



KIDS WISDOM

Self-Control

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

Before we jump into our lesson this week, I have some questions for you! Have you ever lost control and does something you regretted? (allow kids to answer). Yeah! Sometimes we get too excited, or we get angry and we do or say something silly that gets us in trouble.

Well, in today's lesson we are going to learn about something called self-control. Self-control helps us to take responsibility for our thoughts and actions!

But, before we get into that, let's stand and sing.

Song

Another Day

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: Self-control is being in charge of your thoughts, words and actions. **(Repeat)**

Video

Play lesson video.

Slide: Recap

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

- What is better than having big muscles? (Self-control)
- What are Fruits of the Spirit? (Good characteristics that come from the Holy Spirit)
- True or False: Self-control works from the inside out. (T)

That's right! Self-control isn't just something we can get good at overnight. It's a Fruit of the Spirit, which means it comes from God. Self-control is something we can pray to God and ask for. God wants to help us to have self-control, so he sent us his Holy Spirit. We also need to

keep practicing at self-control! Whenever you feel like doing something bad because of the way you feel, work hard to think about the good things and how to act the right way in the situation. Self-Control is something really important that we all need to be working on. It helps protect us from making mistakes, and helps to keep us from hurting others when we lose control!

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

Slide: Memory Verse

"A person (point to self) without self-control (shake finger "no") is like a city with broken-down walls (thumbs down)." Proverbs 25:28 *(Repeat)*

In the time of the Bible most cities had walls. Those walls made the city safe from attackers, and helped them defend their people. Cities that didn't have walls could be overtaken really easily. They had no chance of winning! They had no control over who came into their city. Self-control is like that wall. When we have self-control we keep ourselves safe and can control ourselves. When we don't have it we have no control and do or say things we don't really mean. That's why self control is so important! It keeps us safe!

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

Song

Me Without You

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

Slide: Big Idea

Self-control is being in charge of your thoughts, words and actions. *(Repeat)*

Slide: Let's Pray

Pray and release the kids to small group.