PursueGODkids.org

#### Slide: Welcome

(Start kid's countdown once all classes are present.)

Hey kids! Welcome to Kid's Church. I'm so glad you could be here today.

#### **Slide: Series Intro**

Let's get started by answering some questions! What is your favorite kind of soup? (allow kids to answer). Oh wow, those all sound really yummy. Alright next question, what is your favorite toy? (allow kids to answer). Those are some good ones! Last question, would you trade your favorite toy for a bowl of soup? (allow kids to answer). That sounds like a silly trade, huh?!

Well today we are going to take a look a story where a guy named Esau traded something way more important than his favorite toy for a silly bowl of soup. That trade would change his whole life, and it's going to teach us a really awesome lesson about self-control.

We'll talk about that more in a few minutes, but first, let's stand and sing a song together.

### Song

Live it Out

Good job! I think God loves hearing all your voices praising him! Now let's say our Big Idea together.

# Slide: Big Idea

All together:

Esau lacked self-control when he gave up a big thing for a small thing. (Repeat)

#### Video

Play lesson video.

### **Slide: Recap**

So, what did we learn from the video today? Let's review...

- Who was the older twin? (Esau)
- What did Esau trade his birthright for? (a bowl of soup)
- True or False: Esau used a lot of self-control when he gave up his birthright. (F)

If Esau had some self-control, he wouldn't have given up his birthright so easily. His birthright promised him land, animals, money, and all of his dad's belongings. That was a really big deal! It would have made his life way easier and probably way better. But he wasn't thinking about that when he made that silly trade. See, he came home from a long day and could smell the yummy soup Jacob made. Esau was so hungry that the only thing he could think about was eating that soup! So, Jacob decided to take advantage of the situation and said Esau could have soup if he gave him his birthright. And guess what? Esau agreed! What a terrible trade-your future inheritance for a bowl of soup?! Esau lacked an important quality- self control. And, his lack of self control really messed up his life.

That reminds me of our memory verse. Let's all stand and say it together.

### **Slide: Memory Verse**

"A person (hands on hips) without self-control (shake head no) is like a city with broken-down (two thumbs down) walls." Proverbs 25:28 (Repeat)

Back in the days of the Bible it was really important for cities to have walls. It protected them from people who would attack and try to take control of their city. And that's how self control works in our lives. If we don't have self-control it can be really easy for our lives to be taken over by silly, unimportant things. We will make bad choices because we don't think things through before we make a decision. That's what happened to Esau. He didn't have self control and he ended up making a really bad decision he later regretted.

So kids, let's learn from Esau and remember to have self control. When you're faced with a big decision and don't know what the right choice is, pray to God and he will help you to know which decision is best for you. He will give you the power to say "NO!" to bad choices and "YES!" to choices that honor him. He will help you to have self-control, all you have to do is ask him and then keep on practicing!

Now let's all stand and sing one last song together.

# Song

Unshakable

Okay, let's all say the Big Idea together one last time!

## Slide: Big Idea

Esau lacked self-control when he gave up a big thing for a small thing. (Repeat)

# **Slide: Let's Pray**

Pray and release the kids to small group.