



TODAY'S SUGGESTED SCHEDULE

NOTE: This version of the curriculum is designed especially for churches with fewer leaders and kids. You may want to use it if you have just one or two leaders and if you combine all your kids in both Large and Small Group time.

TODAY'S BIBLE STORY

Should've Said No
Too Much of a Good Thing
Proverbs 25:16

TODAY'S BOTTOM LINE

Know when to stop.

MONTHLY MEMORY VERSE

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

MONTHLY LIFE APP

Self-control—Choosing to do what you should even when you don't want to

BASIC TRUTH

I need to make the wise choice.

PRELUDE: Setting the tone for the experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today.

In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

SMALL GROUP

15
MIN

SOCIAL: Providing time for fun interaction

Early Arriver
Opening Activity

LARGE GROUP

35
MIN

STORY: Communicating God's truth in engaging ways **WORSHIP: Inviting people to respond to God**

Welcome/Opener
Worship ("I Run to You" from *Make a Move* and "Make a Move" from *Make a Move*)
Bible Story
Bottom Line
Prayer
Closer

SMALL GROUP

25
MIN

GROUPS: Creating a safe place to connect

Bible Story Review: Carry Over
Application Activity: Sweet Self-Control
Memory Verse Activity: Stop Bop
Prayer Activity: Pray and Dismiss

HOME: Prompting action beyond the experience

Parent Cue Card (Print or Email)
Devotionals for Kids
Parent Cue App

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO PLAY

an activity that encourages learning through following guidelines and/or working as a group



Before kids arrive, take a few moments to pray for them. Ask God to show each kid what areas of their lives they need to know when to stop. Pray that kids would understand that too much of a good thing is actually a bad thing. Pray that they would know that God wants good things for us and an unlimited supply of good things can actually be a really bad thing.

TODAY'S BIBLE STORY

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Too Much of a Good Thing
Proverbs 25:16

1. EARLY ARRIVER

WHAT YOU NEED: Offering container, bubbles or bubble gum

WHAT YOU DO:

- Welcome kids by name as they arrive.
- Invite kids who brought an offering to put it in the offering container.
- Challenge the kids to a bubble blowing contest, either with bubble gum or bubbles and a wand.

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PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO EXPLORE

an activity that extends learning through hands-on experimentation and discovery



2. OPENING ACTIVITY

WHAT YOU NEED: Pennies, droppers or pipettes, plastic cups of water, and paper towels, (Optional) table covering and other coins

WHAT YOU DO:

- Give each kid a penny, a pipette or dropper, and access to a cup of water.
- Instruct the kids to use the pipette to carefully drop one droplet of water on top of the penny.
- Invite the kids to see how many drops of water they can balance on the penny without the water flowing over the edges.
- Let the kids repeat the experiment. (Option) Try other coins.
- Clean up the area and dry off the pennies.
- Set the pennies aside. (You'll use them during prayer.)

TODAY'S BIBLE STORY

Should've Said No
Too Much of a Good Thing
Proverbs 25:16

WHAT YOU SAY:

"Even though this penny held way more water than I expected, eventually one more drop was just one drop too many! **[Transition]** Let's go to Large Group to learn how to know when enough is enough."

Lead your group to the Large Group area.

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PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



1. CARRY OVER

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: Ping pong balls, paper plates, buckets

WHAT YOU DO:

- Divide your group into two teams.
- Line up both teams on one side of the room.
- Give each team a few paper plates and a bucket of ping pong balls.
- Place the two empty buckets on the far side of the room.
- Instruct the kids to balance as many ping-pong balls on their plate as they want, walk to the other side of the room, dump the balls into the bucket, and go back to the start to get more ping pong balls until the bucket is empty.
- Direct the kids to hold the plate with one hand.
- If a kid loses or drops any ping pong balls, instruct them to pick them up and go back to the start.
- The kids can all carry their ping pong balls at the same time. It increases the difficulty if they have to look out for each other and their ping pong balls!
- The first team to move all of their ping pong balls, wins!

WHAT YOU SAY:

"This game was trickier than it looked! What was the best strategy for this game: load up your plate and run to the bucket? (No!) Your best choice was to only take a few ping pong balls at a time. If you had too many, what happened? (They fell and you had to start over.)

"It's the same with life! If you have too much on your plate, something will spill. There are a lot of great things to do, yummy things to eat, sports to play, books to read, places to go, video games to play—it's hard to **know when to stop**.

"You might end up sick from too much pizza or exhausted from back-to-back travel sports seasons. What else could happen if you don't **know when to stop**? (Invite discussion.) God has given us self-control so we can learn the signs that we need to stop doing something, eating something, buying more things, or playing more games. And then we can stop BEFORE we snap at our family, fall asleep at sports practice, or feel sick from too much candy.

"A big part of growing up is learning to **know when to stop**."

Optional Discussion Questions for Older Kids

If you lead 4th, 5th, or 6th graders, consider asking these discussion questions:

- When is it most difficult for you to **know when to stop**?
- How do you know when to stop? What are the signs that something might be too much?
- What can you do to stop an action or habit before it gets dangerous or hurtful?

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MADE TO CREATE

an activity that explores ideas through the process of drawing, building, designing, and problem-solving



***2. SWEET SELF-CONTROL**
[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: Graham crackers, frosting in various colors, small candies, plastic knives, table covering, paper plates

WHAT YOU DO:

- Cover the table with a cloth.
- Set out the frosting and candies.
- Give each kid a graham cracker on a paper plate.
- Invite the kids to decorate their crackers to look like a remote control for a TV or video game system, whatever they like!
- When their treat is finished, allow the kids to eat it or save it for later, depending on your environment's food policy.

NOTE: If you're aware of food allergies or sensitivities in your group, provide an alternative.

WHAT YOU SAY:

"These look yummy! What would these have looked like if you didn't **know when to stop**? Just giant lumps of frosting and candy. That might have been tasty, but not quite what we were trying to make. They probably would have made you sick if you ate the entire thing.

"Have you ever had a situation when you didn't **know when to stop**? (Invite kids to share, but be sensitive to those who might have had a difficult experience or for whom the consequences of not stopping were embarrassing. Make sure the group listens to each other respectfully.)

[Make It Personal] (Share an age-appropriate time you overdid it as a kid—maybe you ate too much candy and felt sick or you stayed up too late reading comic books and fell asleep in class the next day. Did you ever ride too far on your bike and get lost or spend all your allowance in one shot and regretted it?)

"What can you do to help yourself **know when to stop**? (ask grown-ups or trusted friends to help you set boundaries; don't get into situations when you tend to overdo; pray before you start something you know is hard to stop; set a timer for an activity)

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PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO PLAY

an activity that encourages learning through following guidelines and/or working as a group



3. STOP BOP

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Masking tape, balloons, Bibles

WHAT YOU DO:

- Look up and read 2 Peter 1:3a to your group.
- Lead the kids to repeat the verse several times.
- Divide your group into two teams.
- Tape a small square on the floor on each end of the room.
- Assign each team one of the squares.
- Instruct each team to circle around their team's square.
- Give a different colored balloon to a kid on each team.
- When you start the game, instruct the kids to bop their balloon with their hands toward their team's square and say a word of the verse every time they touch the balloon.
- The goal is to get the balloon into the square without it floating over the edges.
- The kids might have to say several words of the verse all at one time as they quickly and gently tap the balloon down into square.
- Keep score. The first team to get their balloon into the square five times, wins.

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MONTHLY LIFE APP

Self-control—Choosing to do what you should even when you don't want to

WHAT YOU SAY:

"In this game it was important to **know when to stop**. If you bopped too hard or too fast, the balloon bounced right out of the square. You had to moderate your force, which means you had to adjust how hard you bopped the balloon. You couldn't just smack the balloon as hard as possible or as fast as possible.

"Most things in life—even good things—need moderation. You have to **know when to stop**. That might seem difficult, but our memory verse reminds us that God has given us what we need to show self-control.

"You aren't under the spell of potato chips or video games—they don't control you! You can choose to stop eating them or playing them. It just takes practice in self-control. Next time you're doing something that you know is difficult to stop, try ending before you really want to. Play one less level of a video game or eat ten fewer chips than you usually do, and see how that feels."

BASIC TRUTH

I need to make the wise choice.

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space for personal processing and application



4. PRAY AND DISMISS
[PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: Pennies from "Opening Activity"

WHAT YOU DO:

- Give each kid a penny.
- As you give it to them, say, "[Kid's name], keep this penny with you so you'll have a reminder to **know when to stop.**"
- Close your group time in prayer.

WHAT YOU SAY:

"Dear God, thank You that You've given us self-control so we can **know when to stop.** Help us make wise choices this week in what we do and say. We love You, and we pray these things in Jesus' name. Amen."

As adults arrive to pick up, send home the "Sweet Self-Control" remotes if the kids haven't already eaten them. Make sure the kids have their pennies and invite them to share with their families how their pennies will help them remember to **know when to stop.**

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GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

SOCIAL: PROVIDING TIME FOR FUN INTERACTION (15 MINUTES)

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today's story. **(Choose one or both of these activities.)**

1. EARLY ARRIVER

Made to Play: an activity that encourages learning through following guidelines and/or working as a group

WHAT YOU NEED:

- Offering container
- Bubble gum or bubbles; one bottle of bubbles or piece of bubble gum for each kid

2. OPENING ACTIVITY

Made to Explore: an activity that extends learning through hands-on experimentation and discovery

WHAT YOU NEED:

- Pennies; one for each kid
- Droppers or pipettes; one for each kid
- Plastic cups of water; one for every two or three kids to share
- Paper towels
- (Optional) Table covering and other coins

GROUPS: CREATING A SAFE PLACE TO CONNECT (25 MINUTES)

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

(Choose as many of these activities as you like.)

* If you don't have time to do all these activities, be sure to do activity #2.

1. CARRY OVER

[TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body

WHAT YOU NEED:

- Ping pong balls (to fill two of the buckets)
- Several paper plates
- Four buckets

*2. SWEET SELF-CONTROL

[LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Create: an activity that explores ideas through the process of drawing, building, designing, and problem-solving

WHAT YOU NEED:

- Graham crackers; one for each kid
- Frosting in various colors
- Small candies (round and square)
- Plastic knives
- Table covering
- Paper plates

NOTE: If you know of food allergies or sensitivities in your group, provide an alternative.

3. STOP BOP

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

Made to Play: an activity that encourages learning through following guidelines and/or working as a group

WHAT YOU NEED:

- Masking tape
- Two balloons in two different colors (with a few extras in case they pop)
- Bibles

4. PRAY AND DISMISS

[PRAY TO GOD | PRAYER ACTIVITY]

Made to Reflect: an activity that creates space for personal processing and application

WHAT YOU NEED:

- Pennies from "Opening Activity"

HOME: PROMPTING ACTION BEYOND THE EXPERIENCE

- Print on cardstock or email this week's devotionals and Parent Cue cards.
- Tell parents about our additional family resource: **Parent Cue app.**