

Fruit of the Spirit

Part 9

Fruit of the Spirit is SELF CONTROL.

Matthew 4:1-11

2 Timothy 1:7

To understand that I can choose to control my actions, words and responses.

Worship

Enjoy worshipping, singing and dancing along to worship songs about how big and awesome God is:

“My God is so big.”

<https://www.youtube.com/watch?v=I-TooZFEKbo>

or <https://www.youtube.com/watch?v=YUageJdwyPY>

“He’s the King of me.” Rend Co Kids

<https://www.youtube.com/watch?v=ks6zl2hL2Uk>

Intro Activity

Find and read together **2 Timothy 1:7**

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

Explain this is our verse for the week.

Idea 1: Self-Control Bubbles Activity

Instructions:

1. Grab a bottle of bubbles and head outside.
2. Let your kids know that you are going to blow bubbles. Tell them that the first time that you blow them they can pop as many as they want.
3. After a little while of letting them pop to their heart's content, stop blowing bubbles and tell them that the rules have changed a bit for this next round of blowing bubbles. Let them know that this time you're going to blow bubbles, but they can't pop any.

Talk about how when they really wanted to pop the bubbles, but they chose not to, that was choosing self-control. If they popped the bubbles the 2nd time around you can talk about how that wasn't choosing self-control.

Idea 2: Self Control Object Lesson

You will need: a wide mouth jar or glass, a tennis ball, a plastic bowl, a toilet paper roll (make sure the ball fits into the jar. If you feel daring, use a raw egg!)

Instructions:

1. Place the jar on a table, and put the bowl on top of the jar. Stand the toilet paper roll in the middle of the bowl. Place the tennis ball on top of the roll.
2. Let's predict. What do you think will happen if I knock the bowl out of the way? [Allow for answers.]
3. Let's see who is correct. First I'm going to try to hit the bowl with a little bit of force. {With your hand about 12 inches from the bowl, slowly and lightly, move your hand to strike the bowl to the left (or right). The bowl should not move much. The ball might fall off though. But it isn't much fun to watch.}
4. What happened? [Allow answers.]

5. {Don't really do this next part. Allow the children to imagine.} What do you think would happen if I knocked the bowl REALLY, REALLY hard? [Everything would go flying across the room.] Hitting the bowl with too little force, and hitting the bowl with too much force, will cause our experiment to not work correctly. I must knock the bowl with just the right amount of force. {Knock the bowl out and the tennis ball should fall right into the jar.}
6. {Set up the experiment again.} Sometimes we are like this experiment. {Hit the bowl lightly.} There are times when we do not control ourselves and we are lazy. We don't put much effort into doing something. Perhaps it is school work, or trying to do better at a sport, or reading our Bibles.
7. {Pretend to hit the bowl REALLY hard.} Pretend I hit this too hard. Sometimes we overindulge. Maybe you talk too much, eat too much food, act too crazy in the classroom. These examples are a lack of self-control as well. This experiment does not work well with the wrong amount of force.

Remind each other that Self Control is knowing that I can choose to control my actions, words and responses.

The great news is Jesus does not expect us to do it ourselves – He shows us his self control first and then He gives us self control through Holy Spirit.

Remind each other that we are looking at the fruits of the Spirit - Galatians 5:22-23 says *“But the fruit that the Spirit produces in a person's life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”*

The fruit of the Spirit develops as we grow in our relationship with Jesus. We have worked through all the fruits of the Spirit and finally we get to look at self control!

Bible Story

- Read **Matthew 4:1-11** – The temptations of Jesus.

Discuss: What did Jesus do when he was faced with temptation? How can we use God's truth found in the Bible to fight against the lies of the enemy and help us control our words, actions, and responses?

Self Control means we have the ability, through the power of Holy Spirit to control our thoughts, actions and feelings. We all struggle with temptation but like Jesus we can overcome them and be free with God's help and truth, no matter what difficult stuff is thrown at us.

Activation

- Spend some time quietly with Jesus on your own. What do you find it hard to control? Ask Jesus what truth he is giving you to help bat away that temptation. Write out the truth God gives you and decorate it, put it up on your wall so that you learn it and can say it quickly when you need to.
- Ask God for a picture of your very own "Self Controller!" Draw or make your self controller so you can switch it on when needed.

Here is an idea from Pinterest:

<https://passthebaton.wordpress.com/2012/01/14/make-a-self-controller/amp/>

