



## LOW-ENERGY GAME

### Blind Duck, Duck, Goose

[10 min]

#### Play the Game

Ask: • **What are some of your favorite games to play?**

Say: **It's super fun to play games. But if someone doesn't follow the rules, the game usually isn't as much fun. Following the rules of a game takes self-control; we can't just do whatever we want. Since we're learning self-control is a fruit of the Spirit, let's play a game where we have to use self-control to follow the rules.**

- Help kids sit in a circle.
- Choose a willing child to be the "Ducker." Have the Ducker stand outside the circle.
- Have the rest of the kids close their eyes. Explain that if they open their eyes, the Ducker won't choose them.
- The Ducker walks around the outside of the circle as for a traditional game of Duck, Duck, Goose, except that the word *duck* is said silently. The Ducker taps kids gently on the head without saying anything until a child is chosen to be the "Goose."
- The word *goose* is said aloud when the chosen child is tapped on the head. The Goose opens his or her eyes and chases the Ducker, who will try to take the Goose's seat, around the circle.
- The Goose becomes the new Ducker, and the kids in the circle close their eyes again.
- Continue playing as time allows.

#### Talk About It

Say: **In our game, we had to use self-control to keep our eyes closed and wait for the Ducker to come to us. Following the rules takes self-control. When we're friends with Jesus, he helps *us* have self-control and do the right thing, too, because self-control is a fruit of the Spirit.**



## TALK-ABOUT VIDEO

### Selfies & Self-Control

[10 min]

#### Supplies

- “Selfies & Self-Control” teaching video

#### Discuss and Watch “Selfies & Self-Control”

Say: **We’re learning that self-control is a fruit of the Spirit. Sometimes it’s hard to have self-control!**

Ask: • **What are some things that distract you from what you’re supposed to be doing—like homework?**

Say: **Our video today is about a girl who got distracted by a lot of things. She wasn’t using self-control to limit her distractions. Let’s see how she turned things around. As you watch, think about which of her distractions happen to you, too.**

Watch “Selfies & Self-Control.”

Ask: • **Which distractions did she have that you have, too?**

• **How could you have self-control and limit those distractions?**

• **The girl in the video said, “I feel like Jesus was right beside me, like he gave me the strength to turn this around.” How can you turn to Jesus for strength to have self-control?**

Say: **Self-control is a fruit of the Spirit. Like the girl in our video, we can turn to Jesus for help with self-control when we’re having a hard time with it.**



## DEEPER BIBLE I'll Pass

[15 min]

### Supplies

- Bible
- shoebox
- wrapping paper (enough to wrap the shoebox)
- construction paper in various colors (1 sheet for every 2 kids)
- markers
- stickers
- music
- music player

### Easy Prep

- Wrap the shoebox lid and box separately.
- Cut 2 crosses from each sheet of construction paper. Place the crosses inside the shoebox, and replace the wrapped lid.

### Talk About the Gift Box

Have kids sit in a circle. Hold up the wrapped shoebox.

Say: **This sure is a beautiful gift. I wonder what's inside.**

Ask: • **What do you think is in this box?** Give kids a chance to guess.

Say: **I'm excited to see what's in the box, but it's not time yet! Today we're talking about self-control, so let's practice self-control and not open the box just yet.** Sigh loudly. **It can be hard to have self-control when we're really curious about something.**

Share about a time *you* were really curious about something but had to wait. You may have wondered when a baby might be born, what was inside a birthday gift bag from your grandpa, or who was coming to a party.

Ask: • **Tell about a time *you* were really curious about something.** Kids may've wondered what was in a box under the Christmas tree, what was behind a closed door at a relative's house, or where Grandma would take them for a birthday surprise.

Say: **It's okay to be curious! Today we're curious about what's inside the gift box, but we're going to use self-control to wait until it's time to see what it is.**

### Pass the Box

Say: **We're going to play a game! We'll pass the gift around our circle and use self-control to *not* open it until it's time. Self-control is a fruit of the Spirit, so let's ask God to help us use self-control during our game.** Lead kids in a brief prayer, asking God to help you leave the gift unopened during the game.

Turn on a song and begin the game. Encourage kids to have a fun time passing the box quickly around the circle until the song is over. If kids begin to open the box, remind them that the group is practicing self-control. If a child opens the box, simply take it, close it, and continue having kids pass it. Collect the box at the end of the song.

### **Open the Box**

Say: **We practiced having self-control and not opening our box. It's time to take a look at what's inside.** Let a child open the box. Pull out one of the crosses.

Say: **The cross reminds us of a time Jesus used self-control. Jesus could've come down from the cross and not died. Listen to what Jesus said. Read aloud Matthew 26:53. Jesus meant that God could've sent thousands of angels to help him, but he used self-control to stay on the cross because he loves us! Jesus knew if he stayed on the cross, he would make it so we could be forever friends with God!**

**I'm thankful Jesus used self-control for us! Let's decorate these crosses to remind us of Jesus' love.**

Give kids markers and stickers to decorate their crosses.

After kids have finished decorating their crosses, say: **Those crosses are beautiful. When you take them home, hang them up so you can remember that Jesus loves you so much and wants to be your forever friend. Jesus used self-control because of his love, and God will help us use self-control, too. Self-control is a fruit of the Spirit.**



## LIFE APPLICATION WRAP-UP Stop!

[5 min]

### Walk and Stop

Say: **Today we learned that self-control is a fruit of the Spirit. That means God helps us *stop* when we're about to do something we know is wrong. Let's ask God to help us use self-control.**

Lead kids to stand up. Say: **We'll walk in place while I share an example, and then we'll stop and pray.** Lead kids to walk in place and continue until you say "Stop!"

Say: **There are lots of times we can use self-control—like when we see a plate of cookies in the kitchen and no one is around. Instead of taking a cookie without asking, we can *stop*!** Lead kids to freeze, and then pray: **God, help us use self-control by not eating the cookies without asking.**

Lead kids to walk in place again. Say: **We can use self-control when we want to play with a toy but someone else is playing with it. Instead of grabbing it from our friend's hand, we can *stop*!** Lead kids to freeze, and then pray: **God, help us use self-control by not grabbing toys out of friends' hands.**

Lead kids to walk in place again. Say: **If we drop our ball outside and it rolls into the street, instead of running to get it, we can *stop*!** Lead kids to freeze, and then pray: **God, help us use self-control by not running into the street. Help us remember to ask an adult to get the ball instead.**

Lead kids to walk in place again. Say: **When Mom says, "Please stop playing and clean up," we can *stop*!** Lead kids to freeze, and then pray: **God, help us use self-control and stop playing when Mom says to, even when we don't want to stop.**

Lead kids to walk in place again. Say: **When we're playing on a phone and Dad says, "You've played long enough on the phone," it's time to *stop*!** Lead kids to freeze, and then pray: **God, help us use self-control and hand over the phone when Dad says it's time to stop.**

### Close in Prayer

Lead kids to sit. Say: **God will help us anytime we ask because self-control is a fruit of the Spirit. Let's thank God that he's always with us and ready to help us make good choices!** Lead kids in brief prayer, thanking God for being with us.

Say: **Thanks for coming to church! I'll look forward to seeing you again!**



## ACTIVITY PAGES WITH A POINT

### A-maze-ing Self-Control

[10 min]

#### Supplies

- “Fruit of the Spirit: Self-Control” Coloring Page
- pencils
- crayons

#### Older Kids: Do an Activity Page

Say: **Today we’re learning about the fruit of self-control. When we follow Jesus, he grows self-control in our lives. Let’s see how well you can exercise self-control in this tough maze!**

Distribute the activity pages and pencils. Kids will go through the maze very carefully, trying hard to make sure their pencils don’t touch any walls of the maze.

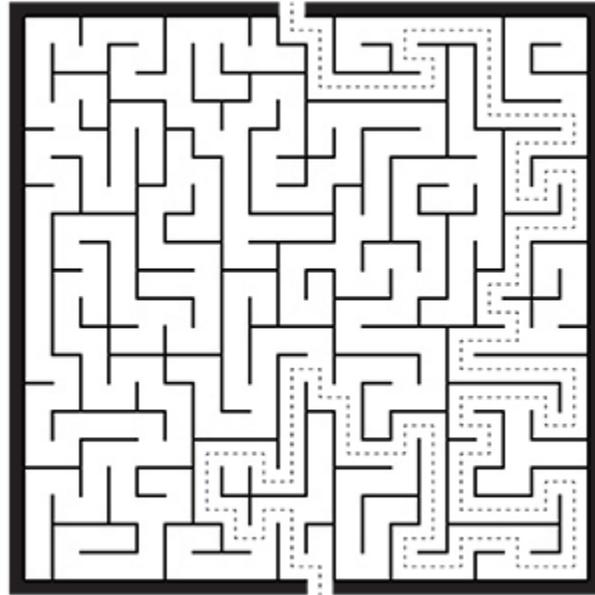
Ask: • **Well? How good was your self-control in this maze?**

• **In this maze, we were trying to control our hands to move carefully.**

**What does self-control look like when it comes to how we live?**

Say: **Self-control is a fruit of the Spirit. That doesn’t mean we have good control of our hand movements—it means the Holy Spirit helps us stop when we’re about to do something wrong, and the Holy Spirit helps us keep doing the right thing even when it’s hard. Jesus showed self-control by staying on the cross, even though he had the power to get down.**

**ANSWER KEY:**



### Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Today we learned that self-control is a fruit of the Spirit. Jesus kept doing the right thing and stayed on the cross, even though it was hard. Self-control means doing the right thing when it's hard and not doing the wrong thing when we want to. Jesus helps us have self-control. Let's color Jesus on the cross.**

Allow time for kids to color.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.