

Children's Ministries Lesson – 1st & 2nd Grade

July 12, 2020

Fruit of the Spirit – Self-Control

1 Peter 5:8

Children's Ministries purpose is to build a spiritual foundation in each child that lasts a lifetime.

We hope this lesson provides additional opportunities for your family to strengthen your relationship with each other and with Jesus. This lesson has components of both Children's Church and Sunday School fused together.

As you prepare for this lesson and the space you will use, consider gathering supplies, create a worship focal point (ideas: a Bible, a cross, a candle and an offering container), and remove other distractions from the area. Read through this lesson before beginning. *Wording in BLUE italics is information for the family leader(s).* **BLACK italics** are actions to do.

With love, from your Children's Ministries Team and Worship Leaders, Ashley Hymel and Thanushka Lewkebandara.

BIBLE STORY POINT: God gives us the fruit of the Spirit to help us show others what his self-control looks like.

SUPPLIES: Worship focal point ideas: a Bible, a cross, a candle and an offering container; praise & worship music links; Bible story video link; activity supplies (see activity options below); service opportunity (listed at the bottom of the lesson)

FAMILY CHANT: *During Sunday School, your children begin with a "class chant". To bring that to your home, create a family chant that you can say each time. Create your own or use this one. The chant helps connect mind with body and connects everyone together. Motions/actions are in parentheses.*

Let's create our own family "chant" as a way to begin our time together. Repeat what I say and do.

Together we make the [insert family name] family. *(put arms around each other's shoulders - form a huddle)*

Together we make the [insert family name] family. *(put arms around each other's shoulders - form a huddle)*

I love our [insert family name] family! *(whoop whoop)* I love our [insert family name] family! *(whoop whoop)*

We are the dream team you see. *(clap clap)* **We are the dream team you see. *(clap clap)***
(continued on next page)

We are safe and helpful too. (*stomp stomp*) **We are safe and helpful too. (*stomp stomp*)**
Using kind words is what we do. (*high five each other*) **Using kind words is what we do. (*high five each other*)**
I love our [*insert family name*] family! (*whoop whoop*) I love our [*insert family name*] family!
(*whoop whoop*)
We are the dream team you see. (*clap clap*) **We are the dream team you see. (*clap clap*)**

OPENING PRAISE SONGS

[Click here](#) for the full playlist of St. Luke's Children's Praise Music, including more Fruit of the Spirit songs!

Supplies: Select the links for Praise and Worship Music (use one or both links)

1. ["You Are Good"](#) (Ashley Hymel and Thanushka Lewkebandara, Contemporary & Children's Church Worship Leaders)



2. ["Better Than Life"](#) (performed by Ashley Hymel & Thanushka Lewkebandara)



OFFERTORY

Determine where your offering will go. You may select an organization of your choice, or save it until we return to Sunday School/Children's Church to give to our current mission. The below scripture is the scripture we use each Sunday during our Offertory time.

Let's say this scripture together. "God loves a cheerful giver." 2 Corinthians 9:7.

Now, let us pray for those who will receive our offering and The Lord's Prayer. Does someone want to lead us in prayer?

Or, you may use this optional prayer:

Dear God, We thank you for our many blessings. May the offering we share today bring your hope to those who will receive it. And now, let us pray the prayer Jesus taught us:

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come, thy will be done on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses, as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever. Amen.

LEARNING SCRIPTURE:

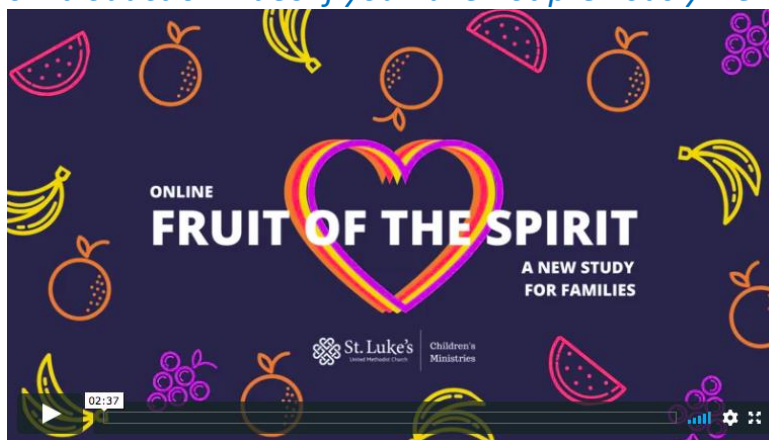
Let us learn this scripture together.

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." *Galatians 5:22-23a*

This is the word of God for the people of God. **Thanks be to God.**

VIDEO INTRODUCTION TO THE SERIES – Fruit of the Spirit

[Click here](#) to watch this introduction video if you have not previously viewed it.



INTRODUCTION TO BIBLE STORY

We have been learning about the term, “fruit of the Spirit”. When the Bible uses the word, “Spirit”, God means the Holy Spirit. The fruit of the Spirit is a gift God gives us to help us live lives that honor him and show his love to others.

Let’s begin to understand the fruit of the Spirit more with a prayer.

Heavenly Father, thank you for giving us the fruit of the Spirit. We ask you to help us live each quality of the fruit of the Spirit.

Help us to show **love and joy**.

Help us to have **peace**.

Fill us with your **patience** and **kindness**.

Show us your **goodness**.

Help us demonstrate **faithfulness** and **gentleness** and, finally, help us have **self-control**.

Help us to use the fruit of the Spirit to show others what your love looks like.

In Jesus’ name, we pray. Amen.

So far, we have learned more about the qualities of love, joy, peace, patience, kindness, goodness, faithfulness and gentleness. Today, we will focus on the last quality – self-control.

This can sometimes be the easiest one, but it can also be the hardest one to live out.

What does self-control mean to you? (*wait for responses*) (*all ideas should center around having the power over our reactions, our emotions and our thoughts.*)

When we talk about self-control, we often think about restraint, or saying no to things. The Bible teaches us to say no to sin – remember the Ten Commandments? Can you name some/all of them?

God sent Jesus to teach us about self-control through his actions. He resisted temptation and didn’t give in to evil. We know that Jesus is perfect, but his friends needed help resisting sin. Jesus’s disciple Peter faced many decisions about whether or not to choose self-control. Let’s learn more about self-control by studying the Bible!

BIBLE STORY: [Click here](#) for the Bible story video



DISCUSSION

DISCUSSION QUESTIONS:

What was the most out-of-control thing you think Peter did?

What was the most self-controlled thing you think Peter did?

When do you think it is hardest to use self-control? (*when you get mad, or sad, or you want something that you can't have or when you are jealous, etc.*)

In what ways are we like Peter? (*Sometimes we get out of control and sometimes we use self-control; it is hard to always use self-control.*)

We all have times we are in control and times when we are not, just as Peter did. Let us practice ways we can allow God to give us more self-control in our lives. Always remember, Jesus' love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control can carry us through anything!

ACTIVITY #1: Fruit of the Spirit Multi-Week Family Activity

Supplies (for total project): See below under each idea.

You will make part of this project each week of the Fruit of the Spirit series. Today you will add to your banner/poster from last week or make the overall banner/poster if needed.

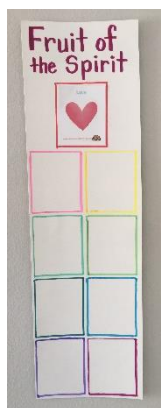
Images of various options:



1. **Poster** – Ready to print as is – use the link to print. Post in a central location for your family. Simplest way to do this activity.

Supplies: <https://biblegamescentral.com/wp-content/uploads/2019/02/Fruit-of-the-Spirit-Cards.pdf>.

Thank you, www.BibleGamesCentral.com.



2. **Vertical Banner** –

Supplies: poster board or large piece of paper, poster cards (link above), markers, glue stick and/or painter's tape. Great for a fridge or narrow space.

Write Title; draw boxes (we used the cards from the poster and just made them a bit larger; cut cards; and tape or glue each one in a box, one per week.

3. **Horizontal Banner** - Using Poster Cards (above link)



Supplies: ribbon, clothes pins or tape, poster cards, heavy paper cut in banner style or be as creative as you want.

To make the background banner cards, cut paper larger than the poster cards (see link above); lay them on a piece of ribbon; leave about 6 inches on each end to for hanging; write “Fruit of the Spirit” on the three center banner cards; attach blank banner cards to the ribbon with clothes pins or tape; cut out poster cards; tape or glue one on each banner card each week. Hang on a wall with painter’s tape or bulletin board, etc.



4. Horizontal Banner – Create your own

Supplies: Whatever you choose! For this one, we used ribbon, cardstock, markers, clothes pins, and painter’s tape to attach to the wall.



We would love to see your creation! Send to rfisher@stlukesmethodist.org.

Overall Directions:

1. As a family, decide how large you want your family banner to be and where the banner will be displayed in your home.
2. Select your design.
3. The fruit of the Spirit for this week is **self-control**.
4. As a family, decorate one sheet of paper to represent self-control. Be as creative as possible!
5. Attach self-control to the banner and hang in your house. A new picture and new fruit of the Spirit will be added each Sunday throughout the series.

ACTIVITY #2: Partner Painting

Inspired by <https://theinspiredtreehouse.com/partner-painting/>

As you heard in the Bible lesson, Peter often showed self-control when he was listening to Jesus or following his example. When we follow Jesus' teachings and listen to him before we act out, often this will result in us having better control.

The opposite is true, I am sure that if Peter had been thinking about Jesus and his teachings first, he would not have acted out in uncontrolled ways. Sometimes we act this way too because it is easier to act out before really thinking things through. But, that is not what God wants for us. He would want us to use the attribute of self-control. We can stop and think about what Jesus would do before acting.

This activity can act as an example of self-control, as children may need to stop and listen and think before deciding on what to do.

Supplies: Crayons, markers or pencils, paper

1. Children can work with an adult or another child as partners.
2. Have the partners sit back to back each with a piece of paper and something to write with.
3. Have one partner begin to create a picture, but they need to stop after each small part they create.
4. As they create their picture, they should instruct the other partner on how to create the same picture. The more detail, like size, shape, where on the paper, the better. This partner can ask for directions again if they need them.
5. After they are done, have them compare pictures. If they listened carefully, they should be similar!
6. Have the partners switch roles and repeat as many times as you like.
7. Another option for this if you would like to play with multiple partners would be to have one person give directions to an entire group and then switch roles after each drawing.

Discussion Questions:

1. Was this easy to do or hard?
2. Did it take self-control to be patient and get the directions from your partner?
3. How is this like an example of how we should act with self-control in our lives? (we should be patient, we should listen, we should ask questions politely when we do not know what to do)

Optional ACTIVITY #3: Family Game Night (pick any night of the week you would like to do this!) **Supplies:** Your family's favorite board game (Operation, Jenga, multiple card games, etc.)

You can continue the discussion from this week’s Bible story during a Family game night! It would be a wonderful time to discuss how to practice self-control.

Usually, we do not think about how we are using self-control when we play games, because we are focused on having fun and trying to win. Being in self-control helps us to win! As you play your favorite game, think through some of the decisions you must make during the game. Is it a good example of being in self-control or not? For example, take turns, making careful movements, etc. can all be examples of how to practice self-control during the game. Use these observations to talk about ways to practice self-control outside of the game.

CLOSING:

LEARNING SCRIPTURE:

Let’s say our scripture again!

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” *Galatians 5:22-23a*

This is the word of God for the people of God. **Thanks be to God.**

God sent us the gift of His Holy Spirit to guide us and to help us make choices that would please him. When we feel ourselves losing control, it can guide us towards making more self-controlled choices that would please Him. Let’s thank God with our closing prayer.

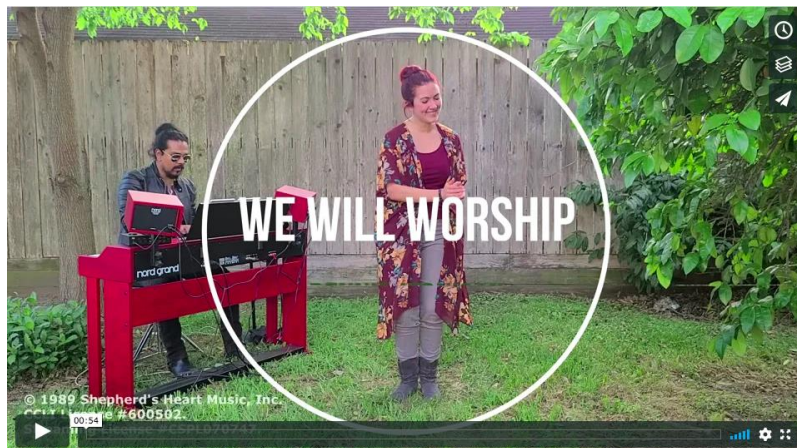
CLOSING PRAYER:

Dear God, we love you and thank you for all the attributes in the fruit of the Spirit! We especially thank you today for the attribute of self-control. Please let Your Holy Spirit guide our thoughts and actions so that we can practice better self-control. Amen.

CLOSING SONG:

Supplies: [Click here](#) for closing song, “We Will Worship” (Ashley Hymel & Thanushka Lewkebandara)

Play the closing song.



SERVICE OPPORTUNITY – to continue our worship all week!

Let's share some LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS and SELF-CONTROL: To help our world, learn something new about **recycling**, then try it out!