



Fruit of the Spirit – Self Control!

- **Introduction:** Ask the children if they have ever wanted to do something, but knew it was wrong so stopped themselves from doing it? Let the children talk about it. You could share one of your own experiences that is age appropriate with the children.
- **Activity:** 'Self-control Bubble Popping!' Blow bubbles and allow the children to pop them. Let the children do this for a while, then ask them to stop and when they do explain that you are going to start blowing bubbles again, but this time the children are not allowed to pop the bubbles. If the children find it difficult, encourage them to find something to distract themselves so they do not pop the bubbles. When you've finished, explain to the children that when they were trying not to pop the bubbles, they were choosing to use self-control.
- **Sing:** Great Big God <https://youtu.be/eSTfM8M2Md8> , Superhero <https://youtu.be/1FY4C930M2Y> , Wiggle Freeze https://youtu.be/tM_wGFVBBmA , Wiggle like a worm <https://youtu.be/YenZbKXiYg> Jesus love is very wonderful <https://youtu.be/VC4eb8Pk-3g> , or Uncle Charlie's Fruit of the spirit song at <https://youtu.be/pB2WmMcBNks>.
- **Talk:** Repeat the Fruits of the Spirit with the children: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control. This week we are talking about Self Control. What is Self Control? **Self Control is saying no to the things that are not good for us and yes to what is good for us. It means listening and acting how God wants us to, rather than reacting or doing what we want to do.** I wonder if Micah and his friends are showing self-control in today's video?
- **Watch/Read:** Lottie's 'Fruit of the Spirit: Self-Control' session on our St Johns Community Church YouTube channel at <https://youtu.be/smDwJ1iwQEA> You could also read Galatians 5:22-23 <https://www.biblegateway.com/passage/?search=Galatians%205:22-23&version=NIV> & 1 Corinthians 10:13 <https://www.biblegateway.com/passage/?search=1%20Corinthians%2010:13&version=NIV>.
- **Discussion:** In the video, Micah and his friends were tempted and their self-control was tested. Who showed self-control was it, Armin, Lydia or Micah? **It was Micah as he managed to keep awake while listening to Mr Tittell's boring talk about potatoes!** 1 Corinthians 10:13 says 'We are tempted like any others, but God is faithful: he will not let us be tempted more than we can take.' God will give us a way out. This means that fighting against the temptation to lose control and keeping our emotions, thoughts, and actions in control can be really hard. However, we don't have to do it on our own. The Holy Spirit working in our hearts helps us and when we are tempted, we can stop, pause, and pray for God to help us. We can STOP before reacting, PAUSE and ask God for his POWER, to do the right thing which comes from the Holy Spirit. The Holy Spirit is our GUIDE, and we can then SELECT the right reaction or words. Over the next week, maybe try and use self-control rather than reacting to things which can often end in shouting or using wrong behaviour.
- **Pray:** Dear Jesus, Thank you that you are faithful and do not let us face more than we can take without a way out. Please help us to stop, think, pray and then respond with your help so that we can have control of ourselves in situations. Amen.

- **Make:** 'Self Control Remote Control': You will need a small box like a soap box, cup-a-soup box or similar or a piece of card; foil, and coloured pieces of card. Wrap your box or card in foil. Then draw five small circles on different coloured card write in the circles; Stop, Pause, Power, Guide and Select. These buttons will hopefully remind the children to STOP before reacting, PAUSE to ask God for his power, POWER to do the right thing that comes from the Holy Spirit, the Holy Spirit is our GUIDE, and we can SELECT the right reaction or words. Cut the circles out and stick them onto your remote control. You could write 'Self Controller' on other pieces of coloured card, cut them out and stick them onto the remote control, or if you have letter stickers you could stick the words on using these.
- **Make:** 'Self Control Wheel' craft: You will need 2 pieces of A4 card, colouring pencils, stickers to decorate, cord, ribbon or wool, scissors, and glue. Draw a large circle on one of the A4 pieces of card then draw a smaller circle on the second piece of card and cut both out. On the large circle near the top edge write 'Things I can't control' and on the top edge of the smaller circle write 'Things I can control'. Then punch a hole with a hole punch through the top of the small and large circle. Then place the small circle in the centre of the large circle with the punched hole at the top and poke a pencil through the hole to make a hole in the larger circle. Then take the piece of cord, ribbon or wool and thread it through the holes in the card and tie it so it does not come undone. Decorate the edges of the circles with your pens or your stickers. Then write or draw things that you can control on the small circle, and things you can't control on the big circle. We can control ourselves, our emotions, our actions, our thoughts and how much we do something. We can't control the weather, other's words, thoughts, behaviours, and emotions. Hopefully, this will help the children to remember they have a choice to use self-control.
- **Print:** The sheets below and do the Colouring & Word Search.
- **Play:** You could do a 'Destroy the Wall Activity'! Build some walls using Jenga blocks, building blocks, or Lego. Then ask the children to stand back and using soft balls, bean bag or rolled up socks knock the walls down by throwing the missiles at the walls. They can throw the missiles as hard as they can. Then ask the children to build the walls up again but this time they need to show self-control and throw the missiles gently rather than using all their strength even if it takes a long time.
- **Drink and Biscuit**

Self-Control Remote Control



SELF-CONTROL CRAFT

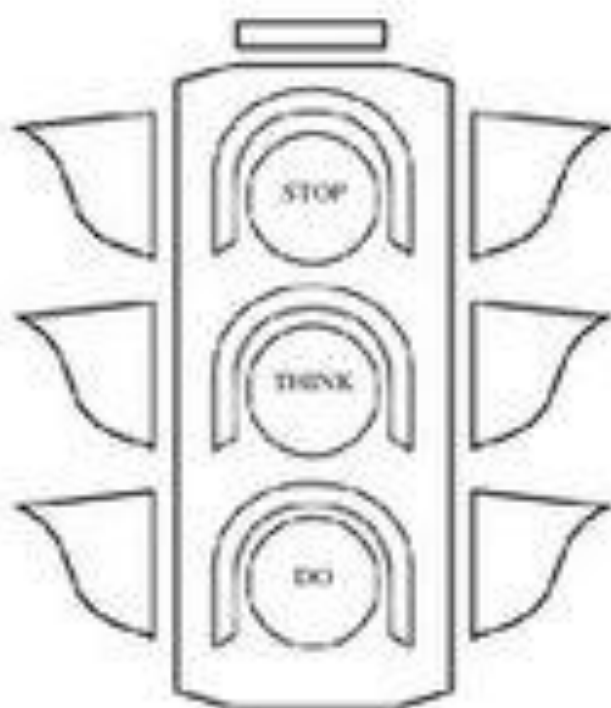


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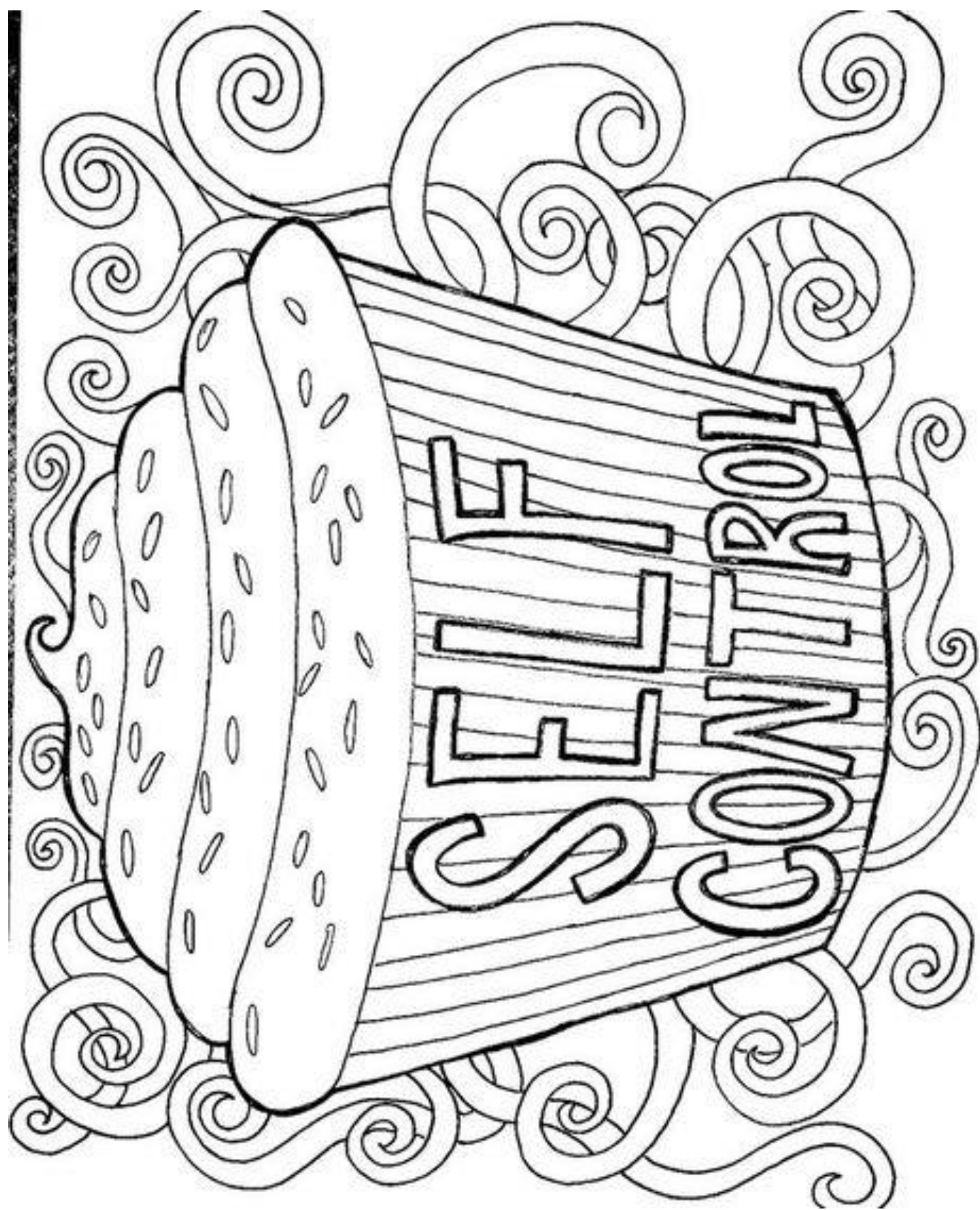
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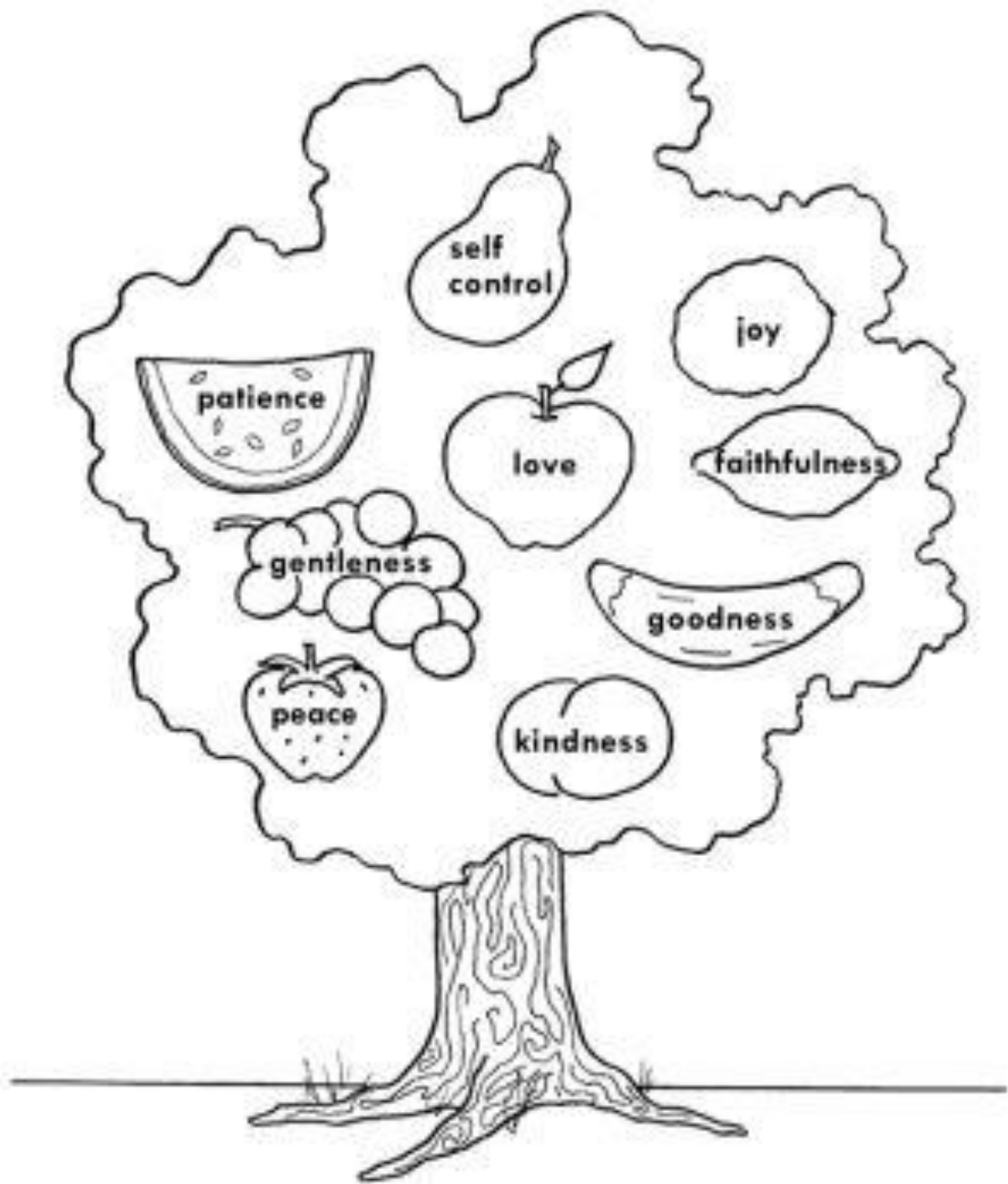
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Self-Control



I Can Resist!





Fruit of the Spirit

K G P E P S P P O F E N A J I V I I
T E L R A E K I G A U O A X R V O I
Y N J R T L I Y R I N Q P E A C E G
F T J D I F N L N T O L A L B Z O G
V L S S E C D Y W H G C F J A G B O
S E E Q N O N X V F L O V E M E X O
N N R E C N E X I U K Y O K O G D D
V E O T E T S Z Z L V N O M R T G N
R S V E J R S D B N Q H O B N P X E
R S D G F O P Q V E E E T M V T C S
B R H T E L R S M S F X V Q I N K S
Z K V I Y N F M N S U Q Z J O Y I W

Search the word search above for the words below. See how many you can find!

LOVE
JOY
PEACE
PATIENCE

KINDNESS
GOODNESS
FAITHFULNESS
GENTLENESS

SELF CONTROL

