



SELF-CONTROL | WEEK 4 | JANUARY 23, 2021

K-3rd 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*

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:
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.

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, 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 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

STOP, COLLABORATE, AND LISTEN!

(No Supplies)

LGL: “Raise your hand if you love music. *(Pause for response.)* Cool. Quick, everyone tell me your favorite song in one, two, three. *(Pause for response.)* That’s great! I love every song you just mentioned.

“We’ve got a fun music game to play in just a minute. It’s been a great month here at KidCity because we’re learning what it means to show self-control.

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

(SLIDE: THEME)

“That doesn’t mean you can never do anything fun. It just means that you choose to live your life by focusing on the right things. And that makes your life so much BETTER! With God’s help, you can **[Basic Truth] make the wise choice**. You can learn to say no to some things so you can really enjoy the BEST things.

“For today’s music game, I need all of our Small Group Leaders to come on stage. This will be a fun test of self-control. It’s time to play ‘Stop, Collaborate, and Listen!’

(SLIDE: “STOP, COLLABORATE, AND LISTEN!”)

Small Group Leaders go on stage.

“We’ve chosen some songs that we think everyone will know. Leaders, I need you to sing along as loudly as you can. Don’t hold anything back! We’ll stop the song at some random point. Then you have to stop singing immediately. It’ll take a lot of self-control to do that. I know that when I’m in a groove with a song, it’s really hard to stop crushing it like a rock star!

“For each round, I’ll award a point for the most self-controlled singer. To win the point, you have to do two things: sing your heart out while the music plays . . . then actually stop when the music stops. I’m looking for maximum effort, friends!

“Let’s give it a try with our first song, YMCA. Here we go!

(AUDIO: SONG #1: YMCA)

As the song plays, cue the leaders to sing with lots of enthusiasm. You can sing along with them as well.

When the song stops, there should be some humor as the leaders try to stop singing. Don't worry about trying to figure out who stopped singing first, since it probably won't be easy to tell (and that's fine).

Focus on awarding the points to a leader who was really singing along with the music, but also stopped when the music stopped.

(AUDIO: SONG #2: DANCE MONKEY)

(AUDIO: SONG #3: BABY SHARK)

(AUDIO: SONG #4: LET IT GO)

(AUDIO: SONG #5: BOHEMIAN RHAPSODY)

Go through four or five songs total, awarding a point each time. Try to give points to different leaders for different rounds. Then give a second point to someone on the last song so that they're the grand champion. Thank the leaders and dismiss them to their seats.

(SLIDE: THEME)

"Leaders, you can really SING! And you showed some amazing self-control, too. No matter how much you were feeling those songs, you stopped when you had to. But don't worry, we can keep the music going now as we worship God together. Everyone on your feet!"

WORSHIP

(VIDEO: ALIVE, WAVEWALKER)

BIBLE STORY

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

(Bible)

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've learned how self-control can help us in all kinds of situations. One person who knew a lot about self-control was King Solomon. We can find lots of wise sayings from Solomon in the book of Proverbs (*hold up Bible*), including this one in Proverbs 25:16. Are you ready for this?"

Open the Bible to Proverbs 25:16 (NirV) and read.

“If you find honey, eat just enough. If you eat too much of it, you will throw up

Wow! Let’s see an example of how that truth might play out today...

(VIDEO: BIBLE STORY)

“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 **[Bottom Line] know when to stop.**

(SLIDE: BOTTOM LINE) “Know when to stop.

“Say that with me.”

[Bottom Line] “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.

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, NIV)”

“The Holy Spirit works through us to help us have self-control and to live a life that’s pleasing to God.

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

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

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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)

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

KNOW WHEN TO STOP (K-3rd)

(Memory Verse Poster, Bibles, Buzzer)

What You Do:

- Make sure each kid has a Bible.
- Look up the memory verse, 2 Peter 1:3a, and read the verse together multiple times (*if you lead K/1st, see the note below*).
- Direct the kids to sit in a circle together.
- Choose one kid to go first.
- Instruct the first kid to start reciting the memory verse. (You may have some kids who haven’t been to Small Group much this month and therefore don’t know the verse as well as others. Open the Bible to the verse and set it where kids can easily move toward it and reference it if they need.)
- At some point, as the kid recites the memory verse, ring the buzzer.

- When the buzzer sounds, direct the kid talking to stop.
- Have the kid on the right pick up the memory verse where the first kid left off and keep it going.
- Sound the buzzer as frequently and infrequently as you want!
- Invite the kids to chime in and help their friends remember the words to the memory verse if they struggle.
- Continue playing the game as time and interest allow.
- **IF YOU LEAD K/1st:**
 - Adapt the game by first reviewing the memory verse together. Start by using the Bible and then using the Memory Verse Poster, pointing to each word as you say them aloud.
 - Have kids stand up in a circle, face to their right, and place their hands on the shoulders of the person in front of them.
 - When you say “Go” they should all start saying the verse together while walking in a circle.
 - When you hit the buzzer, they should STOP and then turn around and start going the other way...all while saying the verse.
 - Continue as interest allows.

What You Say:

“Awesome job of remembering our memory verse and keeping it going! It was funny to watch everyone in suspense, not knowing when I would sound the buzzer to stop. Just like I had the power to stop someone from continuing the verse, you have the power to **[Bottom Line] know when to stop**, too.

“Our verse tells us that God’s power has given us everything we need to live the life He wants us to live, which includes knowing when to stop before we have too much of a good thing. This game is a good reminder for us to press ‘stop’ anytime we need to change direction and show self-control. I am so glad that we got to press play on self-control this month and learn how to make wise choices!”

MORE S'MORES? (K-1st)

(“S’More?” and “S’Mores Spinner” assembled Activity Pages - 2-3 sets per group, Cardboard squares - 6 per team, Foam Squares - 6 per team, Marshmallows - 6 per team, Allergy Alert Sign)

What You Do:

- Help kids get into teams of three or four.
- Give each team a “S’more?” Activity Page, six cardboard “graham cracker” squares, six fun foam “chocolate” squares, and six marshmallows.
- Guide kids to begin the game by placing a “graham cracker” on their person’s mouth.
- Kids then take turns spinning the spinner and adding the corresponding item on top, creating a s’mores tower.
- When the tower inevitably falls, kids can pretend to “throw up.”

What You Say:

“Self-control is choosing to do what you SHOULD, even when you don’t want to. Sometimes having self-control means that you *[Bottom Line]* know when to STOP. *[Bottom Line]* Know when to stop eating s’mores. *[Bottom Line]* Know when to stop eating sweets and junk food. *[Bottom Line]* Know when to stop playing video games. *[Bottom Line]* Know when to stop watching TV. Because EVERYTHING has a TOO MUCH. So, remember to know when to *(pause for kids to fill in the blank)*!”

BIBLE STORY EXTENSION (2nd-3rd)

(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 closes 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

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

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