



TNCC  
CHILDREN'S  
CHURCH

# FRUIT OF THE SPIRIT: SELF CONTROL

## HOOK

Prepare a nice attractive treat for the kids, e.g. mini tarts, M&Ms or Pringles chips.

Give each kid one, and tell them they cannot eat it until you tell them to.

Then start talking — welcome and introductions of new kids, take attendance etc etc.

By now, some of the kids would have started fidgeting and trying to eat the treat.

Close by saying that today, we will be learning about the final Fruit of the Spirit, which is Self-Control — which means controlling what our self wants.

Then let them eat the treat.

-- or --

Attach a bull's eye target to the wall. Give each child a balloon. Tell kids to blow up the balloons and hold them without tying them off. Instruct kids to let go of their balloons when you say "Go" to see if they can hit the bull's eye.

These balloons were out of control, weren't they? You couldn't get them to hit the target, could you? That's the way we are if we don't have self-control. We go all over the place — our thoughts, words and actions get out of control — and could potentially hurt ourselves and others.

**Galatians 5:22-23** *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*



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## STORY

### Jesus had self-control

Jesus is the one person who had perfect self-control His entire life. The Bible calls Jesus the one who "had no sin" (2 Corinthians 5:21), which means He never sinned at all. Think about that kind of self-control! He never thought, "Just this one time, I can lie to my parents," or, "No one will know if I punch my brother."

We might think, "Well, Jesus must have lived a life very different from me. He didn't have to live with my sister!" For one thing, the Bible tells us that Jesus had lots of brothers and sisters (Matthew 13:55-56). Is it easy to live with brothers and sisters without ever being annoyed or frustrated with them? No way!

The Bible says that Jesus was tempted to sin in every way that we are tempted (Hebrews 4:15) which means His brothers and sisters probably bugged Him sometimes, but He never sinned. He was not mean to them, He didn't hit them, He never stole their candy. He didn't even think bad thoughts about them! That is amazing self-control!

Satan himself came to try to tempt Jesus 3 different times. He tried to get Jesus to use His power to turn stones into bread (and Jesus was very, very hungry). Then Satan tried to get Jesus to worship Him so He can have power over all the kingdoms of the world. And Satan also tried to get Jesus to show off by jumping off a very high place. In all these, Jesus knew He didn't want to be controlled by His hunger or desire for power or ego; He wanted to be controlled by what God wanted. So He said no.

Jesus never sinned, and not only during this time, but during His entire life. He is our perfect example! Because He lived a perfect life, we do not have to. Through His sacrifice, His death on the cross, we are forgiven and set free from our sin. As we come to know Him more and more, we can begin to be like Him! We can begin to show self-control through His power!

But Jesus not only had self-control to keep Himself from doing wrong things. He had so much self-control that He was always able to do the right things! He always did what God wanted Him to do, even when it was very, very difficult and painful. Do you remember when Jesus was arrested and taken to the cross? On the night that Jesus was arrested, before the soldiers came to take Him, He was on the Mount of Olives praying to God. Jesus prayed, "Father, if you are willing, take this cup of suffering away from me. But do what you want, not what I want." (Luke 22:42) Jesus knew that He would go through terrible suffering when He was arrested and nailed to a cross. No one would want to suffer by hanging on a cross! But by His incredible self-control, Jesus chose to obey God's will rather than doing what He wanted to do.



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## LESSON

### **What is Self-Control?**

Self-control often means choosing a better reaction.

Instead of hitting someone back or grabbing a toy they took from us, we can choose to practice self-control and respond peacefully.

Self-control might look like taking a deep breath and walking away. Self-control might mean we go find an adult to help us.

Self-control can also mean choosing to say and do nothing in a tough situation.

Besides practicing self-control with others, we can practice it in our own life in areas that require focus. Maybe you are learning a new sport or instrument. You may want to give up after practicing for a short time. In this situation, self-control means you continue to stay at it, even though you want to give up.

Or maybe you love, love, love to eat cookies and mom says you can have one. You see the jar on the counter and you are tempted to grab another. Self-control means you decide not to grab another and enjoy the one you were given.

### **When we lose control ...**

It's not always easy. We have our wants and desires. We have our emotions. Sometimes we get really, really hurt and upset when somebody says something mean, and we react instinctively. Sometimes we really, really want that last cookie or Pringles chip, and it's hard to stop.

Just like a lion naturally wants to prowl the jungle or roar at a human, our natural self (our sin nature) wants to do bad stuff sometimes. What are some bad things that we are tempted to do sometimes? You might want to grab what you want right when you want it; you might want to hit someone or yell at someone when you are angry; you might want to push someone when they get in front of you; you might want your own way instead of thinking of others. These are all actions that we must control for ourselves.

Also, there are some good things that we should do, that our natural self just doesn't want to do. We should get up and get ready for school in the morning; we should do our homework; we should do our chores that our parents ask us to do. Again, it takes self-control to do the right things that we are supposed to do.

So if we try to control our self by ourselves, it's very likely that we may fail.

We have to learn to allow the Holy Spirit to control us. That's the way to have self-control.

*When the Holy Spirit is in control, I have self-control.*



## God gives us self-control

Remember, the Fruit of the Spirit is self-control. Fruit means it is the natural result of something — having the Spirit of God in us.

When we accept Jesus into our hearts, we have His Holy Spirit in us.

**2 Timothy 1:7** *for God gave us a spirit not of fear but of power and love and self-control.*

This means, when we are walking with God and looking to him for guidance, God's power and love are in our heart and he will help us use self-control when we need to.

**Titus 2:11-12** *For the grace of God has appeared that offers salvation to all people. 12 It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age ...*

The word grace means "what we do not deserve." Grace does not mean we can live however we like without caring about others or what God says. Grace is what God gives us so we have the power to make the right choice in every situation. Grace is the reason we can exercise self-control and have all of the fruit of the spirit in our lives.

As we allow the Holy Spirit to work in our lives, instead of our "self", He helps us to exercise self-control in our thoughts, words and actions.

*When the Holy Spirit is in control, I have self-control.*

## How do we let the Holy Spirit control us?

When we are faced with a situation where we feel like we are losing control, let's stop, take a deep breath and ask God to take over the "steering wheel" — the controls — of the situation.

Sometimes we have to walk away.

Sometimes we have to take a deep breath and smile.

Sometimes we can talk to our parents about it. But even if there's nobody else to talk to, we can talk to Jesus and tell Him all that we are going through and ask Him to help you make the right decision.

And even if we fail, go back to Jesus and ask for His help to let His Spirit control you.

When we believe in Jesus, God's Spirit fills us — just like it filled Jesus (Luke 4:1). We can have self-control just like Jesus did when we depend on the Spirit to guide us. So no matter what is going on around us, we can keep from doing wrong things and we can do right things.

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## ACTIVITY SUGGESTIONS

**Share:** In what areas can we exercise letting the Spirit be in control?

**Memory Verse challenge:** Game, activity or craft with the memory verse.

**2 Timothy 1:7** *for God gave us a spirit not of fear but of power and love and self-control.*

**Songs/Worship:**

**Fruit of the Spirit (by Steve Green)** — revision

[https://www.youtube.com/watch?v=PLJt\\_85MNLY](https://www.youtube.com/watch?v=PLJt_85MNLY)

**God is so good/Jesus you are so good**

<https://www.youtube.com/watch?v=AoL-PAfx2vg>

**Forever God is Faithful**

<https://www.youtube.com/watch?v=uSM96OA39ic>

**Yesus pokok dan kita cabangnya**

<http://www.kidung.com/2010/08/12/lirik-chord-lagu-sekolah-minggu-yesus-pokok/>

Close in prayer.