



SELF-CONTROL | WEEK 2 | JANUARY 9, 2021

## K-3rd 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*

**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:  
10 MINUTES**

**LARGE GROUP:  
30 MINUTES**

**SMALL GROUP:  
20 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.*

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, 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 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...

## 5<sup>th</sup> SUNDAY FUNDAY ANNOUNCEMENT

**(SLIDE: 5<sup>TH</sup> 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 5<sup>th</sup> Sunday. Well, we've decided that on those special 5<sup>th</sup> Sundays we are going to throw a party in KidCity!

**(SLIDE: 5<sup>TH</sup> 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 5<sup>th</sup> 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:** "Hello there, friends! I'm so excited to see all of you. 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.*

4. 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.*

5. Popcorn’s ready! You don’t want to miss any of your show while you get it, so you press this button. *(Answer: PAUSE)*
6. 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)*

7. Your friend missed the funniest part of the video! Press this so you can go back. (*Answer: REWIND*)
8. You can't understand what they're saying. You'd better press this button to turn on subtitles. (*Answer: CC*)
9. 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.*

10. The movie's over and it's time for bed. Don't forget to press this before you leave. (*Answer: POWER*)
11. 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)**

## **BIBLE STORY**

### **(SLIDES: LIFE APP, BOTTOM LINE, MEMORY VERSE, BASIC TRUTH; VIDEO: BIBLE STORY)**

#### **(Bible)**

Since we are starting a new year in KidCity, we are starting a new Life App! A Life App is something that God does within you to change the world around you. This month we are talking about something that can be EXTREMELY hard to do...have self-control! When we talk about Self-Control in KidCity, we define it as...

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

"If we practice...and I say 'practice' because it doesn't come easily...self-control NOW, it will pay off big time down the road. The Bible is full of stories of people who DID have self-control - like Jesus when He was tempted by Satan to not trust God - and it's full of people who DID NOT have self-control - like Moses when he got angry and didn't obey exactly what God told him to do.

Self-control is such a big deal that the wisest man to have ever lived (besides Jesus), King Solomon, wrote about it in his book of wisdom, Proverbs. In Proverbs 25:28, King Solomon warns us about the dangers of not having self-control. Let's watch our story and see how that would play out in modern times.

## **(VIDEO: BIBLE STORY)**

“Wow. I don’t know about you, but I don’t want to be like a city with broken, crumbling walls. I want to be strong and protected . . . with self-control! When our walls of self-control are broken, we can let things from the outside like stress, not getting our way, anger, or peer-pressure affect us in ways that don’t show people around us that we love and obey God.”

“Remember . . .

## **(SLIDE: BOTTOM LINE) “When you lose control, it can cause trouble.”**

“God knows that there are times when it can be difficult for us to make the wise choice. There might be times when we’re frustrated and we need to remember to stay calm so we don’t say mean words or act unkind to the people we love. There will be times when we maybe feel like doing something that our parents or teachers have told us not to do . . . and we need self-control so we can stay safe and protected.

“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.

“That’s what this month’s memory verse, 2 Peter 1:3, is about.”

## **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! In fact, self-control is part of what Apostle Paul called ‘the fruit of the Spirit.’ When you trust in Jesus and follow Him, His Spirit will help you stay in control. Let’s pray together.”

## **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

**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**

**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)**

*Complete the first activity with your group. Choose the second activity that most closely matches the age of the group that you are leading. End with asking the discussion questions and praying.*

### KEEP CONTROL (K-3<sup>rd</sup>)

("Keep Control" Activity Page, Stickers, Markers/Crayons)

#### What You Do:

- Give each kid a "Keep Control" Activity Page. Guide kids to point to the words as you read the verse aloud.
- Unpack the idea that part of living a godly life is practicing self-control. Emphasize that when we feel like we're losing control, the Holy Spirit can help us stay in control.
- Explain how kids can "use" their remote controls to remind them what they can do when they feel like they're losing control.
- They can walk away (*guide kids to touch the feet*). They can take deep breaths (*guide kids to touch the "breath" button*). They can talk to someone (*guide kids to touch the speech bubble*). They can count to ten (*guide kids to tap the number circles ten times*).
- Read the following scenarios and have kids press the self-control button they would use in that situation:
  - Your brother takes the last cookie. What can you do?
  - A friend at school has been looking at you funny and avoiding you all week. What can you do?
  - You didn't sleep well last night. Today, your mom tells you that she has to go on a bunch of errands after school and all you want to do is go home and take a nap. What can you do?
  - A kid in your neighborhood kicks your basketball all the way down the street on purpose. What can you do?
  - You are learning something really hard in school and you feel frustrated that you don't understand it right away. What can you do?
  - You are looking forward to going to hang out with your friend at the trampoline park, but they get sick at the last minute and can't go. What can you do?
- Invite kids to decorate their remotes as they choose.
- Encourage kids to use their remotes this week to help them keep in control.

### What You Say:

“Sometimes, we can feel like we’re losing control! We might want to yell or scream or say unkind things. We might want to throw or hit or kick something. We might want to go somewhere and hide. We might not want to talk to anyone. We might want to cover our ears.”

*[Make It Personal] (Tell kids what you do when you feel like you’re losing control.) What do YOU do when you feel like you’re losing control? (Pause for the kids’ answers but be careful not to dwell here.)*

“Is it okay to FEEL out of control? Yes—it happens to all of us! But it’s important to remember that God doesn’t want us to LOSE control. Because **[Bottom Line]** when you lose control, it can **cause trouble**. You can get hurt, and others can get hurt, too. Instead, God wants us to rely on HIS POWER to help us keep control. He loves us, and He wants to help us!

“So when you feel like you’re losing control, stop and ask God to help you. Count to ten. Take three deep breaths. Go for a walk. Tell someone how you feel. All these things can help you feel better, and they can help you keep from losing control. Because when you lose control, it can cause *(pause for kids to fill in the blank).*”

## MATCH IT (K-1<sup>st</sup>)

(“Match It” Cards - 2-4 sets per group)

### What You Do:

- Help kids get into groups of two to three.
- Give each group deck of “Match It!” cards face-down.
- Guide kids to spread out the cards.
- Lead kids to play a game of concentration.
  - One kid turns a card face-up, then another.
  - If the cards match, they “win” them.
  - If they don’t match, the kid turns them face down again.
- Play until kids match all their cards.
- If time allows, kids can shuffle the cards and play again.

### What You Say:

“You guys did a GREAT job of finding the matching pictures. I have another challenge for you. What do a lock, an umbrella, a shell, a leash, a helmet, and a firefighter all have in common? *(Allow enough time for kids to process the riddle. If they struggle, have them compare three items instead of seven. Answer: They keep things safe/protect things.)* Yes! They all keep something safe or protected.

“What are some things that keep YOU safe? *(parents, house, teachers, first responders, God, etc.)* Great ideas! Having self-control when you are tempted to blow up or overreact keeps you safe from the consequences of those actions.”

## DON'T LOSE CONTROL (2<sup>nd</sup>-3<sup>rd</sup>)

(Masking Tape, Ball Pit Balls – 2 per group, Spoons – 2 per group)

### What You Do:

- Divide the kids into two teams.
- Give each team a ball and spoon.
- Tape starting lines for each team and direct teams to form a line.
- Mark a finish line about ten feet away from each starting line.
- Guide kids to take turns running to the finish line and back while carrying their ball on the spoon.
- If a kid drops the ball, instruct them to go back to the starting line and begin again.
- The first team to have every kid run down and back successfully, wins!
- Talk about the game with the following questions and prompts:
  - How did it feel to lose control of the ball? If you didn't lose control, how did it feel to see your team member lose control? A ball isn't something important. It's not a big deal if you lost the ball in our game.
  - There are things that are a big deal to lose control of, though. I will read a list of examples. If you've ever lost control of any of these things, raise your hand so we can see how everyone struggles with self-control! *(Make sure you raise your hand too so kids see that even adults need help with self-control.)*
    - Losing control of your body when playing with friends or walking down the hall at school.
    - Losing control of your toys and clothes, leading to a very messy bedroom.
    - Losing your focus during school work.
    - Losing your patience with a sibling or friend.
- What are the not-so-great things that happen when we lose self-control? *(Prompt the kids by asking questions like: What happens when our bedroom gets too messy? What happens when we lose our focus during school work?)*

### What You Say:

“When you lose self-control, it doesn't only feel bad for you. **[Bottom Line]** When you lose control, it can cause trouble for the people and things around you, too. The barriers and walls of control we have in place keep us from the troubling consequences that can come our way. What are some things in everyday life that help keep us from losing control? *(Rules at school and at home, people who remind us to use good behavior, paying attention to things around us)*

“When you face a tough choice or have a hard time with self-control, remember that you get the power to decide how to act and respond. You can always stop and ask God for help anytime you struggle with this. God wants us to live safe and healthy lives. Whenever we ask, we have the help of God's Spirit.”

## 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

(K/1<sup>st</sup> & 2<sup>nd</sup>/3<sup>rd</sup> Devotional, Crayons or Markers)

### 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 Devotional to each kid. If there’s spare time, the kids can start looking over it.