



SELF-CONTROL | WEEK 4 | JANUARY 23, 2021

4th-5th Lesson

Should've Said No

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

Bible Story: Should've Said No (Too Much of a Good Thing) • *Proverbs 25:16*

Key Question: How do you know when to stop?

Bottom Line: Know when to stop.

Basic Truth: I am made for a purpose so the Holy Spirit can help me do big things now.

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: **How do you know when to stop?** We start our small group discussion with a question that will help preteens create boundaries for spending their time. We don't always know it's time to stop until it's too late. We pray that our preteens become more self-aware about when they need to trust God to help them stop.

We close out the month with another one of Solomon's vivid word pictures in **Proverbs 25:16**. We help kids find out what happens when we indulge and eat too much. This proverb isn't just about how much we eat. Kids will learn that too much anything, even if it's a good thing, can have serious consequences.

Bottom Line: Know when to stop. Knowing when to stop isn't always easy for kids. Often, it's a parent or teacher who helps them realize it's time to stop what they're doing and take a break. We hope that kids start to see that stopping something—even if it's fun—can be the wisest choice they can make. We also want them to know they don't need to do this on their own. God can help them know when to stop and give them the strength to do it.

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. Baptisms are the fourth Sunday of the month. Take a minute on that Sunday to ask if anyone is getting baptized and celebrate with them if they are.*

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...

Let's kick off today by playing a game!

LARGE GROUP GAME

JUST ONE MORE!

(6 Platters, A Bunch of Books, Prize)

LGL: “Hey, friends! Believe it or not, January is almost in the books! As we get going this morning, I have a question for you!

“Is anyone out there of the ‘Just One More’ club? Like when you’re swimming and your mom says it’s time to go, and you say, ‘just one more time off the diving board!’ Or when you’re with friends and it’s time to leave and you’re like, ‘Just five more minutes!’ Or you know you’ve had three pints of ice cream already, but those Kit-Kats are just sitting on the table, and you’re like, ‘Just one more?’ Anyone like that?”

“Funny enough, we’ve got a little contest with the same title! It’s called, ‘Just One More.’ I need three volunteers who want to play!”

(SLIDE: “JUST ONE MORE”)

Choose three volunteers to join you at the front.

“Here’s how it works. Each contestant will hold two platters, one in each hand. We have all the same items, in front of you on the table. The person who can successfully hold the most items is the winner! I’ll go down the line and put one item on each of the platters. Then, one at a time I’ll check in with you. If you think you can hold another object, you’ll say, ‘Just one more.’ I’ll add another item on each side. But, if you think you’re at your capacity, you can say, ‘Time to stop.’”

“The winner is the one who can successfully hold the items. Let’s say [Name of Volunteer] stopped at three things and [Name of other Volunteer] is still going with ten . . . and then says, ‘just one more.’ If on the eleventh item they all fall, [Name of Volunteer] with three items is the winner!”

“A few rules:

- You can’t hold the platters against your body. You can only hold them with your hands.
- If something falls, you’re out.

- Even if you have passed someone else number-wise with items held, if you drop them, you're out at the one who has successfully held the most is the winner."

"Everyone understand? Oh, and whoever wins gets a prize! Let's play!"

Play the game. Keep adding items until one volunteer is remaining and declare a winner - giving them their prize.

LGL: "Fantastic job, let's hear it for our contestants! Some of you knew right when to stop! Now, let's jump into a time of worship to our amazing God!"

WORSHIP

(VIDEO: ALIVE, WAVEWALKER)

INTRODUCE THE SESSION

(SLIDE: LIFE APP)

(No Supplies)

That was some great singing and dancing! Before we talk about our Bible lesson today, let's remind ourselves the definition of our Life App.

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

"We've discovered SO much about self-control this month. We learned that people without self-control are like cities with broken down walls, unprotected so anything can get to us and make us lose control or go too far. Last week we learned about our words and how ones foolishly spoken can really hurt people more than we know. Wow! That's a lot . . . but we're not done yet!"

We're back in the book of Proverbs in the Bible. Remember, a lot of the proverbs in the book of Proverbs—including the one for today—were proverbs spoken by Solomon. He was a King of Israel. We're told that when God gave him the chance to ask for anything in the world, Solomon asked for wisdom. Now, Solomon didn't always get it right, but he offered a whole lot we can learn from. Check it out what he writes in Proverbs 25:16."

BIBLE STORY

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

(VIDEO: SO & SO SHOW)

"Solomon really did have some wise words about self-control! We've got to be careful so that we don't have too much of a good thing. We've got to **know when to stop**."

"Say that with me."

"Know when to stop."

“I’m not sure what that ‘thing’ might be for you. Maybe it’s screen time or sweets. Maybe it’s video games or trading cards. Or maybe it’s something else. Just remember, if you find yourself thinking about that ‘something’ all the time . . . or sneaking around to do it . . . that might be a clue that you need to press STOP.

“You might not know what that ‘something’ is for you, and that’s totally okay! You can always ask someone you trust if they see something in your life that you might care about a little bit TOO much. You can ask them to help you think of ways that you can stay in control. Most importantly, you can ask God for help. Our Basic Truth says this...

(SLIDE: BASIC TRUTH) “I am made for a purpose so the Holy Spirit will help me do big things now.

“When you put your faith in Jesus, you have the power of the Holy Spirit . . . and the Spirit will help you *[Bottom Line]* know when to stop – having self-control is always a BIG thing. God wants to help you grow in self-control so you can use your words and actions to show the world around you how much God loves us and wants a friendship with us.

As you head to your small groups, think about this question:”

(SLIDE: KEY QUESTION) “How do you know when to stop?”

What are the signs that maybe the good thing you’ve been experiencing has become not such a good thing anymore? Remember, when you choose to follow Jesus, the Holy Spirit will help you! He can give you some encouragement to slow down, take a break, or stop. If you’re not sure what you think about all of this or how you can know for yourself when to stop, that’s okay. Your Small Group Leader will help you try and figure it out. Before you head out to Small Group, let’s review our memory verse and then 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)

“Let’s pray.

PRAYER

“God, this is such an important reminder of why we need self-control. Please help us to *[Bottom Line]* know when to stop. When we’re tempted to take too much or want too much, please show us how to make the wise choice. Give us the strength to choose self-control. We love You, and we ask these things in Jesus’ name. Amen.”

5th SUNDAY FUNDAY ANNOUNCEMENT

(SLIDE: 5TH SUNDAY FUNDAY, PARTY MUSIC)

Before we go, I have to tell you that it’s FINALLY HERE! Next week is 5th Sunday Funday!

(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. You don't want to miss it!

DISMISS TO SMALL GROUPS

SMALL GROUP

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Baptisms are this week. Take a minute to go over the Baptism Conversation Guide with your group.

TAKE A SNAPSHOT

(Markers, "Lots of Dots" Activity Page – 1 per kid)

What You Do:

- Ask:
 - What are some activities we spend time doing that are not necessarily bad unless we do them too much?
 - What about the things we spend our money on?
 - What about the food we eat?
 - What about the kids we hang out with?
- Give each kid a marker and a copy of "Lots of Dots" Activity Page.
- Invite kids to choose one of the categories that is hard for them to not focus on too much. What do they have a hard time stopping once they get started? They can use the blank boxes to add something that's not already listed.
- Remind them that nothing on the list is necessarily bad or wrong. Some things can become more important to us than they should or need to be. That might be different for each person. Knowing when to stop—when enough is enough—is as important as knowing when to keep going,
- Challenge kids to use the tip of their marker to make as many dots as they can in the box they chose. They will have 30 seconds to make as many dots as they can, so tell kids to count to themselves as they make "Lots of Dots."
- When time is up, find out if anyone made more than 100 dots.
- Invite kids to talk about the boxes they marked.

- When you're doing the activity in the box you marked with dots, how do you know what is ENOUGH and what is TOO MUCH? Is it always bad to lose track of time when you're doing something fun or working on a cool project?
- What's the difference between overdoing, overindulging, or going overboard as opposed to "losing yourself" in something creative or productive?

BIBLE STORY EXTENSION

(Bible, Sticky Notes, Markers, A Glass, Water, Pennies or small items of the same size that sink, shallow tub)

What You Do:

- Place a clear glass or jar in a shallow tub or on a towel.
- Gather kids around the empty glass.
- Remind kids of today's Scripture by reading Proverbs 25:16.
- Ask kids if they've ever eaten so much of something they felt sick? If your stomach can handle it, let them share their stories.
- Fill a glass with water all the way to the rim.
- Give each kid a sticky note and marker.
- Invite kids to make a guess about how many pennies they think the full glass will hold before it spills over the top then write the number on their sticky note.
- Test by carefully inserting a penny slightly into the water and then letting go so it gently drops into the glass. You can do this yourself or allow kids to take turns. Emphasize the importance of immersing the coins slowly and not simply dropping them into the water.
- Instruct kids to watch the top of the glass from the side to see the water level rising above the glass.
- Continue adding pennies until the water begins to overflow, then see which kids came closest to guessing the correct number of pennies.
- Ask kids to think of some ways the glass and pennies illustrate Proverbs 25:16. Read the verse again if needed to refresh their memory.
 - When do you push the limits to see how far you can go with something before there's trouble?
 - According to Proverbs 25:16, even if something is a good thing, we can get or do too much of it. Give some examples.
 - You carefully watched the rim of the glass to see when adding another penny would be too much. What are some signals you can watch for to know when something has gone from "enough" to "too much" in the things you do or say?
 - What's one thing you want to do a better job of controlling this week?

DISCUSSION

Ask the following questions and lead the group to discuss:

- What does God give us to help us identify where we need more self-control?
- What might God use to help us figure out when it's time to stop doing something?
- How do parents and others that care about you help you know when to stop?
- How does growing in self-control demonstrate our love for God and a desire to live for Him?

PRAY AND DISMISS

(Preteen Devotionals - 1 per kid)

What You Say:

“Dear God, thank You for the time we got together this month to learn how to have self-control. We know that You want us to have self-control because ultimately You want us to get the most out of the good things You created. Please give us the power of Your Spirit to help us *[Bottom Line]* know when to stop, so we can live our lives the way You designed. Remind us that when You do ask us to stop, it’s not because You’re trying to keep us from fun, but You are helping us enjoy the gifts You’ve given. 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.