

# Lesson 18: I Should Be Self-Controlled!

**Objectives:** Students will...

- 1) Discuss self-control and verses that talk about our need to be self-controlled
- 2) Play a game that shows the need for self-control
- 3) Do activities that remind us of our need to be self-controlled such as a puzzle, break the code paper activity, and more.

**Supplies:** Coordinator will ensure these supplies are already in your room.

## Teacher Materials (provided in classroom)

- Bible(s)
- Markers/Pencil Crayons
- Pens/Pencils
- Attendance Chart (See Template from previous week)
- Stickers for Attendance
- Puzzle memory verse activity – one per child printed on cardstock or construction paper
- Daniel and friends show self-control color page – one per child
- I Should “Bee” Self-Controlled Verse Match page – one per child
- Scissors – one per child

## **Optional:**

**Jenga or Operation Board Games:** one game for every 4 children to show self-control

## **Snack:**

- |                           |                   |
|---------------------------|-------------------|
| - Carrots or Fruit Pieces | 3 or so per child |
| - Napkins for snack       | one per child     |
| - Juice or water and cup  | one per child     |

## **Lesson:**

### **1) Introduction to lesson**

As students enter, welcome them and help find a chair to sit at. Thank them for coming. Take attendance and let each child put a sticker beside their name for this week. Once children are seated say, “**Last week we learned another characteristic about God – can anyone raise their hand and tell me what we learned so far about God?** (Have children raise hands and answer – God is love, worthy of praise, faithful, fair and just, our provider, merciful, righteous, Holy, and God is in Control.)

**Last week we learned that God is in control. This week we are going to learn that we also need to be in control of ourselves, with the help and guidance of God.**

## **What is SELF-CONTROL?**

**The meaning of self-control is the control or restraint of oneself or one's actions, feelings, etc. A second meaning is the control of one's emotions or desires by one's own will. Another definition is the controlling of one's own behavior.**

**We read in II Peter 1:5 -7:**

" But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love."

Self-control is something God wants us to work on along with faith, knowledge, perseverance, godliness, kindness and love.

## 2) Verse Match that shows the need for Self-Control and Puzzle 10-15 minutes

There are three areas in our lives where self-control is needed.

I am going to hand out a page as we talk about the area of self-control.

Hand out Bee Page along with a pencil and bibles. Take the verses we are going to talk about and draw a line to the area of self-control on the page. The verses are already written at the bottom of the page. Example: In the picture with the Bee – for THINK you would draw a line from Proverbs 23:6-7 to think, because that is the first verse we are going to talk about. Let's get started.

- 1) **One area of self-control is in our THINKING.** You may have heard someone say, " I don't know what I was thinking!" Let's turn to Proverbs 23:6-7 and read it aloud.

We read in Proverbs 23:6-7:

"Do not eat the bread of a miser nor desire his delicacies; for as he thinks in his heart, so is he.' Eat and drink!' he says to you, but his heart is not with you."

Remember draw a line from Proverbs 23:6-7 on your page to the word THINK.

We need to control what we are thinking. We are responsible for our thoughts. If we think something inappropriate or wrong, we need to get rid of that thought right away. Bad thoughts happen, but it is what we do with them that are important. Get rid of the bad thoughts and think of something appropriate will mean that you don't dwell on or plan a bad thought and act on it.

- 2) **A second area is our SPEECH.** Our Lord God has told us how to speak and how not to speak.

Let's read from Proverbs 14:1:3 and then also match the verse with the area in our Bee page for SPEAK.

Read Proverbs 14:1:3

I am going to read another verse that talks about watching what we say.

Matthew 12:36-37

But I say to you, that for every idle word that men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned.

According to this verse what happens on the Day of Judgment? Everyone will have to give an account of all the idle or lazy, thoughtless words they spoke.

What can happen because of people who use a lot of thoughtless words that hurt others and don't change their ways? They will be condemned or judged to deserve punishment.

Does this mean we should be careful about the words we use? Yes, definitely!

Match this verse Matthew 12:36-37 with the area of SPEAK on your Bee page.

3) **A third area is our ACTIVITY.** This would include the way we conduct ourselves or the way we act, what we do.

Actions say a lot about a person. Do you know someone that is not nice based on the actions they do to others? Do you know someone who is nice? How do you determine that? Usually it is based on the actions they do, along with the words they say.

Let's read some verses from the bible that talk about the need to watch our actions.

**Proverbs 25:28**

**Like a city whose walls are broken through is a person who lacks self-control.**

**What would happen to a city if its walls were broken down in the old days?** (It would be easily attacked by enemies.)

**What if we don't have self-control? What happens to us?** (We become weak or easily attacked by sin. Sin would destroy us little by little.)

**1 Peter 5:8**

**"Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour."**

Let's match these verses with the ACT line on our Bee.

So remember what we say, what we think and how we act is very important. It says a lot about us, and if we are not self-controlled others see it and more importantly God sees it! So let's pray this week to God that we can live self-controlled lives and try to work on our thoughts, words, and actions this week to be more self-controlled. Don't forget to write your name on your Bee page before we move on.

Now I am going to hand out a piece of paper to everyone, on it is a puzzle that we can cut out and try to put back together. Hand out the puzzle page along with scissors for every child. Let's read the verse from the bible aloud that is on the puzzle. "Lord help me control my tongue. Help me be careful about what I say." Proverbs 141:3.

**What area of self-control is this?** Controlling our speech.

**What does this person in the verse do to help control his speech?** Pray or talk to God for help with it.

Let's cut out the puzzle and then mix up your pieces and see if you can put it back together. This puzzle will help us remember to watch what we say!

Now to help us practice controlling our actions, we are going to play a game that requires self-control!

**3) I Should Be Self-Controlled Jesus Says Game**

**10 minutes**

**Self-control isn't easy. It takes time and wise choices. It means thinking before you act.**

Give an example of self-control. (Possible examples could include: speaking kindness towards someone you may not like, not gossiping, not complaining, using your time wisely, making healthy food choices, not hitting someone or getting in fights, etc.)

Have the students brainstorm examples of self-control also.

**What are some other ways we should practice self-control?** Allow children to answer.

**We are going to play a game that helps us practice self-control. We are going to play Simon Says, but instead I am going to say Jesus Says. So if I say, "Jesus says and then an action", do the action. If I say an action only without saying Jesus says, don't listen and practice self-control. The last one standing after we play is the winner. Ready?**

Examples of things you can do are

Jesus says: bow your head, fold your hands like you are praying, do jumping jacks, do sit ups, giggle, rub your belly, pat your head, hop, say hello to the person beside you, stand still, etc.

Keep going until only one person is left, and then if you want and have time, let them be the leader for the next game.

#### **4) Daniel and His Friends Were Self-Controlled Color Page**

**10-15 minutes**

Review some examples of people who lacked self-control in the Bible with a Guess Who Game. Have children raise hands to answer.

\*\*\*If there is a new visitor who is not knowledgeable of the Bible, don't play this game as they won't be able to participate in answering the questions.



- **Who lacked self-control by eating a piece of fruit, even though God had commanded against it? (Eve)**
- **Who lacked self-control by giving into peer pressure and ate a piece of fruit also? (Adam)**
- **Who lacked self-control by letting jealousy control him and killed his brother Abel? (Cain)**
- **Who lacked self-control by complaining in the wilderness to Moses? (the Israelites)**
- **Who lacked self-control by spending all of his money on wild living?(the Prodigal son)**

**There are also many Biblical examples of people who had self-control. Daniel is a good example. He and his three friends refused to eat the king's food and wine because they knew God did not want them too. By their actions they showed self-control in their ability to stand up for their beliefs.**

**Let's read from Daniel Chapter 1:1-17 from our Bibles. Can I get some volunteers to read?**

Go through the verses and then say:

**We learn that Daniel and his friends ate only vegetables and drank water for ten days, and at the end of the time were healthier than the young men who ate the king's food. Their self-control was blessed by God and they were better for it!**

**I am going to hand out a color page of Daniel and his friends with some crayons, let's write our names on the top and color the page to help us remember that Daniel and his friends showed Self-control and so should we!**

#### **5) Fruit of the Spirit Self-Control**

**2-5 minutes**

**Self-control is listed among the fruits of the Spirit. Sin is not doing God's will and in sin there is no self-control. Let's turn in our Bibles to Galatians 5:22-23. Can I someone volunteer to read these two verses?**

**Ask the students to think about the following questions: Is there an area of your life that needs self-control? Is it your tongue? Do you talk about people? Do you complain? Do you use**

language that would hurt the heart of God? Or maybe you have a hard time keeping your hands to yourself if you're angry or frustrated about something. Do you hit, push, or kick? What about your free time? Do you spend time with God during the day? Do you help around the house and do your homework? Or do you lack self-control and spend too much time on the computer, watching TV, or playing video games?

Tell the students to, **Consider memorizing a verse (like Proverbs 25:28) to help you gain better self-control.**

**6) Optional: Jenga or Operation Board Games to Show Self-Control 10 minutes**

If time you can have the kids play a game like Jenga or Operation. Tell them these are examples of showing self-control, you have to have patience and self-control in order to win!

**Any questions?** At the end ensure all games are returned and things are cleaned up.

**7) Optional - Snack : Carrots and/or Celery Sticks 5 minutes**

Hand out carrots or celery along with a glass of water or juice to each child. Show the kids that **the snacks you are eating may have been one of the things Daniel and his friends ate when they refused to eat the rich food of the king that was against what God had asked Daniel to do. Daniel and his friends showed respect for God and self-control and because of it, they were blessed.** Have a napkin for children to clean their hands. Discuss questions and examples of how we should be self-controlled while snacking!

**8) Optional - Song 2 minutes**

**O Be Careful, Little Eyes**

O be careful little eyes what you see  
O be careful little eyes what you see  
The Father up above  
Is looking down in love  
So, be careful little eyes what you see

O be careful little ears what you hear  
O be careful little ears what you hear  
For the Father up above  
Is looking down in love  
So, be careful little ears what you hear

O be careful little hands what you do  
O be careful little hands what you do  
There's a Father up above

Who is looking down in love  
So, be careful little hands what you do

O be careful little feet where you go  
O be careful little feet where you go  
For the Father up above

Is looking down in love  
So, be careful little feet where you go

O be careful little mouth what you say  
O be careful little mouth what you say  
For the Father up above

Is looking down in love  
So, be careful little mouth what you say

**9) Close in prayer**

**Thank you God that you have shown us again in the Bible what you want from us and that your will for us is good. Having self-control means we are better in control of our lives and able to serve you better. We also show others that we are good people by showing self-control. We pray this week that you will help us to live self-controlled lives and try to work on our thoughts, words, and actions this week to be more self-controlled. We pray that we will continue to go to you in prayer asking for help in this and looking to the bible as we desire to learn more about our need for self-controlled lives through your word.**