

Children's Ministries Lesson – **Threes, PreK, & Kindergarten**

Fruit of the Spirit – Self-Control

Galatians 5:22-23, Luke 4:1-13

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 for this lesson and the space you will use, please gather 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, Julie Osterman, Ashley Hymel, and Thanushka Lewkebandara.

BIBLE STORY POINT: Jesus was the perfect example of self-control. If we keep focused on Jesus, we too can have self-control and choose to do things God's way.

Self- Control Challenge – Marshmallow Challenge

Supplies: tray, jumbo marshmallows

Set out a tray of jumbo marshmallows (or a treat that your child enjoys), out of reach but in view. Explain to your child that they can have 1 marshmallow now, OR your child can wait and use self-control and have 2 marshmallows at the end of the lesson.

Explain that sometimes we have to wait. We wait when our parents are on the phone, or talking to someone else. We wait to take a turn in a game or on playground equipment. It is important to learn how to use self-control, because when we do good things happen. Our parents will give us attention, and we will get to take our turn in games and on the playground. In this case, we can have 2 treats instead of 1!!

SUPPLIES: worship focal point ideas: a Bible, a cross, a candle and an offering container; praise and worship song links; Bible story link; a blanket and some toys; additional activity supplies (see activity options below).

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:

I reach up (*reach both hands up to the sky*) **I reach up (*reach both hands up to the sky*)**

I reach down (*reach both hands down to their toes*) **I reach down (*reach both hands down to their toes*)**

I share a smile to everyone (*smile at each other*) **I share a smile to everyone (*smile at each other*)**

I see you (*point to each other*) **I see you (*point to each other*)**

You see me (*point to self*) **You see me (*point to self*)**

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*)

OPENING PRAISE SONGS:

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

Supplies: Select the link for Praise and Worship music.

1. **["Super Wonderful" and "Fruit of the Spirit"](#)** (Courtney Patty, Sunday School Music Teacher)



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). This 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's place our offering in this container.

THE LORD'S PRAYER:

Let us say The Lord's Prayer together. (If your child is just learning it, an "echo" prayer can be a helpful way to learn it. If your child already knows it, you may say it together:

Let us pray.

Our Father, **Our Father,**
who art in heaven, **who art in heaven,**
hallowed be thy name. **hallowed be thy name.**
Thy kingdom come, **Thy kingdom come,**
thy will be done **thy will be done**
on earth as it is in heaven. **on earth as it is in heaven.**
Give us this day **Give us this day**
our daily bread. **our daily bread.**
And forgive us our trespasses, **And forgive us our trespasses,**
as we forgive those **as we forgive those**
who trespass against us. **who trespass against us.**
And lead us not **And lead us not**
into temptation, **into temptation,**
but deliver us from evil. **but deliver us from evil.**
For thine is the kingdom, **For thine is the kingdom,**
and the power, **and the power,**
and the glory, forever. **and the glory, forever.**
Amen. **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.**

Fruit of the Spirit Series Introduction Video

Let's watch this video about our new Fruit of the Spirit series!

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



BIBLE STORY

Today, we are going to learn about God's special gift of **self-control**. What is **self-control**? Let's watch the Bible story together to find out.

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



Discussion Questions: *(ask some or all of these questions)*

1. How many fruit of the Spirit can you name? *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control*
2. What is self-control? *Make right and good choices*
3. Who showed perfect self-control? *Jesus in the desert*
4. How did Jesus show self-control? *Jesus chose to do things God's way*
5. Who can help us if self-control feels hard? *Jesus – we need to look to Jesus for our help and to stay strong to do things God's way*
6. What does it mean "to do things God's way"? *Use the fruit of the Spirit! Act from love, patience, kindness, and forgiveness.*

ACTIVITY OPTION #1: – Bubble Bonanza

Supplies: bottle of bubbles with bubble wand (or, recipe below to make your own), and basket/bucket

How to Make Bubbles (IF you do not already have bubbles at your home):

Ingredients:

large cup
1/2 cup dish soap
1 1/2 cups water
2 teaspoons sugar
bubble wands

Instructions

Get a large cup.
Pour ½ cup of dish soap into the cup.
Add 1 ½ cups of water.

Measure 2 teaspoons of sugar and add it to the water/soap mixture.
Gently stir your mixture.

Activity Setup:

Stand on one side of the room with the bubbles. Set a bucket or basket on the other side of the room, opposite from you.

Activity Directions:

After I blow a batch of bubbles, choose to follow the bubbles as they travel through this room. Your goal is to follow bubbles. Keep in mind that you may not fan or blow the bubbles. You may only follow it. Once you choose a bubble to follow, you must follow that bubble only. You may not change your mind. When it hits the ground or pops, you must stop and wait until I blow more bubbles.

Blow enough bubbles for children to follow one. Blow more bubbles to see if they can make it to the basket. They may notice that bubbles are not leading them to the pail. This is the idea.

DISCUSSION

Where did the bubble lead you?

Did your bubble lead you to the basket? Why or why not?

Now, we are changing the rules. Follow me across the room to the basket. *Lead the children across the room to the basket, making twists and turns along the way. After you reach the basket, ask everyone to sit in a circle.*

Did I lead you to the basket?

Which was the more reliable way to the basket, following me or following the bubbles. Why?

Following the bubble is like following your own choices, instead of God's choices. We wander around, and we get distracted, and we often follow what we think looks like the more fun and exciting ways. But we don't really get to where God wants to lead us. We may even fly out of control and miss the basket completely. But when we keep focused on Jesus and live by the Holy Spirit, we begin to see the fruit of the Spirit in all of our choices – words and actions. It was like following me – it was a clear path that was also fun and exciting AND it led us to where we needed to be.

PARENT TIP

#1 - "For a child to achieve an executive state, we must first achieve one ourselves. A child cannot be in a higher state than the adult." -- Conscious Discipline [\(Click here for our Children's Ministries Instagram page - @stlukeschildren\)](#)

Conscious Discipline empowers us to be conscious of brain-body states in ourselves and children. It then provides us with the practical skills we need to manage our feelings, thoughts, and actions. With this ability to self-regulate, we are then able to teach children to do the same.

<https://consciousdiscipline.com/methodology/brain-state-model/>

#2 – Arrow Prayers

An arrow prayer is a simple, short prayer that brings us into the presence of God. Often arrow prayers are just a couple of words, a sentence or less. They can be short passages of scripture, a cry for help, or just the name of Jesus. Say an arrow prayer when you need self-control.

Self- Control Prayer for Parents:

Lord,

I need your help that I may control my thoughts and words today. I want to be a blessing to others, so that they might see your goodness.

Amen.

ACTIVITY OPTION #2 – Fruit of the Spirit Banner (or Poster)

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. If you have not made a banner/poster before, today you will make the overall banner and decorate the section for love, joy, peace, patience, kindness, goodness, faithfulness, and gentleness.

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-Spirit-Cards.pdf>. Thank you, www.BibleGamesCentral.com.



[the](#)

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.



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.
6. As you see family members showing love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control point it out and encourage them to continue!

FAMILY CHALLENGE – Caught Showing SELF-CONTROL (and love, joy, peace, patience, kindness, goodness, faithfulness, gentleness)

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 someone showing **self-control**, go to the banner and give a shout out to the family member who shared **self-control**. What are some ways your family shows **self-control**? Of course, as your family notices the other fruit of the Spirit point those out, too!!

Want to do more with the challenge? Have family members record the acts of **self-control** (and love, joy, peace, patience, kindness, goodness, faithfulness, gentleness) on slips of paper and collect them in a jar. Read them together as a family and see God at work in your home!

Parent Tip to Learn the Fruit of the Spirit:

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, self-con-trol. Use this tip to help memorize the fruit of the Spirit for yourself and share with your children!

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.**

CLOSING PRAYER:

Now, let us say this prayer as an “echo” prayer. I will say some words, and you repeat them with me.

Dear God, **Dear God,**

Thank you for showing us how to have self-control. **Thank you for showing us how to have self-control.**

Please help me stay close to you. **Please help me stay close to you.**

So I can do things your way **So I can do things your way**

With love, patience, and forgiveness. With love, patience, and forgiveness.

Amen. **Amen.**

Self- Control Challenge – Marshmallow Challenge

Parents, remember to reward your child with 2 marshmallows if they waited through the entire lesson without taking a marshmallow. Tell them how important it was to show so much self-control. It can be so hard at times, but it is possible with God’s help.

ADDITIONAL ACTIVITY OPTION – Fruit of the Spirit Song

Supplies: Select [this link](#) for the “Fruit of the Spirit Song” by Go Fish.

While you listen to this song you can play “freeze” or use it as a song to clean up to! This is an easy song to throw in to the mix all week long as we to learn our fruits of the Spirit!

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! (See below)

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!