



SELF-CONTROL | WEEK 3 | JANUARY 16, 2022

## K-3rd Lesson

# Blank Space

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

**Bible Story:** Blank Space (Choose Your Words Carefully) • *Proverbs 12:18*

**Bottom Line:** Think before you speak.

**Basic Truth:** I am loved by God no matter what so I can love God, love others, and love life.

**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 three we discover more about **Proverbs 12:18**. Solomon talks about the power of our words. We want kids to learn that by choosing the right words in a difficult situation, those words can bring healing to the situation.

**Bottom Line: Think before you speak.** When faced with a stressful situation, it can be too easy to blurt out the first thing that pops into our heads. However, thoughtless words can cause situations to get worse. We hope kids will learn to think about the words they use with others. We pray the words they use will help others and point them to Jesus.

## 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

### I HEAR WITH MY LITTLE EAR

**(No Supplies)**

LGL: “What's up, everybody? It's so great to see you! I'm really excited about the awesome day we've got planned for you. In case you missed it, this month we're talking about self-control.

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

**(SLIDE: THEME)**

“Self-control can be difficult for all of us, but we're not in it alone. God is always there to help us. When we trust God, we can find the strength we need to CHOOSE self-control . . . in any situation.

“Who's ready to practice some self-control with a fun game? *(Pause for response.)* Oh, good; me, too! *(Hold up the remote control.)* I'll use my handy-dandy remote to play a sound. You'll try to guess what the sound is—but you can't shout out your answer! You've got to have self-control. Stop and think. Hold your tongue if you have to. *(Hold your tongue.)*

“Instead of shouting your guess out loud, talk quietly with your small group. You'll have just a few seconds to decide together what you think the sound is. I'll go around and ask each group what their guess is . . . and THEN I'll reveal the correct answer.

“Are you ready? *(Pause for response.)* Let's do it! We'll start with an easy one.

*Press a button on the remote dramatically as the tech team plays the sound.  
(It's okay if this doesn't match up perfectly; it'll be funny.)*

**(AUDIO: BARKING DOG)**

*Allow groups to confer. If kids shout out the answer right away, remind them to talk with their group instead. After 10-15 seconds, have each group share their guess.*

“All right. You all guessed the same thing. And you're right!

*Press a button on the remote.*

**(SLIDE: BARKING DOG)**

“It's a dog.

**(AUDIO: BARKING DOG)**

“Okay. Let's try some that are little more difficult.

*Go through the other sounds the same way: give the groups some time to confer. Let them share their guesses, then use the remote to cue the slide and reveal the answer. (Play the sound again as well.)*

*(LGL presses a button on the remote)*

**(AUDIO: OCEAN WAVES)**

*(When you're ready to reveal the answer, follow LGL's cue)*

**(SLIDE: OCEAN WAVES)**

**(AUDIO: OCEAN WAVES)**

*(When the LGL presses a button on the remote)*

**(AUDIO: FIRE TRUCK)**

*(When you're ready to reveal the answer, follow LGL's cue)*

**(SLIDE: FIRE TRUCK)**

**(AUDIO: FIRE TRUCK)**

*(When the LGL presses a button on the remote)*

**(AUDIO: BITE OF AN APPLE)**

*(When you're ready to reveal the answer, follow LGL's cue)*

**(SLIDE: BITE OF AN APPLE)**

**(AUDIO: BITE OF AN APPLE)**

*(When the LGL presses a button on the remote)*

**(AUDIO: TRAIN WHISTLE)**

*(When you're ready to reveal the answer, follow LGL's cue)*

**(SLIDE: TRAIN WHISTLE)**

**(AUDIO: TRAIN WHISTLE)**

*(When the LGL presses a button on the remote)*

## **(AUDIO: POPCORN POPPING)**

*(When you're ready to reveal the answer, follow LGL's cue)*

## **(SLIDE: POPCORN POPPING)**

## **(AUDIO: POPCORN POPPING)**

*(When the LGL presses a button on the remote)*

## **(AUDIO: KOALA)**

*(When you're ready to reveal the answer, follow LGL's cue)*

## **(SLIDE: KOALA)**

## **(AUDIO: KOALA)**

## **(SLIDE: THEME)**

“Wow! You were really great at guessing those sounds. Some of them were really tough! Now let's all get on our feet as we get ready to sing and praise God together. I know that's one of my most FAVORITE sounds to hear!”

## **WORSHIP**

## **(VIDEO: NOT AFRAID, ALIVE)**

## **BIBLE STORY**

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

## **(Bible)**

“I'm so glad you all are here today, because we have some really important things to talk about...our words! Let's remind ourselves of the definition of our Life App, Self-Control.

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

“Last week, we learned from the wisest man that ever lived, King Solomon, that a person who doesn't have self-control is like a city whose walls are broken, leaving them unprotected. Without self-control, we can act on the things that are either bad for us or the people around us. We also learned that God will help us have self-control if we ask.

“Well today, King Solomon has more advice for us. I don't know about you, but one of the areas that I have the hardest time having self-control over are the words that I say. Words are powerful. They can either build someone up or tear them down. Let's see what God had to say through King Solomon about our words...”

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

“Our words really are a gift from God! Have you ever thought about it that way? I mean, think about how you feel when someone says something kind or encouraging to you. Think of how great you feel when someone makes you laugh! Think about when someone comforts you when you’re sad. It makes you feel so much better to know that they care.

“Those are some great examples of words that heal. Unfortunately, we also know what thoughtless words can do. They can really hurt! They can cut like a sword.

“Words are powerful. That’s why it’s important that we learn to use self-control and choose our words carefully. Remember . . .

**(SLIDE: BOTTOM LINE)** “Think before you speak.

“As we read in James 1:19 . . .

*Open the Bible to James 1:19 (NirV) and read.*

*“Everyone should be quick to listen. But they should be slow to speak. They should be slow to get angry.*

“Our words can hurt or help, and WE get to choose how to use them. The really great news is that God is always there to help us make the wise choice. Our Basic Truth says this..

**(SLIDE: BASIC TRUTH)** “I am loved by God no matter what so I can love God, love others, and love life.

“Our words can be used to love God – like saying, ‘God, you are really awesome because...’. Our words can be used to love others, like what we just learned about. Finally, our words can be used to love the life that God has given us. What I mean by that is, sometimes without even realizing it, we can actually use words that hurt ourselves. We can say negative things like, ‘I’ll never be able to understand this, I should just give up’ or ‘Maybe people will like me more if I act in a certain way’. The problem with that is, when we say negative things about ourselves, we are forgetting that God has made you by purpose for a purpose, and He loves you just as you are right now! Remembering that will help you love the life that God has given you.

“So the next time your mouth is moving fast-forward and you’re about to say something hurtful, switch to slow motion. Think about how your words might affect other people. And if you can’t think of any healing words to say . . . press the mute button.

“Let’s go over our memory verse.

## MEMORY VERSE

**(SLIDE: MEMORY VERSE)**

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

“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 giving Solomon such great wisdom! What he said is true: our words can be hurtful or they can bring healing. We know that if we don’t stop to think, we can easily say something that hurts someone and makes them feel sad or upset. Please give us the self-control to think before we speak . . . so our words will always help and bring healing. We love You, God, 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:** Blank Space (Choose Your Words Carefully) • *Proverbs 12:18*

**Bottom Line:** Think before you speak.

**Basic Truth:** I am loved by God no matter what so I can love God, love others, and love life.

**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.*

## BIBLE STORY REVIEW (K-3<sup>rd</sup>)

(Buzzer or Bell, Table-Optional)

What You Do:

- Divide your group into two teams.
- Guide the two teams to sit on either side of you. (A table would be helpful to place the buzzer on. If not, you can hold it in front of you.)
- Choose a kid from each team who will try to be the first to hit the buzzer and answer the question as fast as they can.
- Warn the kids that some of the review questions may be tricky, so they should listen to the entire question and think before they speak! (Allow them to get help from their teammates if they waited for the entire question to be read.)
- Read a review question from today’s story and let the team representatives race to hit the buzzer or bell.
- Let the first kid who hit the buzzer answer the question.
- If they’re right, their team gets a point.
- If they’re wrong, let the other team have a chance to answer.

- The team with the most correct answers, wins!

Review questions:

1. Which king was the wisest man to ever live? (*King Solomon*)
2. What's something a wise and kind person would say about someone? (*Answers will vary.*)
3. What book of the Bible were Solomon's wise sayings—including today's—written in? (*Proverbs*)
4. What's something a thoughtless person would say? (*Answers will vary.*)
5. What do many of Solomon's wise sayings remind us to be wise with? (*words*)
6. What sharp object cuts just like thoughtless people's words? (*sword - "scissor" is an acceptable answer*)
7. What does Solomon teach the tongue of a wise person brings? (*healing*)
8. Our Bottom Line today reminds us that we should \_\_\_\_\_ before we speak. (*think*)

### What You Say:

"When I think about how King Solomon compared our hurtful words to swords that cut people, it really puts into perspective how deeply we can hurt someone when we are careless with what we say. We've all had someone say something hurtful to us. It doesn't feel good, does it? How does it feel when someone says something positive and kind to you? (*Allow time for responses.*)"

"The fact that so many of King Solomon's wise sayings are about our words shows us how very important it is to **[Bottom Line] think before you speak**. There are times when we are tempted to allow our emotions to take over and spit out whatever words we want. But instead, God wants us to see that a wise person uses their internal mute button. They think before they speak, and they make a choice to show self-control in their responses. I want in on that kind of talk!"

## THINK BEFORE YOU SPEAK (K-1<sup>st</sup>)

("Think Before You Speak" Activity Page - 1 per Group)

### What You Do:

- Stand where all of the kids can see you.
- Move your body and guide kids to mimic you as if they were a mirror.
- You might put one hand on your head and one hand on your shoulder.
- Slowly change positions multiple times, leading kids to continue imitating you. They can even imitate your facial expressions!
- End with the following motions, using the "Think Before You Speak" Activity Page as your guide.
  - o THINK: Make your hand into a fist, leaving your index finger out. Touch your finger to your temple while tilting your head to the side with a quizzical look on your face.
  - o BEFORE: Hold both hands open in front of you, fingers together, hands naturally curved, with thumbs sticking up. The fingertips of one hand should be slightly in front of the other. Move the hand nearest you a few inches closer to your body.
  - o YOU: Make your hand into a fist, leaving your index finger out. Point outward.
  - o SPEAK: Hold up four fingers on your hand and tap your index finger to your chin twice.
- Pause, then repeat the phrase until kids can do it fluently.
- Finally, say the phrase as you do the motions.

### What You Say:

“Can words hurt? *(Yes!)* Yes, words can hurt A LOT! What are some words that can hurt? *(I don't like you; I'm not your friend anymore; You're stupid.)* What are some words that can HELP? *(It's okay; I want to be your friend; Do you want to play? I love hanging out with you!)* Which words does God want us to speak—words that hurt or words that help? Yes! God want us to make the wise choice and choose words that HELP! He wants us to say words that show His love to others.

“So before you speak, go SLO-MO and *(do the motions as you say)* **[Bottom Line] THINK before you speak.** Ask yourself: How would I feel if someone said this to me? If the words are helpful, say them! But if the words might hurt, press your MUTE button—don't speak! Remember to **[Bottom Line] think before you speak.**”

## TELEPHONE TALK (2<sup>nd</sup>-3<sup>rd</sup>)

**(Styrofoam Cup - 2 per Kid, Thin Twine, Scissors, Sharpened Pencils or Paper Clips, Clear Tape, Memory Verse Poster, Bible, Markers, Fun stickers - optional)**

### What You Do:

- Make sure each kid has a Bible.
- Look up and read the memory verse aloud together.
- Give each kid two cups and a piece of twine.
- Set out the clear tape.
- Demonstrate how to thread one end of the yarn into the first cup.
  1. Pierce the bottom of the cup with the pencil or opened paper clip.
  2. Thread the twine through the hole. You may need to use the pencil to help shove the twine through.
- Show how to secure the twine to the cup by placing a piece of tape over the twine inside the cup.
- instruct kids to do the same with the other end of the twine and the other cup.
- Set out the decorative supplies.
- Invite the kids to decorate their cups.
- As kids finish, guide them to choose a partner.
- Direct the kids to use their cup telephones to say the memory verse to each other.
- Encourage kids to help each other out if one partner knows the verse better than the other.
- Allow kids to look in the Bible or at the Memory Verse Poster for help if needed.

### What You Say:

“How many of you remembered your memory verse without even thinking? *(Pause for responses.)* How many of you had to think before you said it? *(Allow time for responses.)* When you **[Bottom Line] think before you speak**, it's not only helpful for others. It's helpful for you, too! It gives us time to really think about what we will say to protect others' feelings and make sure we say what we mean.

“Sometimes, we want to talk too quickly without thinking because we're excited, angry, or in a hurry. But our verse today reminds us that God gives us the power we need to pause and think. **[Bottom Line] Think before you speak.** Remind yourself of the power you have within you and the big and awesome way God wants to use your words in this world!”

## DISCUSSION

Ask the following questions and lead the group to discuss:

- What's a good test to use in deciding what we should or should not say? Is your test different when you're talking to someone who's younger than you? How about someone who is older?
- Just because something is true, does it mean it is okay to say it? Why or why not?
- How do you decide if something is necessary to say or if it's better to leave it unspoken—even if it's true?

## 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, we are so thankful You want to use our words to make a huge impact in the world around us! God, just like the words in our stories were what made the stories so funny, remind us that the words we choose each and every day are what make our real-life stories awesome, too! Please show us how to have self-control with our words. Let Your Holy Spirit remind us of the power we have within us and that we can always choose to **[Bottom Line]** think before you speak. 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.