use the tape to repair some of their rips.

- *Note: The statements in bold can be kind or cruel depending on the tone of voice or body language. Repeat both these ways as you discuss the importance of how we say what we say.*
- No one likes you.
- Sure, we can hang out sometime.
- You can't do it!
- Why would you wear that?
- Where did you get those shoes?
- You think you're cool, but you're not.
- You'd love my church. Wanna come sometime?
- Did your grandma dress you this morning?
- How can I help?
- Discuss how we can make a difference with the things we say and the way we say them.
- **Ask:**
 - Do mean or thoughtless words affect you or do you just ignore them and move on?
 - How can the things you say affect your relationships with friends, family, and others?
 - What needs to happen for a thoughtless person to change and become wise?
 - What would it look like to think before you speak this week?

What You Say:

"Asking ourselves the questions from this acronym gives us time to pause before we speak so we can be careful with our words."

"You can decorate your page with crayons, hang your creation up somewhere you will see it every day as a reminder to slow down with your words. Remember our words have the power to change someone's day and make our world a better place. When you follow Jesus, God sends the Holy Spirit to live with you and give you the strength to choose your words with kindness and compassion. You can ask God to remind you to slow down before you speak."

GET STRONGER (K-5th)

(Supplies Vary)

What You Do:

- Follow the instructions of the "Books of the Bible" activity that is in your bin.

PRAYER

"God, please help us to stop and THINK before we speak. We know our words are powerful and want to use them to tell people how much you love them and to build people up. Amen.