

Children's Ministries Lesson – **Toddlers/Twos**

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, Ashley Hymel, Thanushka Lewkebandara and Tina Throckmorton.

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.

SUPPLIES: Worship focal points: Bible, cross, candle (lit or unlit), and offering container; link to worship songs; link to Bible story video; fruit of the Spirit banner supplies (see 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 we 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 Fruit of the Spirit songs!

Supplies: [Select the links for Praise and worship Music:](#)

["Greeting Song & Fruit of the Spirit"](#) (Tina Throckmorton, 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, or add it to your 75th anniversary piggy bank. The scripture below is the scripture we use each Sunday during our Offertory time.

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

PRAYER:

Lead this cheer: Two, four, six, eight. We think (family member's name)'s really great. Thank you, God for (same person's name). End with the family cheering: Yea, God!

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

1. What special word did we learn about this week? *Self-control*
2. What is self-control? *Making good choices and showing patience with others*
3. In the story, who showed self-control? *Jesus, while He was in the desert*
4. 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*
5. How can you show the fruit of the Spirit of self-control? *Be patient, wait your turn, ask Jesus for help. Many answers work.*

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 their 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 TIPS

#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-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.

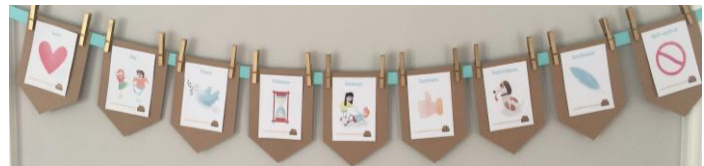
Write Title; draw boxes (we used the cards from the poster and just made them a bit larger; cut cards; and tape or glue each one in a box, one per week.



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.



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 this series.
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 fruits 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 (as age appropriate). A great tip for memorizing the fruit of the Spirit is to remember it is made up of 9 attributes. These attributes can be broken down into three sets of three. 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 use these words at prayer time as another time to share with your child.

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 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,**

If I am upset, **If I am upset**

And getting close to losing self-control, **And getting close to losing self-control,**

Please remind me, **Please remind me**

To ask for the help of your Holy Spirit, **To ask for the help of your Holy Spirit**

Amen. **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! (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!