



















Theme: Self-Control Apple Fruits of the Spirit



1 Snack idea	Biscuits, toast or Apples for the children to eat.		
2 Craft or Game	Craft: OR Game:	<ul style="list-style-type: none"> • Create a self-controlled traffic light – see template. • Get everyone in a circle – choose a silly word like sausages. In turn, each person asks another person on their right an ordinary question like – “what do you use to brush your teeth” “what type of hair do you have” “what’s your favourite sport” everyone should reply with the silly word ! – Can they keep self-control and not laugh? • Play sleeping lions 	 
3 Lighting the candle	Use the same words as the local school when lighting the candle.		 
4 Welcome	Song: Prayer:	You could use ‘ welcome everybody ’ by Fischy music You could use this gathering prayer by Sam Hargreaves	 
5 Collect	Say: A collect is a gathering prayer	The collect for the day can be found here: Join us in a service of Daily Prayer The Church of England , then select Morning Prayer and scroll to the end to find the collect.	  
6 Bible passage	Say: We are reading a story (that has been adapted) from the Bible today so that we can hear God’s word and learn about Him.	<p>Galatians 5:22-23 - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.</p> <p>+ 2 Timothy 1:7 God did not give us a spirit that makes us afraid. He gave us a spirit of power and love and self-control.</p>	  
7 Biblical link	Why it matters	<p>Self-control is important because things we do and things we say can have a lasting impact. Take this apple (have an apple that you have dropped a lot and left for a day or two) it looks ok on the outside but if I cut it in half look how bruised it is on the inside.</p> <p>God loves everyone and he wants us to show love and care for everyone. When we get cross and angry with other people, we sometimes blow up like a balloon. Use a balloon to illustrate this, by saying things that annoy you adding air to the balloon each time, then you can let the air out, so the balloon goes crazy around the room, let the air out making a screeching sound or pop it. Explain that when things annoy us, we need to control ourselves, stop, think and pray about why we are annoyed. Why is the other person acting that way. Then act in a calm manner.</p>	  
8 Take away response	Say: How will you respond to the message we have heard from God today?	<p>Self-control is something we have to work at, we can train ourselves to be better at self-control. Add a story of how you the leader, have trained yourself to be better at self-control.</p> <p>I wonder what happens when you start to lose your self-control – what things do you notice about yourself before you go pop? How can you be more aware of those things? When you notice them, then stop, think and pray to God for help before you pop. With God’s help, you can train yourself to be more self-controlled.</p>	  

9 Prayer

Say: We say prayers to talk to God ...

Have balloons available for people to write/draw prayers on. Then blow up the balloons – play some music as those gathered pass the prayers between each other reading and praying those prayers. Then at a signal try and get all the balloons near a cross or the alter and as the music finishes say amen.



10 Song

Say: We sing songs to praise God and thank God

[Fruit of the Spirit](#) song by Bob Baxter - You Tube
My Lighthouse - Rend Collective
Our God is a great Big God
[The Self-Control song](#) - Cheeky Pandas - You Tube



11 The Lord's Prayer

Use the same version as the school.

Or ask people to pray using whichever version they know.



12 Blessing

Say: We are now to go out, empowered by Jesus' special presence with us, in communion with one another to share the Gospel with others.

May the Lord bless you and keep you, may the Lord make His face shine upon you, and be gracious to you. May the Lord give you self-control and peace.



Symbols for Spiritual Styles



Word
the path of the intellect



Symbol
the journey of mystery



Emotions
the way of the emotions



Action
The road to justice

Symbols for Learning Styles



Visual



Kinaesthetic



Auditory



Read/Write

You can read more about Spiritual Styles at rootsontheweb.com or [Going 4 Growth](http://Going4Growth.com) (www.going4growth.com/growth_in_faith_and_worship/spirituality/spiritual-styles)

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