

Children's Ministries Lesson – 3rd-5th Grade

Fruit of the Spirit – Self-Control

1 Peter 5:8

July 12, 2020

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 your space, 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, Your Children's Ministries Team and Worship Leaders, Ashley Hymel & 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 and worship music links; Bible story 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 family "chant" as a way to begin our time together. Repeat what I say & do.

We are the [insert family name] family. (whoop whoop) **We are the [insert family name].**

(whoop whoop)

We are safe and helpful too. (clap clap) **We are safe and helpful too. (clap clap)**

Using kind words is what we do. (stomp stomp) **Using kind words is what we do. (stomp stomp)**

(stomp stomp)

Together we can make the world a better place. (high five) **Together we can make the world a better place. (high five)**

This is our family! (whoop whoop) **This is our family! (whoop whoop)**

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. Place your offering in your container. (You may use your 75th Anniversary piggy bank, if you have one.) 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?

An 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:

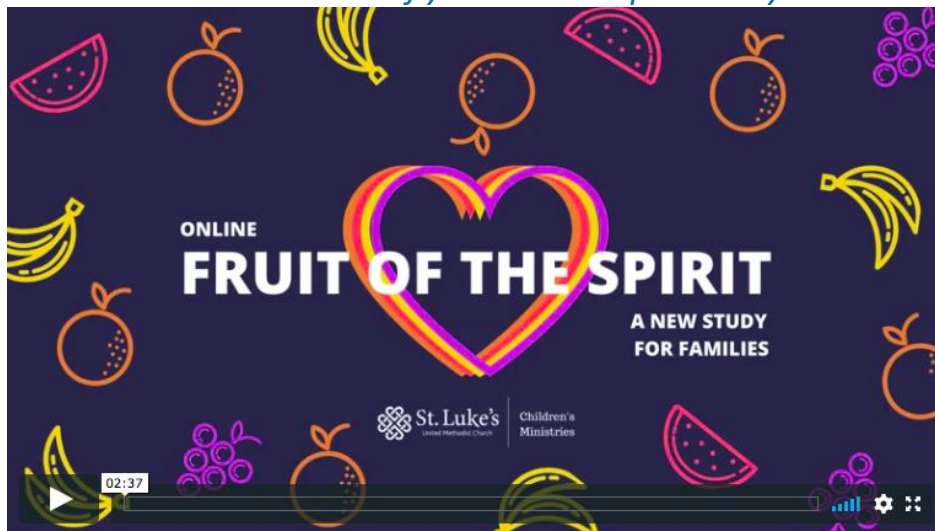
Let us learn this scripture together.

“By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.” Galatians 5:22-23

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.](#)



FRUIT OF THE SPIRIT PRAYER AND INTRODUCTION TO THE 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 please him and show his love to others.

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

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**.

In Jesus' name, we pray. Amen.

So far, we have learned about the attributes love, joy, peace, patience, kindness, goodness, faithfulness, and gentleness. Today, we will learn more about self-control!

What does **self-control** mean to you? (*Wait for responses – think about recent times in your family or what you see in the world around you.*)

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 did not 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 us learn more about self-control by studying the Bible!

BIBLE STORY:

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



DISCUSSION AFTER BIBLE STORY:

1. What is self-control? (*Self-control is the quality of resisting sin and temptation.*)
2. Why is it hard to have self-control sometimes? (*We can react based on our feelings: anger, frustration, fear, etc.*)
3. Why should we practice self-control? (*Jesus wants us to always lead with love, kindness, and forgiveness, just as he did. When we use self-control, we can think about what he would want us to do versus our own desires.*)

4. When did Peter practice self-control? *(Peter and his brother left behind everything and followed him.)*
5. When did Peter NOT have self-control? *(When he attacked one of the high priest's servants and cut off his ear, and when he denied knowing Jesus.)*
6. What can we learn from Peter? *(Even though we make mistakes, Jesus still chooses us as his followers. When we practice self-control, we get closer to Jesus.)*

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 "SELF-CONTROL" 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 week nine 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. Your banner should be complete now!

FAMILY CHALLENGE – Caught Seeing Self-Control

Supplies: Fruit of the Spirit banner and your family

Throughout this Fruit of the Spirit series, notice or “catch” each other living out the attributes of the fruit of the Spirit. When you notice God’s self-control, go to the banner and give a shout out to the family member who shows appreciation for God’s self-control. What are some ways your family shares self-control with one another? Of course, as your family notices “love” and “joy” and “peace” and “patience” and “kindness” and “goodness” and “gentleness” point those out, too!!

Parent Tip:

The goal of the banner is to help your family memorize the fruit of the Spirit and put them into practice each day. A great tip for memorizing the fruit of the Spirit is to remember it is made up of 9 characteristics. These characteristics can be broken down into three sets of three (3+3+3). Each of these three sets increases in syllables. The attributes in the first set have one syllable: love, joy, peace. The ones in the second set have two syllables: pa-tience, kind-ness, good-ness. And the ones in the third set have three syllables: faith-ful-ness, gen-tle-ness, and self-con-trol. Use this tip to help memorize the fruit of the Spirit for yourself and share with your children!

ACTIVITY 2 – Guess Who?

Activity from: <https://ministry-to-children.com/self-control-lesson-plan/>

Directions:

Read the questions below and see if your family can guess the character(s) from the Bible. There are five questions. Challenge your family to get a perfect 5/5!

Questions:

Who lacked self-control by eating a piece of fruit, even though God had commanded against it? (Eve)

Who lacked self-control by giving into peer pressure and ate a piece of fruit also? (Adam)

Who lacked self-control by letting jealousy control him and killing his brother Abel? (Cain)

Who lacked self-control by complaining in the wilderness to Moses? (the Israelites)

Who lacked self-control by spending all of his money on wild living? (the Prodigal son)

ACTIVITY 3 – Family Game Night (can play now or throughout the week)

Supplies: Jenga, Operation, Dominos, other building materials or other games that required self-control

Play these games as a family. Have conversations with your children about self-control during/after activity. Did you use self-control during the game? How? Was practicing self-control hard or easy? Why? Did you see other family members practicing self-control?

CLOSING:**LEARNING SCRIPTURE:**

Let's say our scripture again!

“By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.” Galatians 5:22-23

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

Today, we learned about self-control. Jesus teaches us that, although it can be hard sometimes, self-control allows us to love others better. When we practice self-control, we resist sin and show the power of Christ's grace. It takes a lot of practice and a whole lot of prayer. God wants us to keep our focus on him. When we do, we can experience and know the fruit of the Spirit. What a wonderful gift from God. Let's thank God with our closing prayer.

CLOSING PRAYER:

Ask someone to close in prayer or use the following prayer.

Dear God, we love you and thank you for the fruit of the Spirit you give us in self-control.

Thank you for loving us first to show us what true love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control look like. We pray that we may always

have self-control. Help us share these gifts with others through our words and our actions. We praise you and love you because you are God and you are kind. In Jesus' name, we pray.

Amen.

CLOSING SONG:

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

Play the closing song.



SERVICE OPPORTUNITIES – to continue our worship all week!

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

****Even though we have learned about each aspect of the fruit of the Spirit, stay tuned! Our next lesson will be a recap of the fruit of the Spirit!****