

# Kids' Connect Weekly

## Week 9: Self-Control

Ice cream is delicious and refreshing on a hot day. But if you have too much ice cream, you might start to feel sick afterwards. This is because even though it is tasty, you can have too much of a good thing. You need to know when to stop. Knowing when to stop is one way we show self-control. The Apostle Paul knew how important it was to be in control of what he said, thought and did around others in order to win people for Christ. Because Paul had the Holy Spirit, he was able to do this. When we love Jesus we also have His Holy Spirit and we can grow in our ability to show self-control. Even though we might sometimes feel frustrated, angry, upset or bored, we can stop and ask God to give us the power to control our actions. And the best part?

God will always give us the strength to do this!

### Get in the Word...



1 Peter 1:5-7:

Galatians 5:22-23

James 1:19



### Main Verse:

"For God gave us a spirit not of fear but of power and love and self-control."

2 Timothy 1:7 (ESV)

### Review Questions:

1. Have you ever done something you wished you hadn't done? How did it make you feel?
2. What does controlling your thoughts look like?
3. Have you ever thought of something that you shouldn't have? What could you have done differently?
4. How does acting or thinking badly impact your ability to show God's love to others?
5. Describe a situation recently where you felt angry, sad, or upset. What did you do?
6. Why do you think it is important to control your behaviour?
7. How does self-control help us when we talk to our friends and family?
8. God gives us the ability to control our actions! Say one action you can ask God to help you change this week?
9. What is a situation this week where you might need to control your thoughts?



### Activities:



## Don't forget to pray!

**Freeze Dance:** Have a dance party with your family members. When you stop the music, they must hold very still. The first person to move is eliminated for the next round. The winner is the last one dancing.

**Traffic Lights:** One kid plays traffic cop and turns to face a wall. The other family members start at the other side of the room at a starting line. When the traffic cop shouts "Green!" everyone advances. If the traffic cop shouts "Red!" everyone stops, and the cop gets to turn around and see if everyone obeys. If they catch anyone still moving, they can send them back to the starting line. The winner is the first person to cross the room and tag the traffic cop.

### Bonus:

Homemade Ice Cream in a Bag

<https://www.foodnetwork.com/recipes/food-network-kitchen/ice-cream-in-a-bag-5233580>