



SELF-CONTROL | WEEK 2 | JANUARY 9, 2021

4th-5th Lesson

You Need to Calm Down

Life App: Self-control—Choosing to do what you should even when you don't want to

Bible Story: You Need to Calm Down (Broken-Down Walls) • *Proverbs 25:28*

Key Question: When do you lose control?

Bottom Line: When you lose control, it can cause trouble.

Basic Truth: I am made by God to worship Him.

Memory Verse: “God’s power has given us everything we need to live a godly life.” 2 Peter 1:3a (NIRV)

**KID CONNECT:
5 MINUTES**

**LARGE GROUP:
25 MINUTES**

**SMALL GROUP
25 MINUTES**

LEADER BIBLE STUDY

We trust God no matter what. Even when we face unexpected circumstances, we can respond to them with self-control. We can trust that we don't need to rush in or take matters into our own hands. We can trust that God is working.

Self-control is a Fruit of the Spirit. As we follow Jesus throughout our lives, the Holy Spirit transforms us and helps us live more like Jesus. We can follow His example and choose to do what we should do—instead of what we want to do. The Holy Spirit can give us the power and wisdom to show self-control.

Key Question: When do you lose control? One of the best ways to discover how you should respond with self-control in a situation is to imagine the moments when you most feel like losing control. We pray that our preteens start to identify the areas of their life where they struggle and create a plan for how they will rely on God to help them.

In week two, we focus on a word picture Solomon uses in **Proverbs 25:28**. Solomon uses the idea of giant city walls keeping people safe as an example for people to understand the importance of living with self-control. Kids will discover why ancient city walls are a perfect picture of how self-control can help us.

Bottom Line: **When you lose control, it can cause trouble.** When you choose to remain in control, you keep yourself out of danger. We hope kids discover the value of relying on God to help them choose self-control even when it's difficult.

KID CONNECT

WELCOME TIME

(VIDEO: INTRO MUSIC)

Play intro music and greet each kid as he or she arrives. Use this time to fill out attendance sheets, and help new kids connect to your group.

OPENING ACTIVITY:

(No Supplies)

During this time, concentrate on getting to know your group and building a relationship between you all. Create a place where they feel like someone knows them and that they belong. A great way to do that is to pull them into an activity (coloring, LEGOs, etc.) and ask them questions. Here are some suggestions:

- What are some highs/lows from your week?
- What do you like to do for fun?
- If you could ride on any animal, what would be the most fun/most difficult?
- Do you have any siblings/pets? What are their names?
- If you could build anything, what would you build?
- What is the worst smell in the world?

LARGE GROUP

COUNTDOWN AND WELCOME

(VIDEO: COUNTDOWN, SLIDE: KIDCITY EXPECTATIONS)

Show the countdown video as you transition to Large Group. Set it to end as the session begins. *The Large Group Leader has lots of energy as he or she welcomes everyone to KidCity. The LGL is relatable and inviting. LGLs can talk about something that happened culturally throughout the week like a big sports game, movie opening, a viral video on YouTube, holiday, etc. The LGL tells them how excited he or she is that they're there and briefly runs through what they can expect. This is especially helpful for first-time guests to make them feel like they know what's happening.*

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 by playing a game, singing some incredible songs that worship God, and then we are going to hear an amazing true story from God's Word, the Bible.

But first, 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 – We need to be kind with our words and actions to our friends, leaders, and the space that we are using.
2. Be Safe – Make wise choices with your actions and words.
3. Have Fun – Participate in what we are doing! It's no fun just sitting there...

5th SUNDAY FUNDAY ANNOUNCEMENT

(SLIDE: 5TH SUNDAY FUNDAY, PARTY MUSIC)

Before we play a game, I have a VERY exciting announcement. You may not know this, but four times a year it just so happens that instead of there being 4 Sundays in a month there is a bonus 5th Sunday. Well, we've decided that on those special 5th Sundays we are going to throw a party in KidCity!

(SLIDE: 5TH SUNDAY FUNDAY) We are going to have lot of fun playing games that we don't normally play, you will have the chance to win awesome prizes, and have a whole day focused on fun. You will want to invite your friends! It's going to be a blast.

Why am I saying all of this? Well, January happens to be the first month that has a 5th Sunday...so get ready to party at the end of the month! We want you to invite your friends that don't come to Hope KidCity to come that day. In fact, if you bring a friend, you both will get a special prize. You don't want to miss it!

LARGE GROUP GAME

GIANT HUMAN REMOTE

(Tape, 8 Printed Remote Buttons)

LGL: This month, we're talking about something really important . . . self-control!

(SLIDE: LIFE APP)

"Self-control is choosing to do what you should even when you don't want to.

(SLIDE: THEME)

"The truth is, we don't always WANT to do what we SHOULD do. Maybe we'd rather go play with our friends, play a video game, or watch a show than do our homework or chores. But self-control doesn't mean we can't have any fun. It just means that we learn how to make the wise choice. Maybe we choose to do our homework or chores first, THEN hang out with our friends.

"We need self-control for lots of things—like using wise words, choosing wise friends, and not letting our anger explode! *(Take a deep breath.)* Ahhhh . . . much better. It's about staying in control.

Hold up the remote control and pretend to press a button.

“That’s not easy, but we can do it, with God’s help!

(Reference the remote control.) “I kind of wish I had one of these for myself sometimes. But not a little one. A BIG one! That’s what our game is about today. It’s one of my favorites: ‘Giant Human Remote!’

(SLIDE: “GIANT HUMAN REMOTE”)

Walk to the large tape circle on the floor in the center of the room.

“First, let’s clear this space on the floor. If you’re sitting inside this circle, can you move back? We need some space outside the circle, too. Let’s give them some room, everyone!

Note: It may be easier to just ask the kids in the circle to move to the back of the audience rather than trying to get everyone to scoot back and make room.

“All right. Now we need eight contestants. Who wants to play?

Choose eight kids and have them stand in the center of the tape circle. Set out the eight printed “buttons” around the perimeter of the tape circle.

“All right contestants, surrounding you are common buttons from a remote control. I will shout out a scenario. You’ll need to choose the correct button, run to it, and stand on it. As long as you have one tiptoe on the button, you’re good. But the last person to get to the button will be eliminated. We’ll keep playing until we have a winner!

“Now you have to have a lot of self-control here. You need to have a good sense of where the buttons are and not jump too quickly in the wrong direction. You want to make sure you’re not last!

“Are you ready, contestants? We’ll all cheer you on. Let’s play Giant Human Remote!

“Here’s your first clue.

Read the clue from the printed script.

1. This is the most boring part of the movie. You want to skip past it. *(Answer: FAST FORWARD)*

The kids should run and stand on the correct button. Comment on the action. Each time, lead the audience in cheering for the kid who’s eliminated (i.e., the one who gets to the fast forward button last). Then have the remaining kids go back to the center of the circle.

Go through the rest of the game questions, one by one, eliminating one kid each time.

2. Popcorn's ready! You don't want to miss any of your show while you get it, so you press this button. *(Answer: PAUSE)*
3. It took you and your brother forever to agree on what to watch. But now that you've decided, it's time to press this. *(Answer: PLAY)*
4. Your friend missed the funniest part of the video! Press this so you can go back. *(Answer: REWIND)*
5. You can't understand what they're saying. You'd better press this button to turn on subtitles. *(Answer: CC)*
6. What an amazing catch! Let's watch that one again—and let's slow it way down. *(Answer: SLOW MOTION)*

At this point, you should have two kids remaining. Read either #7 or #8 to determine the winner.

7. The movie's over and it's time for bed. Don't forget to press this before you leave. *(Answer: POWER)*
8. You want to save this show and watch it later. What do you press? *(Answer: RECORD)*

Thank both finalists and the other contestants. Dismiss the two finalists to their seats and gather up the "buttons."

(SLIDE: THEME)

"That was awesome! Let's hear it for our great competitors! Now everyone on your feet as we get ready to sing and worship God together. God is the One who helps us have self-control!"

WORSHIP

(VIDEO: THIS IS LIVING NOW, NOT AFRAID)

INTRODUCE THE SESSION

(SLIDE: LIFE APP, HADRIAN'S WALL, GREAT WALL OF CHINA)

(No Supplies)

Before we jump in, let's go over our Life App for this month.

(SLIDE: LIFE APP) "Self-Control is choosing to do what you should do even when you don't want to."

"Let's think about walls for a second. I am guessing that you're all familiar with the concept of a wall. We're in a room with walls. The place where we live has walls. But have you ever thought about the function of a wall? I mean, what do walls do exactly?"

Pause for a few answers.

"Right! Walls keep things in or keep things out, offer privacy or protection, and even give a building strength to withstand different types of weather. On top of all that, some walls throughout history have become super famous. Check these out.



(SLIDE: HADRIAN'S WALL)

“Anyone ever seen this one? This is Hadrian’s [HAY-dree-ane] Wall, located in Great Britain. Construction on this wall began in 122 A.D. in the reign of the ruler Hadrian. It stretched the entire width of the country, from the North Sea to the Irish Sea. It was built to separate the southern area of Britannia from the unconquered lands of Caledonia to the north. It was mainly a defensive wall to keep people out!

(SLIDE: GREAT WALL OF CHINA)

“Anyone have an idea what wall this is? *(Pause for answers.)* Yes! The Great Wall of China. This wall is HUGE. It’s over 13,000 miles! It was built, again, to help protect from invasions, but there was another function of the wall as well—trade. It helped created checkpoints and openings for traders to come and go through the land.”

“All that to say, walls either keep things in or keep things out—or both.”

Walls around a city are one thing, but have you ever thought about walls you might need in life? Interesting question, huh? Last week, we started talking about the idea of self-control—choosing to do what you should do even when you don’t want to. But what do walls have to do with self-control?”

“And if we’re really honest, with ourselves, we might even wonder why having self-control matters in the first place. Aren’t there times when losing control is a good thing? Isn’t it good to let things out every once in a while? It’s not like you can keep your feelings bottled up inside you forever, right?”

“Great questions. Tough questions. And a great place to start with great, tough questions is the Bible. In the Bible we get to learn all sorts of wisdom from other people who had relationships with God. God inspired them to write down their experiences, so we could learn from them and grow in our own relationships with God. Let’s head to the Bible now.”

BIBLE STORY

(VIDEO: SO & SO SHOW; SLIDES: KEY QUESTION, BASIC TRUTH)

(VIDEO: SO & SO SHOW)

“Let’s take another look at Solomon’s words that are recorded in Proverbs 25:28.”

Open the Bible to Proverbs 25:28 (NIV) and read.

“*A person without self-control is like a city whose walls are broken through.*”

“In biblical times, if a city didn’t have a wall, the enemy could waltz right in and take over. There was literally no defense. Even the smallest hole could be trouble!”

“In the same way, a person who doesn’t show any kind of restraint, someone who doesn’t have any self-control or willpower can’t defend him or herself against overwhelming emotions.”

“Getting mad turns into rage. Waiting turns into impatience. Without self-control, without the protections built up through practicing self-control, you’re totally wide open to making poor choices.”

“In those times, it’s good to remember that God is always with us. We can pray and talk to God whenever we feel like we’re in danger of losing control. God can help us control ourselves, even when it’s really difficult. Our Basic Truth today is this...

(SLIDE: BASIC TRUTH) “I am made by God to worship Him.”

I know what you are thinking, what does THAT have to do with having self-control?! Well, there are other ways to worship God besides singing. Worshiping God means that we try to live in a way that shows Him love and honor. Showing others that we care about them by having self-control is a form of worship because God has commanded us to love other people in the way that He loves us! Like I said before, God will help us have self-control.

“Ask God to help you when it’s difficult for you to show self-control. God can give you the wisdom you need to make a choice that’s actually good for you! God wants to help you and will. You can trust God no matter what!” As you head to your small groups, think about this question:”

(SLIDE: KEY QUESTION) “When do you lose control?”

“When do you lose control? When do you lose your cool? When do things get out-of-hand and you can’t control yourself? You’ll talk more about this in Small Group, but before you head out, let’s pray. Let’s ask God to help us navigate these emotions. Let’s thank God for being there when things get out of control. Let’s ask God to grow self-control in our hearts. Let’s go over our monthly Bible verse and pray.”

MEMORY VERSE

(SLIDE: MEMORY VERSE)

God’s power has given us everything we need to lead a godly life. (2 Peter 1:3a, NIV)

“We have God’s power working in us!

PRAYER

“God, thank you for reminding us how important self-control can be. Please show us how we can stay in control so we aren’t like a city with broken walls. Give us the wisdom to stop . . . take a breath . . . and ask you for help so we don’t lose control when we feel frustrated or upset. We love you, and we pray these things in Jesus’ name. Amen.”

DISMISS TO SMALL GROUPS

SMALL GROUP

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TAKE A SNAPSHOT

(Index Cards – about 100 per group, Cup – 2-4 per group)

What You Do:

- Form groups of three or more kids.
- Give each group a deck of playing cards and a cup.
- Challenge them to use the cards to build a wall around the cup.
- Suggest that they begin by making an "A" shape with two cards, and then laying a third card horizontally on top of the "A" shape.
 - By making several "A" shapes in a row they will improve stability of the wall.
- Use the wall of cards to get kids thinking about the value of safe boundaries, wise limits, and the importance of self-control.
 - A thin wall of cards wouldn't offer protection against much of anything. How is a lack of self-control like a flimsy wall of cards?
 - When we think of losing control, we usually think of anger but what are other areas of life in which we can lose control and find ourselves in trouble?
 - Give some examples of wise limits that are in place to protect us. What might happen if those limits were not there?
 - If self-control was an actual wall around your life, what would it protect you from?
- If the cards are still standing, allow teams to "break down" their wall of cards.
- Talk about how easily and quickly the wall can be destroyed.
 - It took a lot more work, strategy, patience, and time to build the wall, but it was destroyed in an instant. When we don't use self-control, what can get ruined, destroyed, or hurt?

TAKE A SNAPSHOT

(Bibles, Index Cards from Previous Activity, Markers, Balloon)

What You Do:

- Invite kids to look up Ephesians 5:15-17. If they need help locating the verses, show them how to use the Table of Contents in the front of their Bible to find the page number for Ephesians then use the navigation tip below.
 - **Finding verses with 4th-5th graders:** When they find Ephesians, explain that the big numbers on the page are the chapter numbers. Tell them to find chapter 5. Explain that the small numbers are verse numbers. Tell them to them find verses 15-17 in chapter 5.

- Read the verses together and ask:
 - In these verses, what is God wanting us to be careful about?
 - What does it mean to “make the most of every opportunity”? How do we do that?
 - Even though we don’t find the words, “self-control” in these verses, how do you see it implied?
 - How would you need to have self-control in order to live out these verses?
- Give each of the kids an index card and a marker.
- Ask them to look over Ephesians 5:15-17 again then carefully write one or two words on their card that they feel are key to the meaning of the verse. Examples: careful, wise, understand, Lord, etc.
- Invite kids to take turns sharing the words they wrote and why they feel those words are important to the meaning of the verse.
- Blow up the balloon and have it ready.
 - Explain that you’ll read a short segments of Ephesians 5:15-17.
 - When you pause, that’s their cue to repeat what you said.
 - The goal is to not lose control of the balloon – that they have to balance on one finger- and let it fall to the floor.
 - If they lose control of the balloon by letting it touch the floor, they are out of the game.
 - *Ephesians 5:15-17 (NirV)*
 - *So be very careful how you live.*
 - *Do not live like people who aren’t wise.*
 - *Live like people who are wise.*
 - *Make the most of every opportunity.*
 - *The days are evil.*
 - *So don’t be foolish.*
 - *Instead, understand what the Lord wants.*
- Tell kids that losing control of a tissue and being eliminated from a game is a simple reminder that nothing good comes from losing control. Challenge kids this week to take a breath, take a break, and take a moment to ask God for help instead of losing control and ending up with trouble to show for it.

DISCUSSION

Ask the following questions and lead the group to discuss:

- How would you explain self-control to someone?
- Why is self-control so important? Why can’t we just do what we feel like doing?
- If parents and other adults have placed more “walls,” boundaries, or rules in your life than you’d like, how could growing in self-control demonstrate that you might be ready for some of those walls to open up?
- Where do you need to most grow in self-control? What can you do to help that process along?

PRAY AND DISMISS

(Preteen Devotionals - 1 per kid)

What You Say:

“Dear God, thank you for your gift of the Holy Spirit who helps us have self-control in all of our unique situations. We know that there is nothing too big or too small for you to help us with! Remind us that *[Bottom Line]* when you lose control, it can cause trouble but you have called us and helped us to be people who have the ability to stay in control of ourselves. Help us honor you through self-control this week. We love you, and we pray these things in Jesus’ name. Amen!”

Pass out the Devotionals to each kid. If there’s spare time, encourage kids to start looking over it and point out how it relates to today’s lesson.