

LARGE GROUP: Story (25 minutes) • Worship (10 minutes)

Today's Bible Story: You Need to Calm Down (Broken-Down Walls)
Proverbs 25:28- *A man without self-control is like a city broken into and left without walls.*

Today's Bottom Line: When you lose control, it can cause trouble.

Monthly Memory Verse: *God's power has given us everything we need to lead a godly life.* 2 Peter 1:3a (NIRV)

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.

Introduction

Video (Media Package): *Countdown (30- or 60-second version)*

Video (Media Package): *Theme*

AUDIO: *"Chariots of Fire" by Vangelis*

Opener

Kara:

“Hi everyone! Welcome back to Kidzone! This month we started learning about self control. Does anyone know what it means to have self control?”

Video (Media Package): Theme Transition to Life App

“Remember, **self-control is choosing to do what you should even when you don’t want to.**”

Video (Media Package): Life App Transition to Theme

“Sometimes self-control looks a little bit like taking things in slow motion. If you keep calm and take time to think instead of just speaking or acting right away, you’ll probably avoid a lot of trouble.”

“So what better way to practice our self-control than with a slow-motion race? I know . . . it’s hard to imagine how that could be possible. But don’t worry—I’ve got a plan!

“Let me get two volunteers to come up and compete.

Bring up two volunteers. Have them line up behind the starting line. This will be done as a relay race. Children will be placed into two teams. Each team will get a spoon and a feather. They will also have one of the leaders or helpers monitor them to make sure they are not going too fast. They will be told whoever finishes going back and forth first wins, but the goal is to stay at a slow speed to enforce the idea of slow motion. Once it is explained they can then begin.

AUDIO: “Chariots of Fire” by Vangelis

“That was hilarious! [Contestants’ names], you have some amazing slow-motion moves. Let’s all get on our feet and get back to normal speed so we can sing, dance, and worship God!”

Worship

Kerri: “Before we sing together, let’s check out this video.

Video (Media Package): Live Loud Video from Get Reel

“I’m so thankful to know that God knows what’s best for us. God is there to help us do what we should and stay in control. Let’s sing and thank God for being so good to us.

Video (Media Package): “Your Way” Dance Moves Music Video

“Our memory verse for this month is a great reminder that God gives us what we need to have self-control. It’s 2 Peter 1:3. Let’s say it together!”

SLIDE: Memory Verse

Kerri and KIDS: “God’s power has given us everything we need to lead a godly life.” (2 Peter 1:3a, NIV)

LEADER: “That’s right! When we don’t know what to do, we can always run to God. And I don’t mean a slow-motion run (*demonstrate*) or a regular run. I mean that we can TURN to God. We can pray to God when we feel nervous or afraid . . . or when we’re tempted to lose control. We can trust that God will see us through! Let’s sing this from our hearts.

Video: “I Run to You”

SLIDE: Theme Background

“Yes! I love it. We can run to God and find the help we need! You can have a seat.”

Bible Story

1. SETTING UP THE STORY

LEADER: “King Solomon was one of the wisest people who ever lived. Solomon shared many sayings with the wisdom God had given him, and we can find those sayings in the book of Proverbs in the Bible. (*Hold up Bible.*)

“This particular saying from Solomon explains why it’s so important for us to have self-control. Listen to this.

Open the Bible to Proverbs 25:28 (NirV) and read.

“A person without self-control is like a city whose walls are broken through.

“A person without self-control is like what? (*Pause for response.*) Right: *a city whose walls are broken through.*

“We don’t have city walls these days. But back in Solomon’s time, city walls were a VERY important way for people to stay safe.

Walk to the “wall” of blocks on top of the table.

“If your city had a strong wall, no one could come in and attack. But if your city wall was broken and had big holes in it, you’d be in real danger. (*Remove two or three of the blocks.*) Your city would have no way to defend itself!”

2. LOSING CONTROL

LEADER: “Solomon said that if we don’t have self-control, we’re like a city with broken walls. We’re not safe. We’re not protected.

“What could that look like in your life?”

SLIDE: Bible Story Image #1a (park)

“Let’s say you want to go play at the park with a friend, but your older brother is busy and he doesn’t want to take you. You might be tempted to just walk there by yourself without telling anyone.

SLIDE: Bible Story Image #2a (bike)

“Maybe you want to go for a bike ride. You start riding down the street, but then you remember that you’re supposed to wear your helmet. You don’t really want to go all the way back and get it. You kind of want to just keep riding without it.

SLIDE: Bible Story Image #3a (video)

“What if you’re watching a video on YouTube™, then another video pops up after your video is over? Do you keep watching it, even if you’re not sure it’s something your mom or dad would want you to see?”

SLIDE: Bible Story Image #4a (school)

“Maybe you’re at school, and you’re laughing about something with your friend instead of paying attention to your teacher. You end up missing something really important that your teacher says.

SLIDE: Bible Story Image #5a (homework)

“How about this one? You sit down to do your homework, but you don’t take the time to focus on what’s in front of you. You end up spending all afternoon without finishing what you’re supposed to.

SLIDE: Bible Story Image #6a (bad mood)

“Maybe you’re just in a really bad mood. Instead of doing something to make yourself feel better—like going outside for some fresh air or talking to your mom or dad about it—you say something mean to your brother or sister. You try to make THEM have a bad day, too.”

SLIDE: Theme Background

3. WHAT CAN HAPPEN

LEADER: “You can probably guess what might happen next in any of those situations. None of them looked like they were headed in the right direction, did they? It just goes to show how easily we can lose control in our normal, everyday lives.

“It’s just like Solomon said. If you don’t have self-control, you could find yourself in real trouble—like a city with broken-down walls.

Knock down the wall of blocks.

“You could end up missing something that’s really important—like an assignment at school or a chore at home. You could end up getting in trouble with your parents. You could end up hurting the people around you. You could even end up in a truly dangerous situation.

(Reference the rubble.) “This isn’t the way we want to live our lives, is it? No way! God has a much BETTER way for us to live. We can live with self-control—so this doesn’t happen.”

4. STAYING IN CONTROL

LEADER: “There’s great news, though. You aren’t on your own when it comes to self-control. God can help you stay in control so that you stay safe and strong.

Set up the wall of blocks again (or at least set up a few of the pieces, so the kids get the idea).

“What would that look like for the examples we talked about earlier?”

SLIDE: Bible Story Image #1a (park)

“You might be tempted to walk by yourself to the park, even though you know you’re not supposed to. But with God’s help, you can choose self-control.

SLIDE: Bible Story Image #1b (park)

“You can choose to wait until your brother is ready to take you.

SLIDE: Bible Story Image #2a (bike)

“What if you’re out riding your bike and you realize you forgot your helmet?”

SLIDE: Bible Story Image #2b (bike)

“You can choose self-control. You can take the time to go back and get your helmet—because you know it’ll keep you safe.

SLIDE: Bible Story Image #3a (video)

“Maybe you’re watching videos, and another video pops up that you’re not sure if you should see.

SLIDE: Bible Story Image #3b (video)

“Use self-control! Press pause. Stick to the videos that your parents have said are okay to watch.

SLIDE: Bible Story Image #4a (school)

“What if your friend says something funny to you during class, but you know you should be listening to your teacher?”

SLIDE: Bible Story Image #4b (school)

“Have some self-control. Look at your friend and just do this. *(Shake your head and point, like you’re pointing to the teacher.)*

SLIDE: Bible Story Image #5a (homework)

“What if you’re having trouble focusing on your homework?”

SLIDE: Bible Story Image #5b (homework)

“Take control of the situation. Turn off the music that’s distracting you. Go somewhere quiet so you can really concentrate on what you need to do.

SLIDE: Bible Story Image #6a (bad mood)

“Maybe you’re having a bad day, and you’re tempted to say something mean to your brother or sister.

SLIDE: Bible Story Image #6b (bad mood)

“It’s not too late to make a different choice. You can go sit outside for a minute, look around, and take a deep breath. You can ask God to help you change your attitude and turn your day around.”

SLIDE: Theme Background

5. WRAPPING UP THE STORY

LEADER: “If you’re ever in a situation where it’s tough to have self-control, remember, you can talk to God about it. You can tell God how you feel and ask Him to give you the strength to **[Basic Truth] make the wise choice.**”

“You can also read the Bible (*hold up Bible*) and remember that God loves you . . . God is always with you . . . and you’re never alone. You can talk to the people that God has put in your life, too—like your parents, grandparents, teachers, and wise friends. They can help you think of ways to stay in control.

“When we trust God to help us, we can protect ourselves with self-control.

“That’s important because . . .

SLIDE: Bottom Line

[Bottom Line] “when you lose control, it can cause trouble.

“Let’s pray and ask God to help us choose self-control.”

SLIDE: Theme Background

PRAY

LEADER: “Dear God, thank You for giving us everything we need to have self-control. Thank You for always being with us, and for giving us Your strength and wisdom so that we can stay out of trouble. Help each of us in this room to trust You so we can keep from losing control. We love You, and we pray these things in Jesus’ name. Amen.”

Closer

LEADER: “Let’s go back to King Solomon’s words from Proverbs 25:28.

Open the Bible to Proverbs 25:28 (NIRV) and read.

“A person without self-control is like a city whose walls are broken through.

“When we lose control, it’s like our ‘city walls’ are broken through—and that can mean trouble! When you’re not controlling yourself, you’re not paying attention to the things or people around you. That’s when things get broken . . . and when you or other people get hurt.

SLIDE: Bottom Line

[Bottom Line] “When you lose control, it can cause trouble.

“But if you really want to control yourself, you’ll need some help! We can find the help we need when we pray and ask God to help us. We can read the Bible and see how God has helped other people stay in control. We can also talk to the wise people around us and get some ideas from them about how we can **[Basic Truth] make the wise choice.**

“Self-control is part of what the Apostle Paul called ‘the fruit of the Spirit.’ That means when you put your trust in Jesus and follow Him, the Holy Spirit will be there to help you stay in control.

“Isn’t it great to know that we’re not in this alone? Not only do we have God’s wisdom and the Holy Spirit, but we also have each other! So, let’s slow-motion run to Small Group and talk some more about how we can choose self-control.”

Dismiss kids to their small groups.

SLIDE: Theme with music