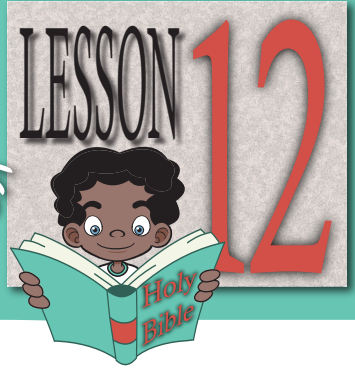


Self-Control



Galatians 5:22-23



New Testament 6
Part 2: Fruit of the Spirit

SUNDAY MORNING

New Testament 6 [Class Attendance Sheet](#) provided in activity sheets (NOTE: The document is interactive, allowing the teacher to type in the Class, Teacher, and the children's names.)

SCRIPTURE REFERENCES:

Galatians 5:22-23; 2 Peter 1:5-7; 2 Samuel 11; 1 Samuel 24:1-15; Romans 12

MEMORY WORK:

YOUNGER CHILDREN: “[D]o not imitate what is evil, but what is good” (3 John 11a).

OLDER CHILDREN: “And do not be conformed to this world, but be transformed by the renewing of your mind” (Romans 12:2a).

SONGS AND FINGERPLAYS (SEE END OF LESSON FOR WORDS):

A [song book](#) and [audio recordings](#) of many of the curriculum songs are available on the curriculum Web site.

- [“The Fruit of the Spirit”](#)
- [“Fruit of the Spirit”](#)
- [“The Fruit of the Spirit”](#)
- [“I’ll Be Like Him”](#)

LESSON VISUALS AND TEACHING AIDS (NOTE ANY DISCLAIMERS):

- See [AP’s Pinterest page](#) for ideas on bulletin boards, visuals, crafts, etc. [DISCLAIMER: Pins may sometimes need to be adjusted to be Scriptural.]
- [Paul & the Fruit of the Spirit](#) Bible fact cards (provided under “N.T. 6 Bible Facts” on curriculum Web site)
- “Summary of the Bible” from [“Kids Prep”](#) CD by Jeff Miller
- Pictures/drawings from the books listed under 3rd-4th Grader Pre-Class Activities/Learning Centers
- Pictures of David, Joseph, and children
- “Beautiful Betsy” in *Creative Bible Teaching, Volume 1*, by Sarah Richey

PERSONAL APPLICATION:

If I am going to be like Jesus, I must learn to control my thoughts, words, and actions.



LESSON STARTS HERE

INTRODUCTION: (YOUNGER CHILDREN)

Last week we talked about how to be faithful. Who can tell me the name of some men in the Bible who were faithful? How can we be faithful? What other fruits of the Spirit have we learned about?

Today we're going to talk about learning to control ourselves: self-control. What happens when someone takes a toy from you? What about when your mom or dad tells you "no" about something? Do you ever get angry, maybe cry, or pitch a fit? When we act like that, we do not have control over our actions, words, and attitudes; we lack self-control. The Bible tells us God wants us to have self-control. Let's learn more about how the Bible says to control ourselves.

INTRODUCTION: (OLDER CHILDREN)

Review last week's lesson and the fruit of the Spirit.

What does it mean to have self-control? Does anyone want to give me an example of a recent time when you have had to use self-control? It is important for us to have self-control because God expects it and others are watching our actions. In our lesson today, we will learn what the Bible says about using self-control in our lives.

POINTS TO EMPHASIZE:

1. We have control over the television when we have the remote in our hands; we can turn it off or on, change channels, change the volume, etc. We can control a horse—an animal much larger than ourselves—by pulling the reins, which are attached to a bit inside the horse's mouth. When your mom drives the car, she controls the car with the steering wheel and the pedals on the floor. These are all things we can control. There are many times every day that we have to control things. It is much more difficult to control our words, our thoughts, and our actions. Self-control means "to have power over oneself," "to hold oneself in."
2. We can't say, "Well, that's just the way I am, and I can't help it!" With God's help, we can always "help it"! With so many negative influences in our lives, having self-control is a learned and practiced behavior. We have to practice having self-control. Many times we have to mentally or physically stop ourselves from doing/saying/thinking things we should not. But we can **decide** how to behave/act.
3. With SCHOOL-AGE CHILDREN, you could try a short tug-of-war between some or all of the children. For one team to win, both sides have to struggle; sometimes they even get some scrapes and bruises. Every day we are in a tug-of-war because we have to choose between saying and doing what is right or what is wrong. That is why self-control is so important. When we make bad choices (get "pulled to the wrong side"), we will get hurt and most likely hurt others, too. [Note that Paul lists some of the opposites of self-control in Galatians 5:19-21.]
4. **David** is a good example of someone who did not always practice self-control (taking Bathsheba and having Uriah killed—2 Samuel 11), but at other times he made great choices (choosing not to kill King Saul, even when his own life was threatened—1 Samuel 24:1-15).
5. **Joseph** did not lose control when he was tempted to do wrong. He didn't feel sorry for himself when he was in trouble. He chose to control his actions and his speech.

6. Ask the children to think about times when they must use self-control. Examples: whether to hit little brother for breaking a toy, whether they should use a bad word when they get mad at a friend, whether to talk back to their mother or teacher, whether to spread a rumor they have heard at school, etc. How could they practice self-control in these situations? Challenge children to work on their self-control this week. When they are upset or angry, tell them to take a few breaths and think before they act/speak.
7. Food for thought: Ask the older kids why they think the Bible says men who serve as elders in the Church should have self-control (Titus 1:8).
8. Throughout this series of lessons on the Fruit of the Spirit (right behavior/attitudes), we have been talking about becoming more like Jesus. Show SCHOOL-AGE CHILDREN a lump of clay, and make impressions on it with your hands as you talk about love, joy, peace, patience, kindness, etc. The clay can be transformed (changed into something beautiful) with work and patience. Show them a piece of pottery or other finished clay product. If we want to be like Jesus and have these kinds of traits in our lives, we must work at it every day by studying the Bible, by talking to God, and by controlling the way we act and speak. The world (people who do not love and obey God) wants us to stay like that ugly lump of clay so that we become more and more like the bad things in the world. But God wants us to be “transformed”—completely different than the world—in the same way that the glazed pot is completely different from the clay.

PRE-CLASS ACTIVITIES/LEARNING CENTERS (TO BE USED AS CHILDREN ARE ARRIVING—BEFORE CLASS, AND UP TO THE FIRST FIVE MINUTES OF CLASS; OR AS HOMEWORK):

- Click here for complete [Activity Book](#) and [Answer Key](#).

Ages 2-5:

- “[Self-Control Coloring Sheet](#)” (provided in activity sheets).
- Have the children do several things to practice self-control (e.g., sit for a certain period of time without talking, sit for one minute without moving, standing in a line, taking turns writing on the board, etc.) As they are able to do these things, talk about how they are showing self-control.
- Have different scenarios written on cards (e.g., acting up during church, my brother/sister is bothering me, someone took my toy, Momma/Daddy said no to me, etc.). Have the children tell/show you the behavior that shows they would not have self-control and the behavior that shows they would have self-control. (You may have to help the younger ones with this.) (“[Self-Control Scenario Card Cutouts](#)” provided in activity sheets)

1st-2nd Graders:

- Divide the children into pairs or teams; give each pair/team a bag of plastic letters. Ask them to use the letters to spell out keywords that you say aloud (words from the unit’s lessons) as quickly as they can.
- At the beginning of the lesson, give each child five Skittles® or M&M’s®. Tell the children not to eat their candy until they answer questions about this unit’s lessons—one piece of candy per correct answer. Remind them that to play this game takes self-control. [For kids that have difficulty remembering or who are absent a lot, you should have a list of questions that you are confident they can answer. The object of the game is to remind them what self-control is—not to make them feel bad about themselves when they can’t get any candy.]
- “[Fruit of the Spirit Crossword Puzzle](#)” (provided in activity sheets)

- Write the names of the fruit of the Spirit on cards, one letter per card. Let the children arrange the cards to spell all the words correctly. (Make several sets and let the children work in pairs or small groups.) (“[Fruit of the Spirit Card Cutouts](#)” provided in activity sheets)

3rd-4th Graders:

- Divide the children into pairs or teams; give each pair/team a bag of plastic letters. Ask them to use the letters to spell out answers to review questions you give them.
- “I Can Name that Memory Verse in...”: Use the memory verses from this and previous lessons. (You will need several for the game.) Divide the class into two teams; the kids can answer as a team, or individual team members can take turns answering. Call out the Scripture reference for a memory verse; the team (or team member) going first decides how many words they need you to give them so they can say the memory verse. The other team can then decide if they want to try with fewer words given. You say the given number of words from the verse, and the team must then say the entire verse. (Example: If a team says they can name the verse in two words, you give the first two consecutive words as a clue; then they must say the whole verse.)
- “[Fruit of the Spirit Crossword Puzzle](#)” (provided in activity sheets)
- Write the names of the fruit of the Spirit on cards, one letter per card. Let the children arrange the cards to spell all the words correctly. (Make several sets and let the children work in pairs or small groups.) (“[Fruit of the Spirit Card Cutouts](#)” provided in activity sheets)
- Self-control worksheet using concordance (see end of Wednesday lesson).
- Have the children read the following:
 - Romans 1
 - *Discovery* magazine issues dealing with Christian living provide good material for discussion in the lesson: [May, 2009](#); [July, 2010](#)

SONGS:

“THE FRUIT OF THE SPIRIT”

Author: Jeff Miller

(Tune: See “[Kids Prep](#)” CD)

Get the fruit of the Spirit,
It’s love, joy, peace, long-suffering;
Kindness, goodness, and faithfulness,
Gentleness, and self-control.

“FRUIT OF THE SPIRIT” ([Click to Hear](#))

Author: Unknown*

(Tune: “Qué Será, Será”)

When you become a child of God, fruits of the Spirit, you must show.
They are not apples, grapefruits, or plums—just sing and you will know.

Love and joy and peace,
You must from the heart give these.
Show patience and gentleness, and show goodness, please.

When you become a child of God, fruits of the Spirit, you must show.
They are not apples, grapefruits, or plums—just sing and you will know.

Wear the shield of faith,
Show meekness and self-control.
When you are a child of God, you will practice these.

“THE FRUIT OF THE SPIRIT” ([Click to Hear](#))

Author: Unknown*

(Tune: See Internet)

(Have pictures of the fruits mentioned below to use with the song.)

VERSE 1:

The fruit of the Spirit is a cantaloupe. NOPE!
The fruit of the Spirit is a cantaloupe. NOPE!
If you want to be a cantaloupe,
You might as well hear it,
You can't be a fruit of the Spirit!

CHORUS:

'Cause the fruit is:
Love, joy, peace, patience, kindness, goodness,
Faithfulness, gentleness, and self-control!
Love, joy, peace, patience, kindness, goodness,
Faithfulness, gentleness, and self-control!

VERSE 2:

The fruit of the Spirit is a kumquat. WHAT?
The fruit of the Spirit is a kumquat. WHAT?
If you want to be a kumquat,
You might as well hear it,
You can't be a fruit of the Spirit!

(CHORUS)

VERSE 3:

The fruit of the Spirit is a watermelon. WHATCHA YELLING?
The fruit of the Spirit is a watermelon. WHATCHA YELLING?
If you want to be a watermelon,
You might as well hear it,
You can't be a fruit of the Spirit!

(CHORUS)

“I’LL BE LIKE HIM” ([Click to Hear](#))

Author: Unknown*

(Tune: “Jesus Loves Me”)

VERSE 1:

Love and joy to others show,
Every place that I may go.
Peace and patience, kindness, too;
Others will see Christ’s life shine through.

CHORUS:

Yes, I’ll be like Him, (3X)
And I will praise His name.

VERSE 2:

Goodness show my friends today,
Helping others along the way.
Gentleness to those without,
Telling them what He’s about.

(CHORUS)

VERSE 3:

Faithfulness to do His will,
With God’s Word my heart to fill.
Self-control in everything,
Then in heaven praises sing.

(CHORUS)

*Author Unknown: Please contact us through the feedback button for this lesson if you are aware of any copyright information for this song.

*** IF YOU HAVE SUGGESTIONS PERTAINING TO THIS LESSON, PLEASE CLICK THE “SUGGESTION” BUTTON BESIDE THE BUTTON FOR THIS LESSON ON THE CURRICULUM WEB SITE.



Self-Control



Galatians 5:22-23



New Testament 6
Part 2: Fruit of the Spirit

WEDNESDAY EVENING

New Testament 6 [Class Attendance Sheet](#) provided in activity sheets (NOTE: The document is interactive, allowing the teacher to type in the Class, Teacher, and the children's names.)

SCRIPTURE REFERENCES:

Galatians 5:22-23; 2 Peter 1:5-7; 2 Samuel 11; 1 Samuel 24:1-15; Romans 12

MEMORY WORK:

YOUNGER CHILDREN: “[D]o not imitate what is evil, but what is good” (3 John 11a).

OLDER CHILDREN: “And do not be conformed to this world, but be transformed by the renewing of your mind” (Romans 12:2a).

SONGS AND FINGERPLAYS (SEE END OF SUNDAY'S LESSON FOR WORDS):

A [song book](#) and [audio recordings](#) of many of the curriculum songs are available on the curriculum Web site.

- [“The Fruit of the Spirit”](#)
- [“Fruit of the Spirit”](#)
- [“The Fruit of the Spirit”](#)
- [“I’ll Be Like Him”](#)

LESSON VISUALS AND TEACHING AIDS (NOTE ANY DISCLAIMERS):

- See [AP’s Pinterest page](#) for ideas on bulletin boards, visuals, crafts, etc. [DISCLAIMER: Pins may sometimes need to be adjusted to be Scriptural.]
- [Paul & the Fruit of the Spirit](#) Bible fact cards (provided under “N.T. 6 Bible Facts” on curriculum Web site)
- “Summary of the Bible” from [“Kids Prep”](#) CD by Jeff Miller
- Pictures/drawings from the books listed under 3rd-4th Grader Pre-Class Activities/Learning Centers
- Pictures of David, Joseph, and children
- “Beautiful Betsy” in *Creative Bible Teaching, Volume 1*, by Sarah Richey

PERSONAL APPLICATION:

If I am going to be like Jesus, I must learn to control my thoughts, words, and actions.



INTRODUCTION:

Review [N.T. 6 Bible Fact Flash Cards](#) (provided under “N.T. 6 Bible Facts” on curriculum Web site)

POINTS TO EMPHASIZE:

Review Sunday’s lesson. (see [N.T. 6 Review Questions](#) for example questions)

SELF-CONTROL

Self-control is also called self-discipline. It means knowing how to act without anyone telling us what we should do.

People have always had a hard time controlling or disciplining themselves. We often sin against God because of that. Below are some people from the Bible who did not always practice self-control. Draw a line from the person to the bad choices that he/she made.

Adam	Lied to his father (Genesis 27:18-19)
Cain	Deceived a king about his wife (Genesis 12:10-15)
Rebekah	Tried to kill David out of jealousy (1 Samuel 18:10-11)
Jacob	Listened to his wife instead of God (Genesis 3:6)
Samson	Killed his brother (Genesis 4:2-8)
Abraham	Tricked her husband (Genesis 27:5-7,15-17)
Saul	Told a secret he shouldn’t have told (Judges 16:6,17)

PRE-CLASS ACTIVITIES/LEARNING CENTERS (TO BE USED AS CHILDREN ARE ARRIVING—**BEFORE** CLASS, AND UP TO THE FIRST FIVE MINUTES OF CLASS; OR AS HOMEWORK):

See Sunday morning’s lesson

*** IF YOU HAVE SUGGESTIONS PERTAINING TO THIS LESSON, PLEASE CLICK THE “SUGGESTION” BUTTON BESIDE THE BUTTON FOR THIS LESSON ON THE CURRICULUM WEB SITE.

