

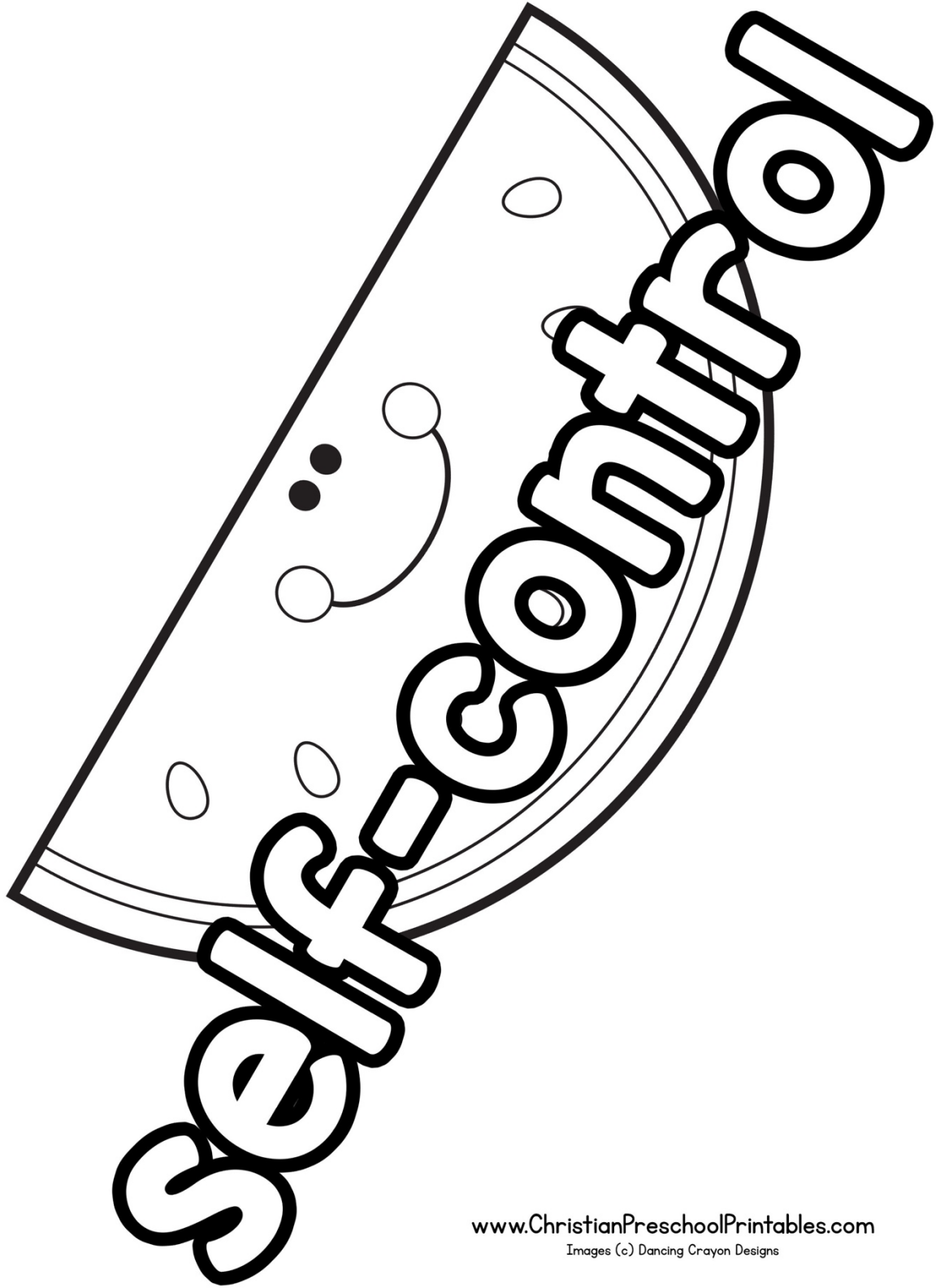
## Fruit of the Spirit: Self Control

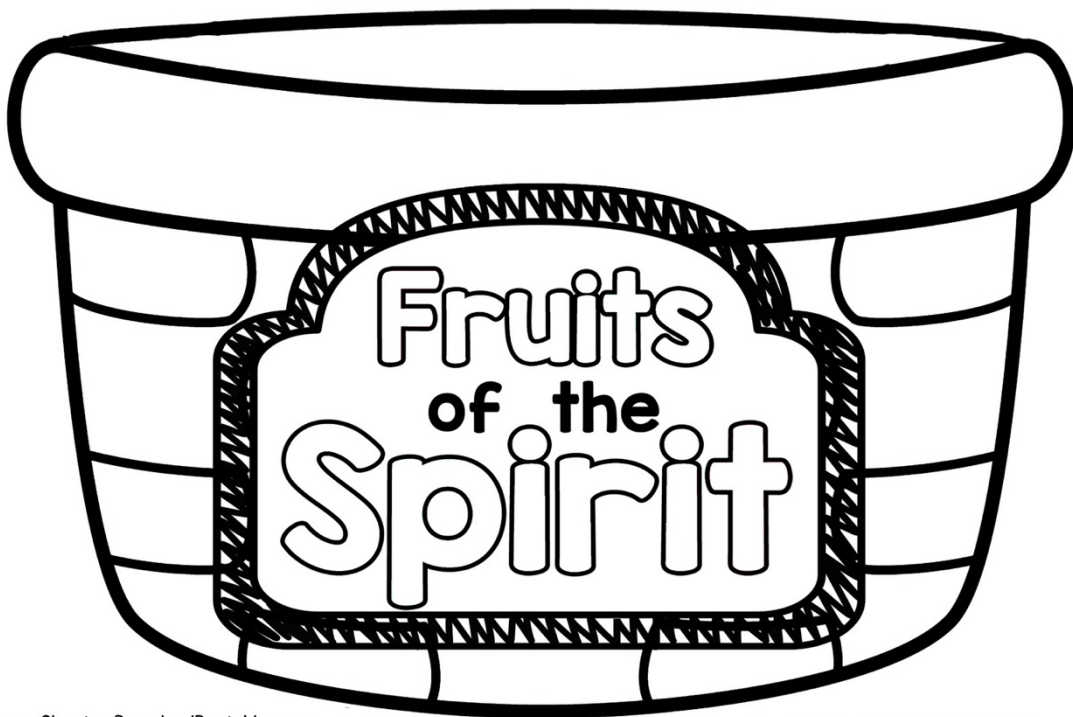
Week of September 6 – 12<sup>th</sup>

<b>Lesson Aim</b>	To help kids understand that we should practice self-control because it pleases God and helps us to love others better.
<b>Memory Verse (Practice every day)</b>	<b>Galatians 5:22-23</b> “But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control; against these things there is no law.”  (Another verse to memorize) <b>2 Timothy 1:7</b> “for God gave us a spirit not of fear but of power and love and self-control.”  <b>Song: “Self-Control”</b> <a href="https://www.youtube.com/watch?v=a0k3wOwJZ_4">https://www.youtube.com/watch?v=a0k3wOwJZ_4</a>
<b>This Week’s Story</b>	<b>Jesus in the Wilderness</b> <b>Read:</b> Matthew 4:1-11  <b>Video Resource:</b> The Fruit of the Spirit - Self Control (KidMotion) <a href="https://www.youtube.com/watch?v=n8bsIBlaTWO">https://www.youtube.com/watch?v=n8bsIBlaTWO</a>
<b>Potential Questions and Answers</b>	<b>Q: Jesus was in the wilderness for 40 days and 40 nights without any food to eat. What do people act like when they are hungry and tired?</b> A: They are grumpy and not very nice to others. (Ask your kids how they think they would act if they didn’t have any food for 40 days and had to sleep in the wilderness.)  <b>Q: The devil tempted Jesus 3 times. What did he tell Jesus to do?</b> A: 1. Tell the stones to become bread. 2. To jump off the tallest part of the temple so the angels would catch him. 3. To bow down and worship the devil.  <b>Q: What did Jesus do to show self-control when he was tempted?</b> A: He quoted Bible verses and obeyed God instead of listening to the lies of the devil.

	<p><b>Q: How can you use self-control to please God and to love others?</b>  A: Have your kids share ways they think they can practice self-control. Tell them of ways you have seen them show it.</p>
<p><b>Main Takeaways</b></p>	<p>Jesus was tempted by the devil in the wilderness but he did not give in to his lies because he wanted to please God above all.</p> <p>Every time the devil told Jesus to do something that would not please God, Jesus quoted the Bible back to the devil and resisted the temptation.</p> <p>Jesus is our perfect example of self-control. When we are tempted to do something that would not please God or love others, we should remember how Jesus had self-control and follow his example.</p> <p>Self-control can be really hard. When you are tempted to do something that would not please God, you can do this:</p> <ul style="list-style-type: none"> <li>• <b>Stop</b> what you are doing</li> <li>• <b>Think</b> about how your words or actions will impact others</li> <li>• <b>Pray</b> for help to obey God</li> </ul>
<p><b>Suggested Activity (Toddlers &amp; Preschool)</b></p>	<ul style="list-style-type: none"> <li>• <b>Coloring Page:</b> “Self-Control Watermelon”</li> <li>• <b>Fruit Book Pack</b> – have your kids color the coloring booklet (6 pages) and draw a picture that will remind them of each fruit of the Spirit.</li> <li>• <b>Game</b> - Play a game of Red-Light Green Light to practice self-control</li> </ul>
<p><b>Suggested Activity (K - 2<sup>nd</sup> Grades)</b></p>	<ul style="list-style-type: none"> <li>• <b>Self-Control with Bubbles</b> <ol style="list-style-type: none"> <li>1. Grab a bottle of bubbles and head outside.</li> <li>2. Let your kids know that you are going to blow bubbles. Tell them that the 1<sup>st</sup> time you blow them they can pop as many as they want.</li> <li>3. After a little while of letting them pop to their heart’s content, stop blowing bubbles and tell them that the rules will change for the next round of blowing bubbles. Tell them this time you’re going to blow bubbles but they can’t pop any.</li> </ol> </li> </ul>

	<p>4. Talk about how the 2<sup>nd</sup> round they had to practice self-control because they had to try hard “not” to pop the bubbles. Share ways this applies to other things in their lives (yours too).</p> <ul style="list-style-type: none"> <li>• <b>Fruit Book Pack</b> – have your kids color the coloring booklet (6 pages) and draw a picture that will remind them of each fruit of the Spirit.</li> <li>• <b>Fruit of the Spirit Puzzle</b> – Print out the puzzle and cut on lines so they can put it back together. They can also color their own puzzle too.</li> <li>• <b>Game - Laugh Out Loud!</b> Also known as the “giggle game,” the laugh out loud game is a hilarious way to show self-control. One child sits in a chair while others take turns trying to make the seated child laugh. The only rule—you can’t touch the child! Each child has 30 seconds to make the child laugh. If they laugh, the one who induced the laughter gets to take the seat.</li> </ul>
<p><b>Suggested Activity</b> (3<sup>rd</sup> - 5<sup>th</sup> Grades)</p>	<ul style="list-style-type: none"> <li>• <b>Decoding the Fruits</b></li> <li>• <b>Word Memory Match</b> (Print 2 pages)</li> <li>• <b>Word Search</b></li> <li>• <b>Game</b> – Laugh Out Loud! See instructions above.</li> </ul>
<p><b>Prayer Time</b></p>	<p>For the next 9 days spend time praying with your kids before dinner or at bedtime for the fruits of the Spirit to be present in their lives (they can pray that for you too)! For example, on Monday pray for Love, Tuesday pray for Joy, etc.</p>



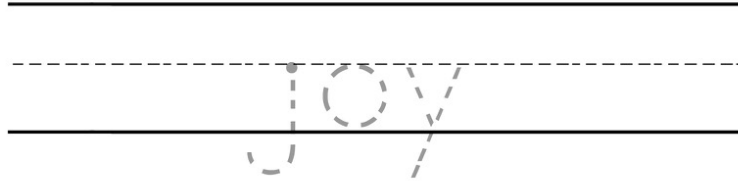
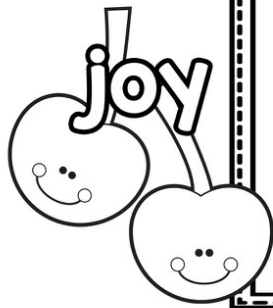


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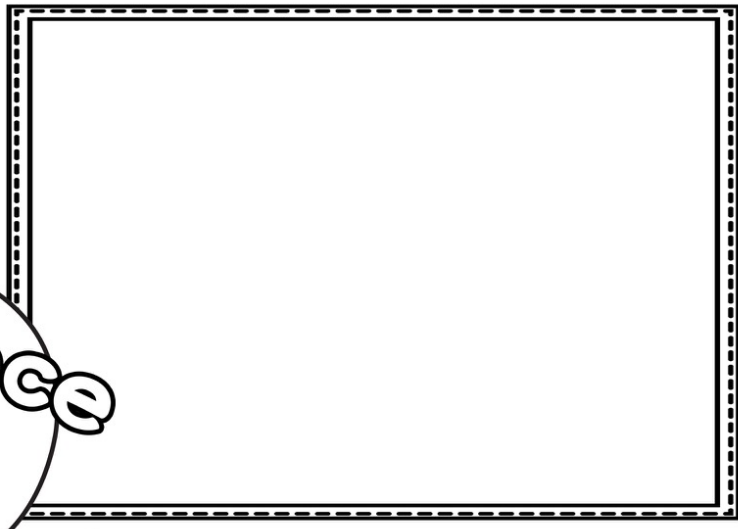
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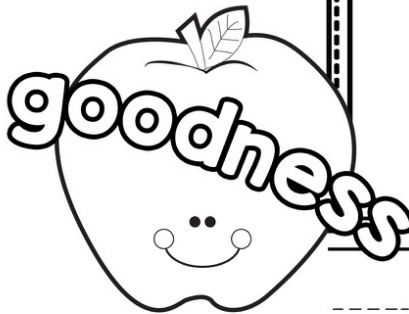
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kindness

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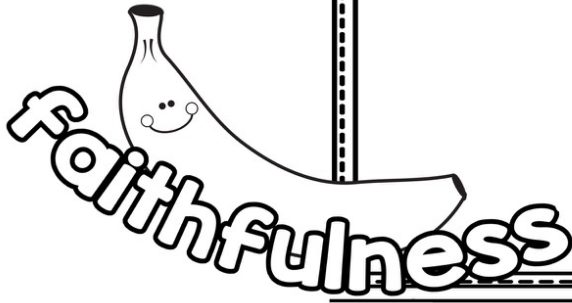
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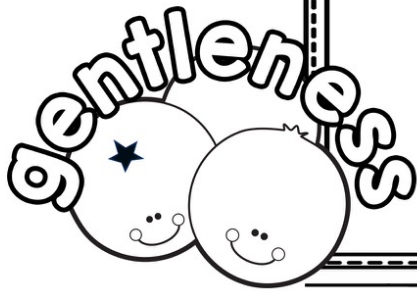


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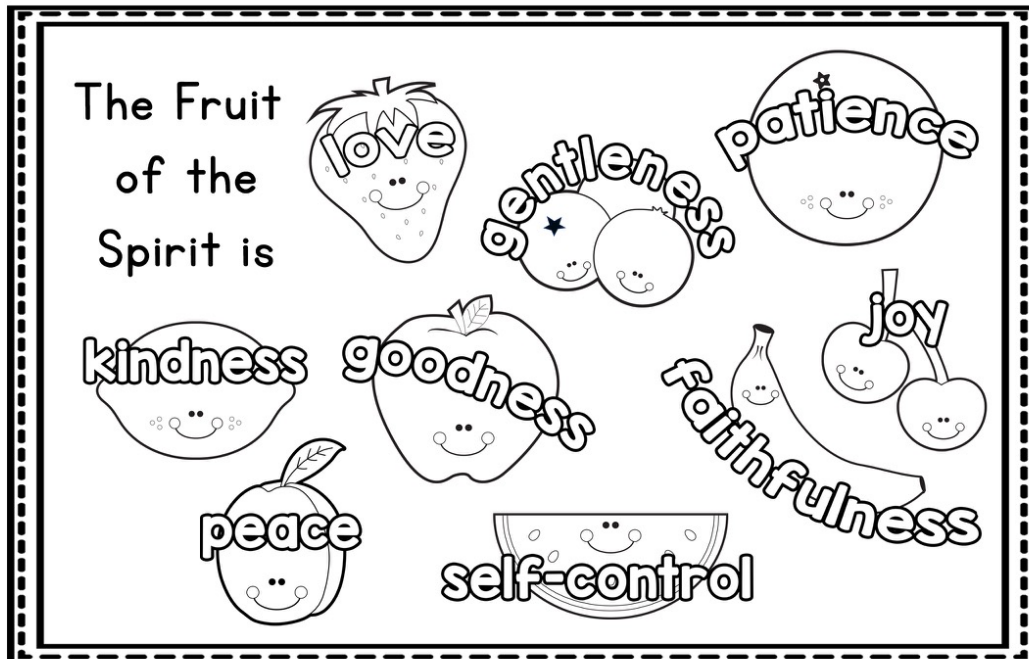
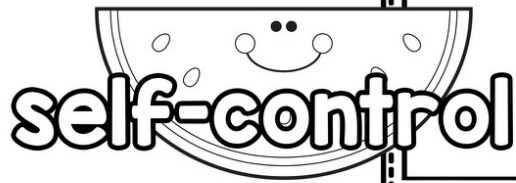
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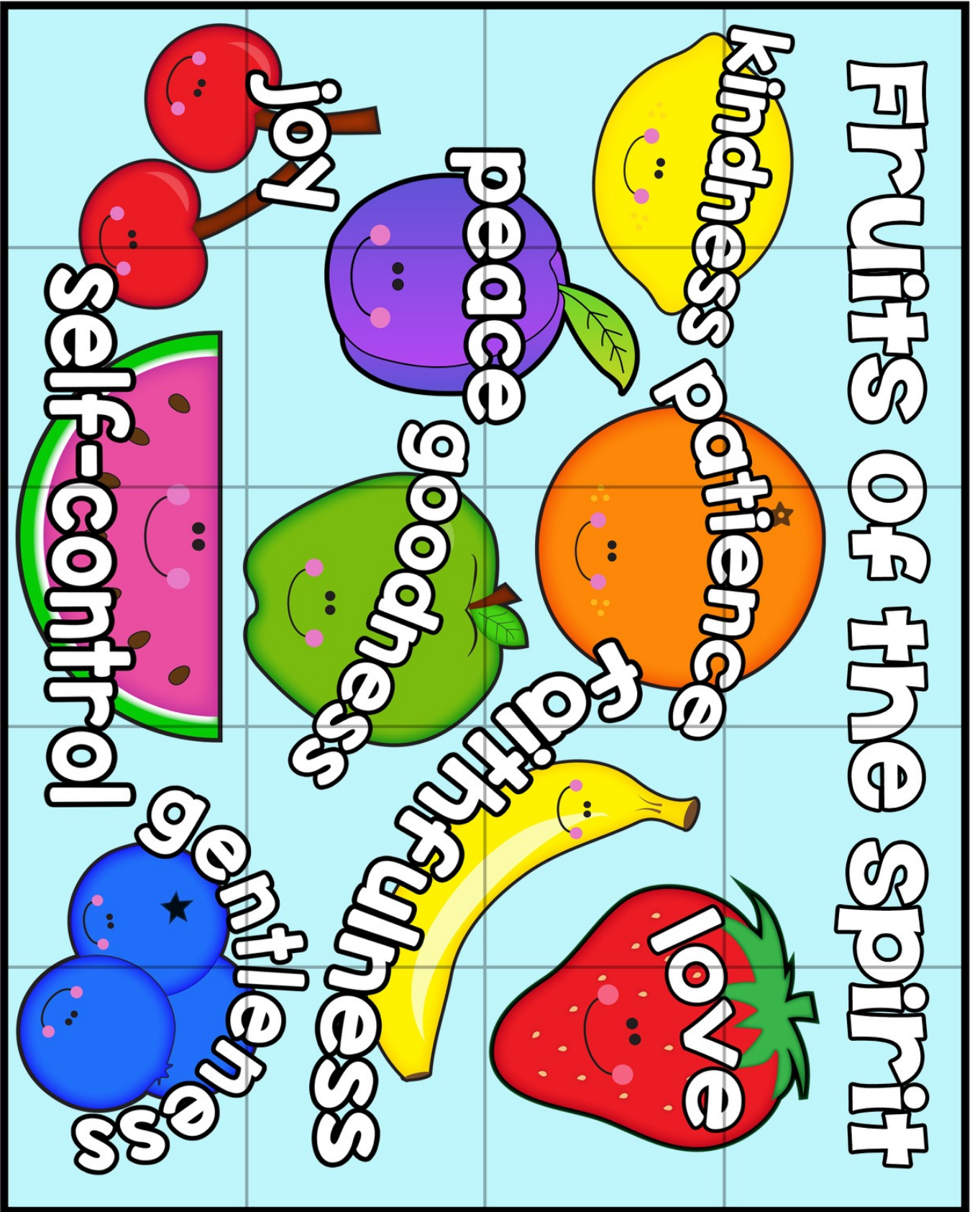
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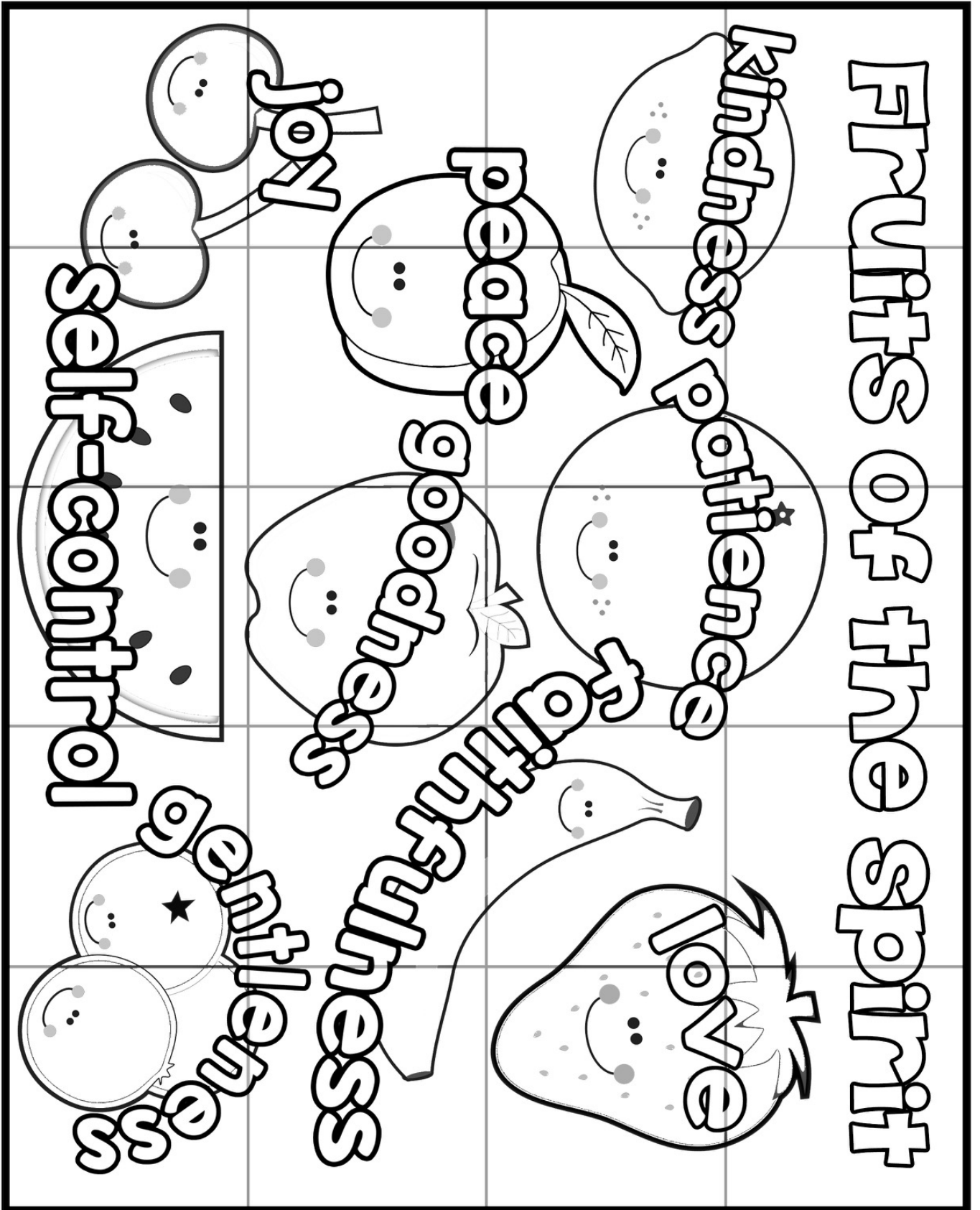


gentleness

The Fruit  
of the  
Spirit is







# Fruit of the Spirit

For the fruit of the Spirit is in all goodness and righteousness and truth; ~Eph 5:9

Each number represents a letter of the alphabet. Decode the words by finding the letters represented by the numbers.

20 7 13 5

7

18

11

2

15

1

1

12

9

8

18

11

11

16 5 3 17 5

18

21 7 14

10

18

12 5 19 16 5 9 3 18 17 5

9

18

2

19 5 5 4 18 5 2 2

18

11

2

2

A	C	D	E	F	G	H	I	J	K	L
M	N	O	P	R	S	T	U	V	Y	
1	2	3	4	5	6	7	8	9	10	11
F	S	A	K	E	H	O	I	R		
12	13	14	15	16	17	18	19	20	21	

 <p>love</p>	 <p>peace</p>	 <p>joy</p>
 <p>patience</p>	 <p>kindness</p>	 <p>gentleness</p>
 <p>faithfulness</p>	 <p>goodness</p>	 <p>self-control</p>
 <p>Fruits of the Spirit</p>	 <p>Galatians 5:22-23</p>	<p>But the fruit of the Spirit is <b>love</b>, <b>joy</b>, <b>peace</b>, <b>patience</b>, <b>kindness</b>, <b>goodness</b>, <b>faithfulness</b>, <b>gentleness</b>, and <b>self-control</b></p>

# THE FRUIT OF THE SPIRIT



BiblePuzzles.com

Galatians 5:22-23

**FAITHFULNESS**  
**GENTLENESS**  
**GOODNESS**  
**JOY**  
**KINDNESS**  
**LOVE**



**PATIENCE**  
**PEACE**  
**SELF-CONTROL**