

Mastering Self-Control



Pre service/ Ice breaker (10 min): Bible Character Charades

1. Write the names of different Bible characters on small slips of paper (e.g., Moses, Noah, David, Esther, Jonah).
2. Place the slips in a hat or a bag.
3. Explain to the children that they will take turns drawing a slip and acting out the character without speaking, while the others guess who they are.

2. Praise and worship (15 min):

- My God (3C Live)
 - No one (Elevation Worship)
 - Communion with the King (3C Live)
-

3. Ministry to kids (5 min):

Pray for the needs of kids. (A leader can prepare a short scripture for ministry)

4. Offering (5 min):

Encourage kids to bring their offering. (A volunteer can prepare a scripture for offering) Pray a blessing as they give.

5. Announcements (3 min):

Bring a buddy day coming soon – Invite friends from your list of 10

6. Birthdays (5 min):

Celebrate birthdays that have happened in the past week. Sing and pray for the children. Give a special birthday treat to the birthday people for the month.

7. Lesson (20-30 min)

Lesson objective: Children will understand the importance of self-control through the example of Jesus in the Garden of Gethsemane (Matthew 26:36-41), learning how to seek God's help in overcoming their own struggles and temptations.

Memory verse: *1 Corinthians 10:13*

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Declaration: "I choose to rely on God's strength to master self-control and overcome any temptation."

Opening:

- Ask the children if they have ever faced a situation where they knew what the right thing to do was but found it difficult to do it (like choosing between homework and playing games).

- Encourage them to share their experiences and how it made them feel.

- Explain the concept of self-control and its importance in daily life. Mention that even Jesus faced temptation and showed self-control.

Then read the Scripture: *Matthew 26:36-41*

Points to highlight about the chapter:

- Jesus' Example of Self-Control

Jesus prayed in Gethsemane, showing submission to God's will over His own desires.

- "Not as I will but as YOU will, God."

- "Watch and Pray"

Jesus advised to watch and pray, acknowledging that while our spirit is willing, our flesh is weak.

- "Watch and Pray. The spirit is willing but the flesh is weak."

Then read the scripture: *James 1:12-16* and highlight the following about the scripture

- The Purpose of Tests and Temptations

God tests us to bring out the good, while the devil tempts us to bring out the bad.

- Discuss the difference between tests (to strengthen) and temptations (to weaken).

- Building Endurance through Trials

Trials test our faith and develop perseverance, leading to maturity and completeness.

Application (Can be done in groups too)

- Leaders pray for kids to develop self-control and strength to overcome temptation.

- Read the core scriptures together and encourage them to memorize and apply them in their lives.

- Discuss the following on overcoming temptation and mastering self-control:

1. Rely on God's Strength: Emphasise that self-control is not just about our own willpower but about relying on God's strength.
2. Prayer as a Tool: Encourage the habit of prayer to seek God's guidance and strength in moments of temptation.

Challenge for the week:

- See challenge paper for the week