



BIG IDEA

Choosing self-control helps us love well.

GOD STORY

Self-Control (Galatians 5:16–26)

KEY VERSES

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. (Galatians 5:22–23a, NLT)

1 | Conversation Starter

SUPPLIES

- None

INSTRUCTIONS

- Chat about the biggest meals you've ever eaten and how you felt after eating them.
- Ask: What is self-control?
- Explain that self-control is like having brakes on a race car. Imagine driving super-fast. Now, imagine there's a brick wall just ahead of you. You need brakes to stop yourself! Hitting those brakes is like choosing self-control. We need it to be sure we're healthy, wise, and can love others well.
- Ask: How could self-control help you when it comes to eating a huge meal? Or buying too many things? Or being too silly in the wrong place?
- Introduce the Big Idea: **Choosing self-control helps us love well.**

2 | Watch

SUPPLIES

- Media player

INSTRUCTIONS

- Watch this week's video from the Now Playing Kids playlist on the One Story YouTube channel.

3 | Discuss

SUPPLIES

- None

INSTRUCTIONS

- Review and discuss the video teaching:
 - What are the Key Verses for The Look of Love series? (Galatians 5:22–23a)
 - What stood out to you in today's Life Story? How about the God Story?
 - Can you think of a time when Jesus showed self-control? (e.g., in Matthew 4)
 - Do you find choosing self-control easy or is it difficult for you? Why?
 - How do we help ourselves by choosing self-control? How do we help others?



4 | Activity

SUPPLIES

- Craft paper (or blank side of wrapping paper)
- Writing and drawing supplies
- Bible

BEFORE THE ACTIVITY

- Print today's Big Idea (**Choosing self-control helps us love well**) in large letters in the middle of the craft paper.
- Print the following references on the paper: Matthew 4, Proverbs 16:32, Proverbs 25:28, 1 Peter 1:13, and 2 Peter 1:5-8.

INSTRUCTIONS

- a. Gather around the craft paper.
- b. Discuss: What's the difference between doing things our way and following the Holy Spirit's direction?
- c. Explain that the Holy Spirit knows what's right for us, but we might not. Going our own way could hurt others or get us into trouble!
- d. Read the following questions and encourage the kids to draw or write their answers on the paper:
 - What could self-control look like when you have a big stash of candy?
 - What could self-control look like when your teacher leaves the classroom?
 - What could self-control look like when you have a lot of homework to do but would rather be with your friends?
 - What could self-control look like at night when you have video games in your bedroom?
 - What could self-control look like when you're at a friend's house and their parents don't have any rules?
- e. Look up and read aloud the Bible verses about self-control you listed on the paper earlier.
- f. Discuss the passages together.

5 | Pray

SUPPLIES

- Prayer activity pages
- Writing supplies

INSTRUCTIONS

- a. Explain that self-control is something everyone has a tough time with at some point. For example, we may lack self-control with the things we say, the foods we eat, or our actions.
- b. Give an activity page and something to write with to each of the kids.
- c. Read aloud the text on the page.
- d. Encourage everyone to sit in a quiet spot and fill in the blanks on their papers.
- e. When finished, invite the kids to read their prayer aloud.