



Year 1—Quarter 3: God the Holy Spirit

Self-Control

Self-control is being the boss of your own feelings, what you do, and what you think. It means doing the right thing, even when it's tough or you don't feel like it. It's like being nice to someone who wasn't nice to you, or cleaning your room as soon as your mom asks, without any fuss. And it's about waiting calmly for something you really want, because you know that waiting is better than getting it right away.

Remember the marshmallow game we played? Some friends ate their marshmallow quickly, but self-control is waiting for

two treats later, even though it's hard!

And who's the best at self-control? That's right, Jesus! He never did anything wrong, and even when He was tempted, He didn't give in. He's like our superhero for self-control. In the Bible, in Matthew 4:1-11, Jesus shows us how to have self-control when He says 'no' to temptations three times.

The more we learn about Jesus, the more we can be like Him and have self-control with His help!

Power Point

Self-control is modeled perfectly in Christ, is made possible through Him, and is a fruit of the Holy Spirit.

MEMORY VERSE

Proverbs 25:28, "A man without self-control is like a city broken into and left without walls." ESV

INTRODUCTION: ACTIVITY

DO: Set out a tray of marshmallows or another yummy snack after all your children have arrived. When they ask about it,

SAY: Each of you can have a marshmallow right now if you want it...but...if you wait until the end of class, you can have two marshmallows! I am going to put the tray down over here. If you decide to eat the one marshmallow now, please grab one soon. At the end of class, I will pass out two marshmallows to everyone who decides

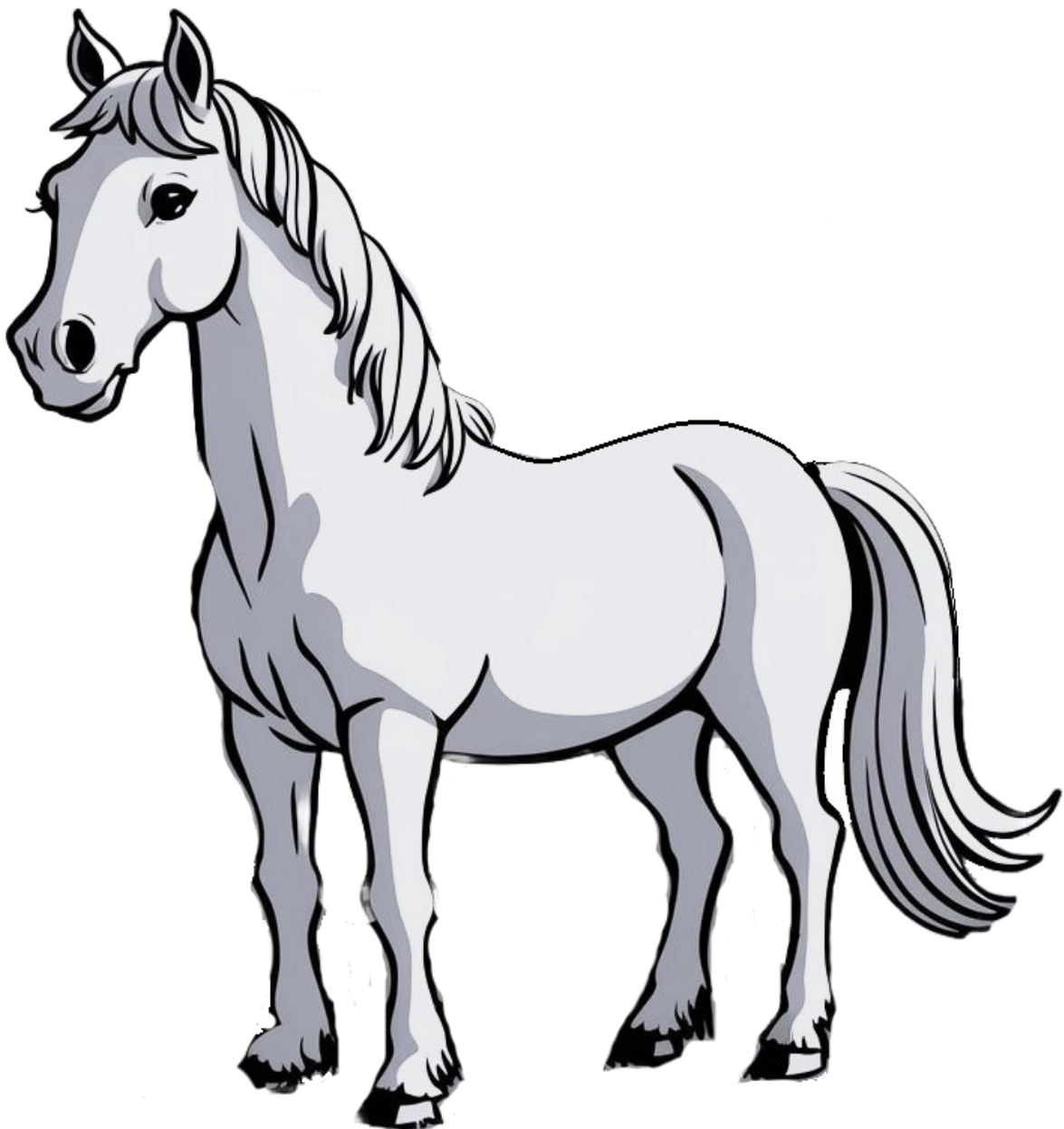
to wait. (Allow them to think for a few moments and then put the



FRUIT OF THE SPIRIT COLORING PAGE

SELF-CONTROL

A tamed horse exhibits self-control and strength.



Take-Home

Summary

Bible Passage:

Mark 7:21-23; Prov. 25:28; Matt. 4:1-11

Main Point:

Self-control is modeled perfectly in Christ, is made possible through Him, and is a fruit of the Holy Spirit.

Discuss:

Q: What is self-control and why is it important?

Q: How can we display self-control in our actions, thoughts, and feelings?

Q: How did Jesus demonstrate self-control when He was tempted by Satan?

Q: How does the Holy Spirit help us in developing self-control?

A Gospel-Centered Approach:

- God is all the fruit rolled into one amazing Being.
- Jesus is all of God's attributes displayed in a single human being.
- Kids will only be good when they fall in love with the good God Who loves them enough to die for them.

Explore the Bible

Have your kids look up and read Mark 7:21-22.

Ask them: What type of mind-junk do you struggle with?

Lead them in a breath prayer: As you breathe in, say "You have not given me a spirit of fear" and as you breathe out, say "but of power, of love, and of self-control."

Family Activity

DO: Instruct your children to build a small city out of blocks. The city needs a wall around it to protect it from enemies. As they start, read Proverbs 25:28, "A man without self-control is like a city broken into and left without walls."

ASK: What would happen if enemies came to this city and knocked the walls down? (They could get in-the people would be unprotected from another attack.)

Apply and Pray

Praise God for the Fruit of the Holy Spirit, the self-control we are able to have because He lives within us. It is only through Christ, who lived a perfect life, that we are able to have self-control and the other Fruit of the Spirit. He has redeemed us, and though we will never be perfect, we can become more and more like Him as we follow Him during our lives on earth.

Spend time in prayer together. Remember the specific situations your children are going through.