

Bible Stories

Judges 13-16 The Story of Samson

Activity: using playdoh to tell the story

<https://www.cbcbg.org/files/public/children/resources/God%27s%20Kids%20Grow/God%27s%20Kids%20Grow%2019.PDF>

Bible stories with Questions for Discussion

<https://www.kidsofintegrity.com/lessons/self-control/bible-stories>

Games

Also could be used to introduce the theme in an all age talk/service

Don't bite it! For this object lesson, you'll need some sticks of gum. Share the kids this verse: "A man without self-control is like a city broken into and left without walls." (Proverbs 25:28) Explain to the kids that when we don't have self-control, it affects our souls. We must keep up the walls by displaying self-control. Call forward some volunteers and ask them to poke out their tongues. Unwrap the gum and place it on the child's tongue. Tell them they have to leave it on the tongue but they can't bite it. Whoever goes the longest is the winner! After a winner is declared, explain that you know how hard it is to have self-control but with practice, it becomes easier.

Laugh out loud! 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 children 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 she laughs, the one who induced the laughter gets to take the seat. It's that easy! Before the game begins or after, talk to the children about self-control. Share a verse like, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law." (Galatians 5:22-23)

Balance Time! A lesson in self-control with toilet roll tubes and marbles.

<https://flamecreativekids.blogspot.com/search/label/Self%20control>

Bubbles! blow bubbles and tell children they are not allowed to burst any until you tell them they can (they find this very hard). After a time limit, let them burst the bubbles! Repeat the game.



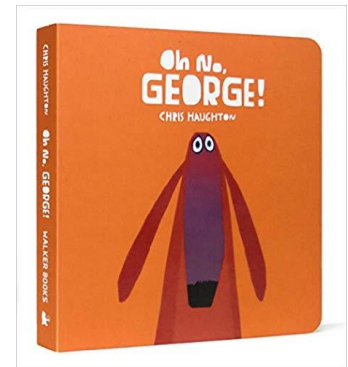
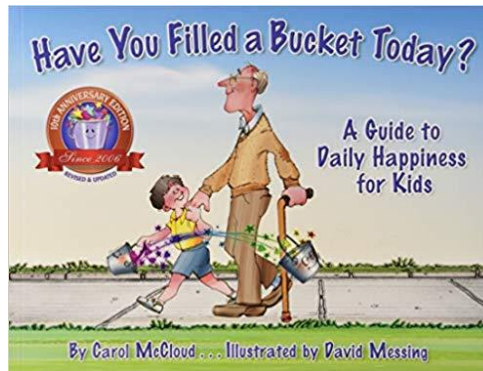
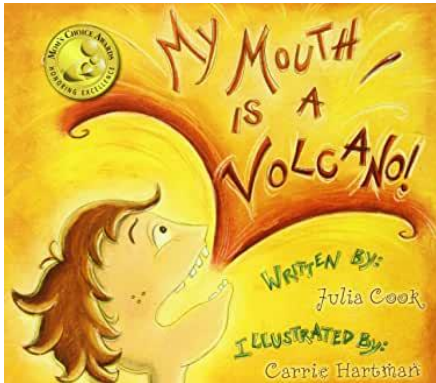
Children

Age 7-11 Children's session from Ministry to Children.

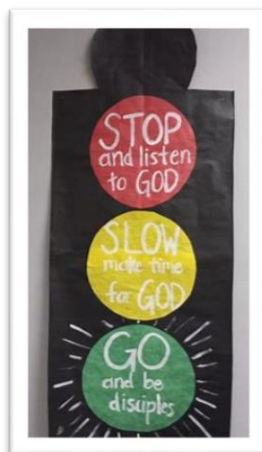
<https://ministry-to-children.com/self-control-bible-lesson-fruit-of-the-spirit/>

You tube Douglas talks – the fruits of the spirit for Kids

<https://www.youtube.com/watch?v=KoLqyBDT-ik>

Books

1. An entertaining way to teach children the value of respecting others by listening and waiting for their turn to speak.
2. A really good book to encourage good thoughts and feelings. The 'invisible bucket' holds your good thoughts and feelings. When you do something kind, you fill someone's bucket; when you do something mean, you dip into someone's bucket and remove some good thoughts and feelings. It helps children think about how their own social interactions can affect others both positively and negatively. This book focuses on how our social interactions positively or negatively affect others and encourages all to be kind.
3. Oh No George by Chris Haughton. Can George be good? He really hopes he can but can he resist the chocolate cake? Affable George, a dog trying to be good – with hilarious results!

Crafts

<https://flamecreativekids.blogspot.com/2012/10/fruit-of-spirit-self-control-prayer.html>

<https://flamecreativekids.blogspot.com/2015/01/jesus-calms-storm-sensory-bottles-for.html>

<http://flamecreativekids.blogspot.com/2013/04/reflection-bottles.html>

Youth (11+)

Be on your guard; stand firm in the faith; be men of courage; be strong.

1 Corinthians 16:1 3

Game: on guard

Craft: Reminder Bracelets

<https://www.cbcbg.org/files/public/children/resources/God%27s%20Kids%20Grow/God%27s%20Kids%20Grow%2019.PDF>

Small group discussion: Managing our Time

<https://www.youthandchildrens.work/Past-Issues/2017/October-2017/Mentoring-Self-control>

Film Clip: Inside Out

After showing the clip, break into small groups and discuss:

- *Is anger only a bad emotion?*
- *Do you ever feel like you have different emotions fighting to be in charge? Which ones do you let win most often?*
- *Do you think it's true that teenagers have more trouble understanding their emotions?*
- *Have you ever had an experience where you've felt one emotion dominate for a long time? How did you allow other emotions back in?*

Read Ephesians 4:25-32 and discuss:

- *What does this passage imply about anger?*
- *What do you think are the key qualities we should be striving towards, according to the passage?*
- *Is this passage setting unrealistic expectations for Christians?*
- *What could verse 32 look like practically?*

<https://www.youthandchildrens.work/Youthwork-past-issues/2016/January-2016/Ready-to-use-Movie-Inside-Out>



School's Work

New Year's Resolutions: Being Happy.

<https://www.youthandchildrens.work/Youthwork-past-issues/2014/January-2014/Ready-to-use-Schools-Work-Assembly-plan-Happy-New-Year>

A school Assembly outline KS1 -KS2

<https://www.assemblies.org.uk/pri/2056/selfcontrol-fruits-of-the-spirit>

Fruits of the spirit 10 lesson plans to download each lasting about 30 mins.

<https://flamecreativekids.blogspot.com/2014/09/fruit-of-spirit-curriculum-10-free.html>