

Fruit of the Spirit - Week 10

Here is a menu of activities,
for you to choose from over the coming week.

Theme Overview: **Fruit of the Spirit is SELF CONTROL!**

This Daily Discovery follows on from the Sunday Session 28th June.

We want to understand that we can choose to control our actions, words and responses.

Worship and Encounters with God:

Ideas of songs to enjoy:

“My God is so big.”

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

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

“King of me.” Rend Co Kids

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

“Mighty to save” Laura Story

<https://www.youtube.com/watch?v=HnXX8TbUX-E>

“God Suit.” Song – Cheeky Pandas

<https://www.youtube.com/watch?v=B4dTFJxNM28>

“Every Giant will fall” Rend Collective

<https://www.youtube.com/watch?v=qW63lCBOaVo>

Worship and Encounters cont.

Ask God what atmospheres from Heaven he is releasing in each room of your house. Release those things in each room.



As you rest in God's presence with some worship music playing, spend time checking if there is anyone who has hurt your heart that you need to forgive. Ask Jesus to help you forgive them, let go of the hurt. Ask Jesus what he gives you in exchange.



Whilst you are worshipping ask God to release freedom and then enjoy this freedom. Draw pictures of freedom.

Bible Stories to read & talk about together

1 Corinthians 9:24-27 – Paul's letter of self-control

This is the story we looked at on Sunday, relook at this and discuss together. This is a good version from Saddleback Kids
https://www.youtube.com/watch?v=5TUFWB_U3kc



2 Timothy 1:7

This is the key verse for this week. Print it out or write it up and decorate it so that it becomes a verse you remember. Ask God to show you the things he wants to release to you.



Genesis 3

From Jesus Storybook Bible – The Terrible Lie



Matthew 4:1-11 – Temptation of Jesus



Proverbs 25:28



Hebrews 4:15



2 Corinthians 12:9



1 Peter 5:8

Activities

Note: Self Control is saying **no** to things that are not good for me and **yes** to what is good for me.



Brainstorm opportunities for you to control your actions, words, and responses this week. Remember when you're tempted you can STOP, THINK, & PRAY and ask God what he is giving you to help you. Make STOP, THINK, PRAY signs.



Lego or Duplo City:

You will need: Lego or Duplo bricks, boxes or things to create a wall, Socks rolled up into a ball (1 or 2 per child)

Instructions: 1. Create a city using lego or duplo and build a wall around the city using boxes.

2. After they are finished building, read Proverbs 25:28.

3. This verse tells us that when we don't have self-control we are like a city whose walls are broken down.

4. Hand a sock (or two to each child). Let's pretend this city is under attack. Throw your socks at the city. 3-2-1 Attack!

5. The Bible also tells us that the devil prowls around like a lion looking for someone to devour (1 Peter 5:8). If we don't have a wall up to protect us then we won't survive the attacks of the enemy.

God wants to help us when we struggle with self-control.

Remember when you're tempted you can STOP, THINK, & PRAY for God to help you obey Him.



Make Apple Donuts

You will need: Apples, Knife (to slice apples), Apple Corer toppings (yogurt, peanut butter, granola, fruit etc.

Instructions: 1. Wash, Core and thinly slice your apples.

2. Add your 'frosting' (peanut butter, yogurt, etc.).

3. Add toppings (granola, fresh fruit, sprinkles, etc.).

4. Enjoy!

Activities cont.

Make a Self-Controller! Use this idea:
<https://passthebaton.wordpress.com/2012/01/14/make-a-self-controller/amp/>



Superhero Training – your superpower is self-control!
Create a training schedule to develop your superhero power for each day this week, so that you get better at something you find difficult. Create yourself a badge or certificate for the end of the week when you have completed the training.



Create a Cartoon Story or Video all about the Fruit of the Spirit.

**Well done – We have completed this series on
the Fruit of the Spirit!**