

# Self-control

## 1 | Hangout

### SUPPLIES

- None

### INSTRUCTIONS

- a. Sit with kid(s) and ask: what is self-control? (Help: Self-control is how we choose to limit ourselves; controlling our behaviour, emotions, or thoughts.) E.g. choosing two cookies instead of 10 cookies; being careful with our words; saving money instead of spending it all on things we do not need.
- b. Explain that self-control is like the brakes on a car; it helps us to stop when we need to.
- c. Ask kids to rate the following situations according to how easy or hard it is to show self-control, on a scale from 1-10. One means it is easy to show self-control in that situation and 10 means it is almost impossible to show self-control.
  - How difficult is it to show self-control when there is a delicious dessert on the table in front of you?
  - How difficult is it to have self-control when a grown up says you can have all the chips or pop that you want?
  - How difficult is it to have self-control when screen time has no limits?
  - How difficult is it to have self-control when you have a sleepover and you can choose your own bedtime?
  - How difficult is it to have self-control when there are no adults around?
  - How difficult is it to have self-control when you have some money to spend?
  - How difficult is it to have self-control when you are angry?

Discuss: It is important to have self-control? Why or why not? How can self-control help us?

## 2 | Hear

### SUPPLIES

- (Optional) Media player
- Bible

### INSTRUCTIONS

- a. (Optional) Watch this week's video from the Now Playing Kids playlist on the One Story YouTube channel.
- b. Let the kids know that today's God Story helps us to understand more about self-control and its importance for our lives.
- c. Look up and read Proverbs 16:32 aloud, "Better to be patient than powerful, better to have self-control than to conquer a city."
- d. Discuss: What does this proverb mean? Why are self-control and patience more important than being a powerful person?
- e. Look up and read Proverb 25:28 aloud, "A person without self-control is like a city with broken down walls."
- f. Explain that ancient cities usually had big, thick walls around them to protect the city's people from invading enemies (think of a castle).
- g. Ask: Why do you think this proverb says someone without self-control is like a city that has no protection from its enemies? How does self-control keep us safe?
- h. Finally, review the Key Verse, Galatians 5:22-23, "The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."
- i. Discuss: In your own words, what does "Fruit of the Spirit" mean? What happens when these fruits grow in our lives?

**BIG IDEA**

Choosing self-control helps us love well.

### 3 | Huddle

**SUPPLIES**

- Craft paper
- Pencils, pencil crayons, and/or markers

**BEFORE THE ACTIVITY**

- Write the Big Idea in the centre of the craft paper.
- Around the Big Idea, write: at school? At home? Online or on a screen? With friends? With food? With money?

**INSTRUCTIONS**

- a. Sit around the craft paper with kids.
- b. Read the Big Idea aloud and ask: How do you think self-control helps us in these different parts of our lives?
- c. As a group, brainstorm some of the ways that self-control might help the kids in the different situations.
- d. Write the kid's ideas on the page. When everyone has had a chance to share, explain that self-control is something everyone has a tough time with at some point and that's okay. We can ask God to help us have more self-control and he will!
- e. Discuss: Is there any situation in your life where you would like more self-control? Take a few minutes to share and then pray about those situations.
- f. To wrap up, pray a blessing over the kids.



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lives: love, joy, peace,  
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self-control.**

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Galatians 5:22-23