

Self Control

[Stop. Think. Pray]



THE BIG IDEA

Self control is saying no to the things that are not good for me and yes to what God says because it is good for me.



MEMORY VERSE

See resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

2 Timothy 1:7 (ESV)

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



READ

Matthew 4:1-11



DISCUSSION

Talk about how in football, if someone gets fouled, the referee will give a free kick. The team will try to shoot and score from a free kick.

To make it harder for them to do that, the opposing team will make a wall in front of the ball to try and block the shot. The goal is safer when the wall is in place. The Bible tells us that our hearts are safer when we have self-control. The devil wants to tempt us and get us to disobey God and so God helps us by giving us self-control through the Holy Spirit.

Resources



Praise Songs

Give me self-control,
Sovereign Grace Kids
It's a light and a hammer, Awesome
Cutlery



Activities

See Resource FOS2

Blowing Bubbles



Crafts

See Resource FOS3

Decorating Cupcakes/Biscuits



Programme Card

Fitness Bingo

https://bit.ly/Jnr_FitnessBingo

You could act out a free kick with the boys if you have space.

Self-control is saying no to the things that are not good for me, and yes to what is good for me. It means listening and acting how God wants me to rather than reacting or doing what I want to do.

In tonight's Bible lesson, we are going to see how Jesus had self-control when He was tempted to do the wrong thing.



The Talk

I want to start tonight by asking you a question that might make us all really hungry – what are your favourite crisps, and what is your favourite chocolate bar?

We all have favourites, and if you are like me, whenever you get your favourite crisps or chocolate and you open it up to have some, it can be really hard to just take a little bit and then put it away for another time. In fact, I wonder have you ever eaten more than you should? Maybe you got a big bar of chocolate, or a share size bag of crisps, and before you knew it, they were pretty much all gone.

I have some Pringles with me tonight because their motto is “Once you pop, you just can’t stop!” They think that their crisps are so good that you won’t be able to stop yourself from eating them all. They don’t think that people will be able to have self-control because their crisps will be too tempting to say no to.

The Bible talks a lot about self-control, and here is one thing we read in the book of Proverbs:

Proverbs 25:28 (ESV)

A man without self-control is like a city broken into and left without walls.

We’ve all had moments when we’ve been really hungry. Maybe we slept in and didn’t have time for breakfast; maybe we were enjoying playing outside so much that we just quickly ate half of our lunch and left the rest. When we get hungry, lots of us can become a bit grumpy and angry – we can lose control of our emotions and our behaviour. Imagine for a moment that you are really hungry. You can hear your stomach gurgling and asking for food. Then imagine someone comes along and gives you your favourite McDonald’s meal. It’d be impossible to say no, wouldn’t it? When we are hungry, our ability to turn down food grows weaker and weaker by the second.

With that in mind, look at what our passage for tonight begins by telling us – Jesus has been fasting for a long time and is now very hungry. Humanly speaking, He is bound to be at His weakest – and look at what the devil does – he comes along and tempts Jesus with food. This is so sneaky and cruel.

Jesus tells us in John 10:10 (NIV), “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

The devil tries to get us to do what God wouldn’t want us to do. We see that in this encounter with Jesus. The devil tries to tempt him with short-term happiness, fame and attention, power and position – things that I am sure we would all love to have. (And things that aren’t always bad). But Jesus has self-control and doesn’t give into temptation. He stands strong against the devil. How? Well, we can see for ourselves. Three times Jesus is tempted, and three times He responds with the words, “IT IS WRITTEN.”

Jesus is able to resist temptation and have self-control because He knows God’s word and chooses to put it as top priority in His heart.

Self-control grows in us when we spend time with God and learn what the Bible teaches us about how we should live. God is able to help us understand what is right and what is wrong; what is good for us and what will harm us; and then He gives us the power that we need to obey Him and do what He says. The Holy Spirit working in our hearts helps us, and when we are tempted we can stop, think, and pray for God to help us obey Him.

STOP Stop what I’m doing.

THINK Think about what God’s word says and how He wants us to live.

PRAY Pray for help to obey God.

