



SELF-CONTROL | WEEK 5 | JANUARY 30, 2021

K-5th Lesson

5th Sunday Funday

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

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

Today is the 5th Sunday of the month...let’s have a party! Today, we will be emphasizing two of our core values in KidCity: **FUN** and **RELATIONSHIPS**. Whatever your volunteer role, really lean into having fun with the kids...which will then turn into developing a deeper relationship with them. Kids connect through fun! To be at your best, skim through the entire lesson so you know what to expect. **Large group will run longer than normal (approximately 30 minutes) so plan to start exactly on time (9:35 AM/11:20 AM).**

KID CONNECT 5 MINUTES	LARGE GROUP 30 MINUTES	SMALL GROUP 20 MINUTES
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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 to **5th Sunday Funday!** We are going to have an incredibly fun time and I hope you're as excited as I am.

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 #1

HOT REMOTE CONTROL

(1 Remote Control Per Small Group)

LGL: "I am so happy to see you all here at KidCity. And welcome to **5th Sunday Funday!**

"All month long, we've been talking about how we can choose self-control.

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

(SLIDE: THEME)

"We have control over what we say and do . . . but we don't have to do it alone! God can give us the power to stay in control. **[Basic Truth] We need to make the wise choice.** And with God's help, we can do it. It's a good feeling when you're in control, isn't it?"

Hold up the remote control.



“It feels good when you have the remote and you can choose what YOU want to watch. If you want, you can make the characters go backwards and repeat themselves. You can pause them mid-sentence and force them to freeze. You can fast-forward them to the next scene. You can even make them speak French. That’s pretty awesome power, you know? It got me thinking about a game for today. I call it ‘Hot Remote Control.’

(SLIDE: "HOT REMOTE CONTROL")

“Get it? It’s like ‘Hot Potato’ . . . but with a remote. First, gather with your small group in a circle. Make sure that you’re facing each other.

As the groups circle up, give a remote control to each Small Group Leader.

“When the music starts, you can pass the remote control to the person beside you. As the music plays, I’ll shout out directions of what you need to do. If I yell, ‘REWIND,’ that means you have to reverse the direction of your remote. If I yell, ‘PAUSE,’ then the person holding the remote has to freeze until I give another direction. If I yell, ‘SKIP AHEAD,’ toss the remote to someone a few steps ahead. Make sense? But when I yell, ‘STOP,’ the music will stop and the person holding the remote is out.

“Are you ready to play ‘Hot Remote Control’? Let’s go! Ready, set, PLAY!

(AUDIO: HIGH-ENERGY MUSIC DURING EACH ROUND – FOLLOW LGL’S CUES: PLAY/STOP)

As the music plays, periodically call out different directions: FAST FORWARD, REWIND, PAUSE, SLOW MOTION, SKIP AHEAD, SKIP BACK, etc. When you call out, “STOP,” the music should stop. Have the kids who are out stand outside the circle and cheer on the others in their group.

If possible, play until you have one winner in each group. (Or you can just call the game and congratulate those who are still “in.”)

(SLIDE: THEME)

“Wow! Well done, everyone, and congratulations to our champions. Everyone, pass your remotes up here. And stay on your feet, because it’s time for us to sing and praise God together.”

Collect the remotes in the box. LGL exits as Worship Leader enters.

WORSHIP

(VIDEO: WAVEWALKER, RIVER)

GOSPEL PRESENTATION

(VIDEO: GOSPEL)

(SLIDES: JERSEY SUNDAY; KIDCITY BASIC TRUTHS)

(No Supplies)

That was awesome! Go ahead and have a seat.



We've had so much fun so far, and there's still more to come! But before we do that, I have a quick announcement. Who knows what big game is coming up in two weeks? *(Pause for response)* That's right, the Superbowl! On Superbowl Sunday we are going to be have "Jersey Sunday".

(SLIDE: JERSEY SUNDAY)

We know that not everyone is into football, but you *may* be into some other sport, whether that's baseball, cheerleading, soccer, or whatever. We want you to rep your team on Jersey Sunday. Come to KidCity wearing your favorite team's jersey or colors. There may be some other surprises that day...I don't know...you'll just have to come and see!

Anyways, if this is your first time here you may not know, but we have 3 Basic Truths that we talk about all the time. We believe that in tough times they help us remember who God has made us to be and how He loves us and has good plans for us.

Let's remind ourselves of what they are...

(SLIDE: KIDCITY BASIC TRUTHS)

I am made by God. We are made in God's image, that means that we are able to have joy, love others, be patient, have fun, and so much more because God is all of those things times a million!

I am loved by God no matter what. We can be confident that if we have a relationship with God there are no mistakes so big that they outweigh God's love for us.

I am made for a purpose. When you have a relationship with God you have a part to play in His Big Story, a part that makes a BIG difference within you and to the world around you.

If we zoom in on that second truth – that I am loved by God no matter what...there is a lot to unpack there. Yes, God loves you right where you are and how you are, but there is something that keeps us from having a relationship with Him. Sin – which is anything you think, say, or do that breaks God's law or makes Him sad – sin keeps us apart from God, because God is perfect and holy. But He also loves us no matter what, so He created a way for us to be with Him forever. Let's watch this video.

(VIDEO: GOSPEL)

What we just heard is the MOST important thing! So don't miss it!

God loves you so much that He gave his Son Jesus – who died for our sins. If we believe in Him and ask for His forgiveness, then He will forgive us. And then next is the best part! We then receive His gift of eternal life. That means we can live with Him in heaven forever! There's nothing better than that!

So, if you would like to make that decision right now, you can. I'm going to say a prayer and all you have to do is repeat after me. Ok? Let's all close our eyes....



PRAYER

“God, you are perfect and holy. We know that our sin keeps us from you and there’s nothing we can do to save ourselves. We are sorry for doing things that make you sad. We want to love you and follow you with our whole heart. Thank you for sending Jesus to save us. We trust you. Amen.”

LARGE GROUP GAME #2

SUPER COMBO!

(Prizes for Winning Team)

LGL: And we’re done! Wait a minute...what is today again? Oh yeah – its **5th Sunday Funday!!!** How did I forget?? We are NOT done. You guys want to play another game? I know I do! Let’s do it!!

OK, this is a BRAND NEW game for us in KidCity and I am super excited. It’s super fun. Super easy to learn. And super hilarious!! It is a game called **Super Combo!**

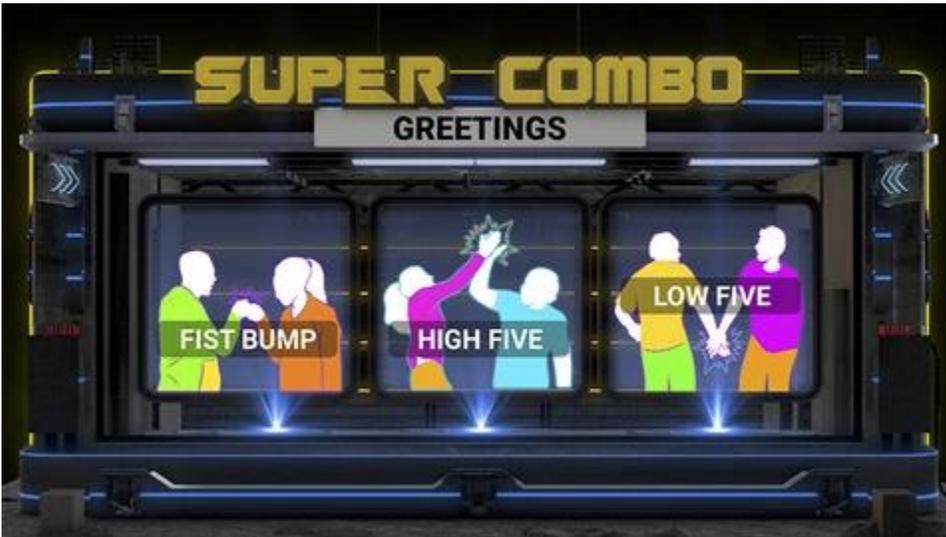
Here’s how it works: This is an elimination game. Everyone here will play but only one team will win! First of all, everybody stand up and get a partner!



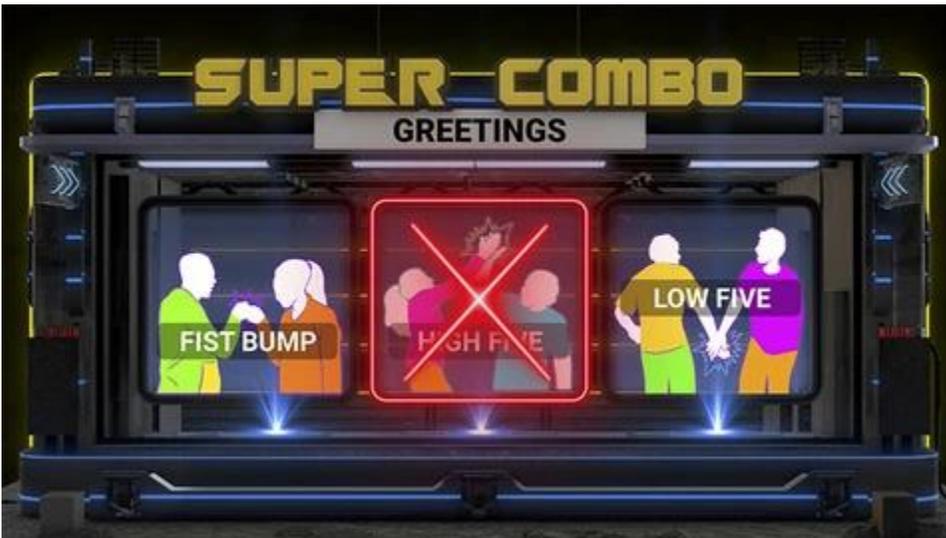
LGL waits until every kid has a partner. If there is an odd number, ask a SGL to jump in with that kid.

Ok, all you have to do is act out a "combo" from the screen. There will always be three combo options and you and your partner will choose one by copying the picture on the screen.





Oh, and you have to stay frozen like that until the next part. One of the three combos will randomly get a red X and if that's the combo you and your partner chose, you both are OUT and you have to sit down.



The game will randomly select one of 9 categories. Categories like:

- Battle Games
- Dance Party
- Funny Faces



And then that's when you'll see the 3 combos and have to choose one with your partner. Remember to stay frozen in that combo until one gets that unfortunate red **X**!

We'll play this over and over, knocking out teams until one team remains and that team will win an awesome prize! Sound good?

Let's play **Super Combo**!!

(GAME: SUPER COMBO)

TECH follows LGL's lead to run the game.

*This game is installed on the computer and should be open in the background ahead of time. All the TECH has to do is turn the **Output OFF** (in the top right corner) in ProPresenter and then the game screen will show up on the screen(s) in the room.*

*Tech does NOT have to choose the options or which combo gets the red **X**. They are truly random as the computer decides each time.*

Audio is also a part of the game so the volume should be turned up.

Be sure to practice all of this ahead of time!

That was amazing! (to winning team) You guys beat out every other team and are the first ever winners of **Super Combo**! Congrats! Here are your prizes!

LGL gives both winning kids a prize. Make sure the prizes have a "wow factor" since this is 5th Sunday Funday.



Thank you everyone for making today a SUPER fun 5th **Sunday Funday!** Now let's head to small group and keep the fun going!

DISMISS TO SMALL GROUPS

SMALL GROUP

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

Memory Verse: "God's power has given us everything we need to live a godly life." 2 Peter 1:3a (NirV)

There is no agenda during small group time other than to have fun together! This is a great opportunity to build deeper relationships in your group – kids connect through fun. Be sure to welcome any visitors that you have. You can do these activities in any order as time allows.

BUST A RHYME (Great for K/1st!)

(No Supplies)

- Start with an easy rhyming word (such as *hat, bump, or sing*) and then the next person comes up with a rhyming word, and so on. If they can't think of a word or it's not a real word, then everybody does squats/jumping jacks.
- Continue as interest allows.

ALL MY NEIGHBORS

(Cones or Plates – 1 per kid)

- Form a circle and stand 3 feet away from each other. The facilitator will place a cone or plate in front of each kid. After set up is complete, the facilitator will stand in the middle of the circle and will be the first caller.
- The caller shouts a fact about himself or herself. Example: *All my neighbors wearing black shoes.*
- Everyone wearing black shoes must find a new cone in the circle, including the caller.
- The person left without a cone becomes the caller. Be creative with commands.

IT'S GOING TO GET DICEY

(Popsicle stick – 1 per kid, 10 or 15 dice per group)

What You Do:

Have players hold a Popsicle stick in their mouths and try to stack and balance five dice on the end of the stick. Whoever can stack all five dice and hold them there for three seconds wins the game. Otherwise, whoever manages to get the most stacked is the winner.

Consider putting a time limit of 1 minute if you have a larger group.



ROCK, PAPER, SCISSORS, CHICKEN

(No Supplies)

What You Do:

- Establish that everyone knows how to play Rock, Paper, Scissors (are you throwing your sign on “scissors” or on “shoot”?)
- Tell them that they are going to be playing “Rock, Paper, Scissors, Chicken”. This game is played like a standard game of Rock Paper Scissors (RPS), except the winners of each round will advance to the next stage of a chicken growing up.
- Everyone starts as an “egg” (squatting with their arms around their legs), and then advances to “Chick” (slightly taller, hands tucked in armpits with arms flapping), and then finally “Chicken” (Standing up and flapping arms)
- Everyone plays at the same time. Winners advance to the next stage while losers go back to the previous stage. Only same kinds can face same kinds (eggs with eggs, chicks with chicks, etc). The first person to win in the “chicken” stage wins the game.
- Add a level of “T-Rex” if you need to extend the game.

