



Week 9 – Self Control

Bible Story: Jesus Resists Temptation (Matthew 4:1-11)

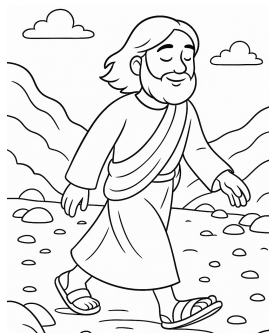
Main Idea: We don't have to let our feelings control us—the Holy Spirit helps us make good choices.

Jesus' Example: When Jesus was tempted, He didn't give in. With the Holy Spirit, we can say "no" to sin and "yes" to God

Free Play/Colouring Sheets

ONE80 VOLUNTEERS: Set up an inviting space for the children for their arrival.

Welcome, friends! Today, we're learning about Self-Control—a special gift from Jesus that helps us stay calm and kind, even when things don't go our way. Let's have some fun while we wait for all our friends to arrive!



Worship Time (songs 'liked' on YouTube)

ONE80 VOLUNTEERS:

Song #1: Kindness- Juicebox Jukebox

Song #2: Fruit of the Spirits not a Coconut

Song #3: Jesus loves the little children -Hi Heaven

Circle Time: (In Circle)

ONE80 VOLUNTEERS:

Once kids are in a circle place an egg shaker in front of each child. Ask them to wait patiently even though its difficult. Explain that when you clap your hands they can pick up the egg shakers and play them, but when you clap your hands they should return them to the carpet in front of them.

Play a few rounds until the children are resisting to pick up the egg timer and waiting for the 'clap'.

Collect the egg timers.

Prayer:

Say: "Take your one little hand, wave it in the air, tap tap tap, and nod nod nod. Take your other little hand, wave it in the air, tap tap, tap and nod nod nod. Place them behind your back, lay them in your lap, tickle your tummy, and fold them like this. Now, let's talk to God together. You can repeat after me...

Dear God,
Thank you for loving me.
Thank you for welcoming me.
Please would you fill me with your Joy.
In Jesus name, Amen.

ONE80 VOLUNTEERS:

Practice memorizing the Fruit of the Spirit Memory Verse:

*Galations 5:22-23 'But the fruit of the spirit is love, joy,
Peace, patience, kindness, goodness, faithfulness, gentleness, self-control.'*

Any Birthdays this week? Any God Moments this week where you saw Gods love growing?
Any exciting stories

Snack Time

Check for allergies, provide a snack.

If MC has not arrived after snack time- allow free play.

Class Lesson

One80 MC:

Good morning precious children. I heard that you were playing with instruments. Thats so exciting. We had to have very clever listening ears and not pick up the instruments when we weren't told to and that took some serious self control. OOOOOH I have a friend that I Brought with that had to practice self control. *Take out puppet with bandaid on knee.* Poppy do you want to tell the boys and girls your story? How did you get that bandaid on your knee?

Poppy: Well yesterday my brother bumped me!

ONE80MC: Oh no and you fell and scraped your knee

Poppy: Yeah! And it hurt

ONE80 MC: I'm sure it did! Did you get mad and yell at your brother.

Poppy: I could feel myself getting MAD and I wanted to push him back.

ONE80 MC: Oh I understand that could make you mad

Poppy: BUT I didn't

ONE80MC: You didn't yell at him?

Poppy: Nope. I took a deep breath and said 'NO' to yelling and remembered Jesus. That made me feel better.

ONE80: When you were mad and wanted to yell, you remembered Jesus and decided not to push your brother back.

Poppy: Yip.

ONE80 MC: Thats called self control! And that's a fruit of the spirit Poppy!

Poppy: Yeah. Knowing Jesus helps me not to respond with anger. Bye friends have a great day.

ONE80 MC: Buy Poppy.

Wow Poppy was brave. And Jesus gave her self-control to not yell at her brother.

Felt Board Story: Jesus Resists Temptation (Matthew 4:11)

This story about Poppy makes me think of a story in the bible. Sometimes, it's hard to wait or choose what's best—but Jesus helps us. Today, we'll hear how Jesus used self-control and made good choices—even when He was very hungry.



Jesus had been in the wilderness a long time. He hadn't eaten in many days. His tummy was empty. Can you rub your tummy like it's really hungry?

Suddenly, a sneaky voice came. It was the devil. He said, "If you are God's Son, turn these stones into bread!"

But Jesus didn't do it. Even though He was hungry, He said, "No!" He remembered what God's Word says. He chose self-control!



Let's all say "No!" together like Jesus did! Ready? "NO!"

The devil tried again. He showed Jesus all the kingdoms in the world. He said, "I'll give

these to you if you bow down to me.”

Whoa! That was not okay! But Jesus still said, “NO!” He used self-control.



Now the devil tried again. He said, “Jump off this high place! God will catch you!” But Jesus didn’t listen. He didn’t need to prove anything. He chose to walk away. Let’s pretend to walk away too. (Walk slowly in place.) Sometimes the best choice is to just walk away.

Jesus showed us that even when we feel strong feelings, we don’t have to let them control us. With God’s help, we can say “No” and make good choices too!

PRAYER TIME:

Let’s talk to God together. You can repeat after me.

Dear God,

Thank You for Jesus,

Who showed self-control.

Help me make good choices,

Even when it’s hard.

I want to follow You!

In Jesus’ Name, Amen.

Craft/Activity/Game

ONE80 Volunteers:

Craft: Please watch the **video tutorial** in advance to Sunday (it can be found on the original page)

PICK UP TIME:

Please only play these videos if everything else has been covered.

[Jesus is tempted](#)

[Fruit of the Spirit](#)