



SELF-CONTROL | WEEK 4 | OCTOBER 28, 2024

Elementary Lesson

Too Much

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

Bible Story: Too Much (Too Much of a Good Thing) • *Proverbs 25:16*

Key Question: Why is it hard to stop?

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: Why is it hard to stop? What’s the one thing you love to do the most? How much time do you dedicate to doing that thing? What about when you’re watching your favorite show and it asks you, “Are you still watching?” Sometimes the things we have and do are SO good that we forget to take a break and be present. That can start to take a toll on our lives—either mentally or physically. Our hope is that as kids begin to think through this question, they will be able to build healthy habits that will help them stay in control.

We end the month in *Proverbs 25:16* with another one of Solomon’s wise sayings—this time about food: “If you find honey, eat just enough. If you eat too much of it, you will throw up.” Of course, Solomon’s words are true about more than just food. Too much of anything isn’t good for us. But when we trust God to help us, we can choose to stay in control.

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: 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 (6 Min)

CANDYSAURUS REX

(Packing Tape, Allergy safe candy - 14 pieces, Buckets - 2, T-Rex Hats - 4, Floor Tape)

It’s our last Sunday talking 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! *(Try to choose contestants who are wearing a costume or have long sleeves)*

(SLIDE: CANDYSAURUS REX)

(SLIDE: FUN MUSIC)

HOW TO PLAY

- PREP: Place two tape lines parallel to each other about 7 feet apart.
- Choose two teams of two (4 players). One will be throwing, and one will be catching.
- Have each contestant hold their elbows down at their sides with their hands raised up to their shoulders. Then, take your packing tape and start wrapping it around your contestants so their arms are stuck in a T-Rex-like position. One wrap around is sufficient.
 - **OPTIONAL (But FUN!):** If you have T-Rex hats this would be the time to place them on your contestants' heads.
- Once your contestants have finished this preparation process, have them stand across from each other behind their tape lines. Scatter the wrapped candy in the open area between the teams.
- When the game begins, contestants must enter the playing area, collect 7 pieces of candy, return to behind the tape line, and then try to toss the candy to their teammate. Their teammate will try to catch the candy with their bucket. Candy can only be tossed and caught behind their respective lines.
 - **EITHER:** First team to catch all 7 pieces wins or whichever team has the most caught by the end of time (to be determined by you) wins.

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

WORSHIP (6-7 Minutes)

(VIDEO: READY SET MOVE, PRAISE)

BIBLE STORY (12 Minutes)

(No Supplies)

Have you guys ever seen the movie or read the book ‘Cloudy with a Chance of Meatballs’? It’s an incredible story! Can someone raise their hand and tell us a little bit about what happens in the story?

Basically – food falls from the sky, it’s amazing, and people never have to worry about making meals. But then suddenly something goes wrong and there’s TOO MUCH food and bad things happen.

So, they had TOO MUCH of a good thing! What started out as a nice thing to have turned into a problem that spiraled out of control! There’s a lesson to be learned in that...it actually reminds me of a proverb written by King Solomon. Check it out...

(VIDEO: BIBLE STORY 5 MIN)

It’s probably easy to think of things like honey or sugar that makes us sick in excess. You might even lack a little self-control on Halloween! But it’s harder to think of the ‘not-so-obvious’ things.

Things like, hanging with your friends so much that you don't do your chores or when talking with friends turns into gossiping about other people OR when you watch a YouTube channel where the videos start to show things that are more and more inappropriate.

Sometimes it's hard to recognize the things that threaten our self-control when we are in the midst of it, so a better idea is spend a little time – like today in small group – thinking over your typical day or week. What patterns do you notice? Do you notice (or other people notice and tell you) that your attitude changes for the worse after certain things you do or watch?

Having the wisdom to STOP when things are starting to spiral out of control is a BIG thing. Check this out...

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

Not only does God give us wisdom and self-control when we ask Him, if you have a right relationship with God, the Holy Spirit – who is God – helps us recognize that things are right and convicts us to do the right thing. We just have to learn to listen and obey the Holy Spirit.

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

(SLIDE: KEY QUESTION) 'Why is it hard to stop?'

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 we are tempted to act selfishly and respond to being wronged with anger, we instead ask you for self-control. Amen.

DISMISS TO SMALL GROUPS



SMALL GROUP

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

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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: Why is it hard to stop? What are things you can do or remember when you are having a hard time stopping?

(Answers will vary)

LOOK IT UP (K-5th)

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

Look Up: Proverbs 25:16

Say: “The book of Proverbs comes after the book of Psalms. King David wrote a lot of the Psalms and his son, King Solomon, wrote the book of Proverbs. Proverbs is one of the ‘Poetry’ books of the Old Testament. The ‘Poetry’ books are: Job (juh-Oh-buh), Psalms, Proverbs, Ecclesiastes (ee-lee-see-as-teas), and Song of Solomon.

PRACTICE IT (K-5th)

(“Spinning in Control” Activity pages – 4 options per kid, Paper Plates – 1 per kid [pre-punch hole in center of plates], Brads, Glue sticks, Paper Clips, Markers, “Spinning Instructions” - Circle stickers – 1 per kid)

What You Do:

- Give each kid a paper plate and a marker. Have them draw an X so their paper plate is cut in 4 equal parts.
- SAY: *We all have areas in our life that we have a hard time stopping and having self-control.*
- Set out the slices/cutouts from the “Spinning in Control” Activity Pages. As you set them out, explain what each one is.
- Invite kids to choose four pie slices to create a self-control spinner.
 - *If the kids struggle with something that ISN’T listed, encourage them to write/draw that in an empty pie slice instead.*

- Instruct kids to glue the pieces from the “Spinning in Control” Activity Pages onto their plate, forming a circle with the slices.
- Set out the markers.
- As kids finish gluing, invite them to color the images on their spinner.
- Give each kid a paper clip and a craft brad.
- Show kids how to thread the paper clip on the brad and poke then the brad through the center part of their spinner (where all the slices meet).
- Show kids how to use the spinner by flicking it with your finger.
- As kids finish their spinners, invite them to share with the group what pictures they chose and why.
- **SAY:** *Spin your wheel each day and ask God to help you have self-control with the thing you landed on. No matter how big, or how small, God can help you know when to stop. We don't have to feel ashamed of finding it challenging to stop. God knows that it can be hard! That's why when we follow Jesus, God sends the Holy Spirit to live inside of us. Self-control is part of the fruit of the spirit that God will continue to develop in our lives!*
- Direct kids to write their names on the back of their spinners and put on the circle sticker.

GET STRONGER (K-5th)

(“Memory Verse Poster”)

What You Do:

- Invite anyone who has memorized the verse to say it. Congratulate them and make a big deal that they are growing in wisdom by hiding God's Word in their hearts.
- Review Memory Verse. Say together a couple of times.
- Split kids into smaller groups and have them work together to come up with motions to help them memorize the verse.
- Come back together and have each group share what they did.

PRAYER

“Holy Spirit, thank you for helping us to STOP and for giving us wisdom to know when to. I pray that you help me to grow in self-control. Amen.