

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

Engage kids' hearts through a dynamic and interactive Bible story, worship, and prayer experience in a Large Group setting.

**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 (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.

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

*Leader enters, carrying the stop sign.*

**Video (Media Package): Theme**

# Introduction

**KARA:** "Hello, everyone! STOP what you're doing and listen up, because you don't want to miss out on any of the fun we have planned for today. Each week, I've pulled up our handy-dandy remote control . . .

**SLIDE: Remote Control**

". . . and we've played a game based on something we can do with a remote. Any guesses as to what button we're pushing with today's game?

**SLIDE: Remote Control: Stop**

*(Hold up the stop sign.)* "That's right—stop! Stop is an important feature on a remote control for sure. And it's definitely something we need if we want self-control.

**Video (Media Package): Theme Transition to Life App**

**"Self-control is choosing to do what you should even when you don't want to.**

**Video (Media Package): Life App Transition to Theme**

"If you want to [**Basic Truth**] **make the wise choice**, you can't just say or do whatever you feel like doing right there in that moment. You've got to stop *(hold up the stop sign)* and think first. THEN choose. That's not always easy. But remember, God is always there to help us choose self-control.

"I've got a great way for us to practice our stopping skills. Everyone get on your feet and get ready for a little bit of Freeze Dance!

“When the music plays, we’ll all do our best moves—but keep an eye on this handy-dandy stop sign. (*Reference the stop sign.*) When it goes up, you need to stop dancing. (*Demonstrate.*) But that doesn’t necessarily mean the music will stop, or that I’ll stop dancing either. So you need to pay close attention! If you keep dancing even after the stop sign goes up, I’ll call you out; and you’ll need to sit down for that round. We’ll keep playing until we have just one dancing person left.

“All right, let’s do this. It’s time to DANCE!

**AUDIO: Super-upbeat dance music**

*Demonstrate some fun, silly dancing so the kids feel free to be goofy, too. From time to time, hold up the stop sign. Start out by matching it with your actions—i.e. actually stop both the music and your dancing when you hold up the sign. But then start tricking the kids a bit, sometimes keeping the music on or continuing to dance yourself, even when you hold up the stop sign. Sometimes you can keep the music going AND keep dancing when you hold up the sign.*

*Note: If someone else is playing the music, make sure they know the plan of when to stop (or not stop) the music.*

*Call kids out if they keep dancing after you hold up the sign (“[Kid’s name], you’re out for now—but those were some amazing moves!”). If you have some really attentive kids who aren’t getting out, try holding up the stop sign at faster intervals.*

*Alternatively, if everyone gets out pretty quickly and time allows, play another round so everyone gets another chance.*

“Nice dancing AND nice stopping, everyone! Let’s keep moving now as we sing and worship God together. This time, we won’t stop until the music stops!”

## Worship

**KERRI:** “We can turn to God whenever we need strength and wisdom. As we read in Proverbs 2:6, ‘*The Lord gives wisdom. Knowledge and understanding come from his mouth.*’ (NirV) With God’s help, we can choose to stay in control and stay out of trouble. Let’s sing out and celebrate, because we can ALWAYS run to God!

**VIDEO:** “I Run to You”

“There are so many ways we can make a move for God. We can run to God when we need wisdom and understanding. We can move and dance as we celebrate God together. We can follow God by sharing love and kindness everywhere we go. We can serve others in God’s name. We can follow Jesus’ example and **[Basic Truth] treat others the way we want to be treated.** Let’s sing to God now and say, ‘I will make a move for You.’ Here we go!

**VIDEO:** “Make a Move”

“I love to sing and dance with all of you! You can have a seat.”

## BIBLE STORY:

**SLIDE:** Theme Background

### SETTING UP THE STORY

**KARA:** “Life is full of good things, isn’t it? I mean, God has given us so many good gifts: friends . . . family . . . puppies . . . sports . . . music. The list goes on and on! But it’s important to remember that sometimes we can have TOO MUCH of a good thing. That’s why we need self-control—so we don’t overdo it.

*(Hold up Bible.)* “King Solomon was one of the wisest people who ever lived. He asked for wisdom from God, and God gave it to him. And it turned out Solomon had something to say about what ‘too much’ looks like. We can find his wise words on the matter in Proverbs 25:16. Check it out.

*Open the Bible to Proverbs 25:16 (NirV) and read.*

*“If you find honey, eat just enough. If you eat too much of it, you will throw up.*

“Whoa! I bet you weren’t expecting that, were you? Let me read it again.

*“If you find honey, eat just enough. If you eat too much of it, you will throw up.*

“Solomon’s advice may be a little . . . surprising. But I bet all of us in here have seen this in action in our own lives. Maybe you’ve never had too much honey, but you probably know what it’s like to have too much of some other good things. Let’s talk about what that might look like for you.”

### FAVORITE THINGS

**KARA:** “What are some of your favorite things? What are some things that you love SO much that it’s hard to stop?”

*Lead the kids in a conversation about this. Acknowledge all answers, but if a kid comes up with an example in the following categories, bring them on stage: 1- junk food, 2- entertainment (video games, TV, internet, screen time, etc.), and 3- “stuff” (spending/shopping).*

*You should end up with several kids up front—with two or three kids representing each of the three categories. Keep them in separate, small groupings. If you need more kids in a category, you can suggest that category as a way to bring kids up. (For example: How about stuff you want to buy? Does anyone love to go shopping in the toy aisle at [store]?)*

*Hand out just ONE prop to the kids in each category: 1) chips or cookies; 2) a video game, remote control, or movie case; 3) a shopping bag from a store where kids would like to shop.*

“Thank you to [kids’ names] for representing these good things that I’m sure all of us really enjoy!”

### **TOO MUCH**

**KARA:** *(Reference the objects that the kids hold up.)* “So, a certain amount of these things isn’t a problem, right? I mean, a few chips or cookies . . . some vegging out with video games or a good book . . . spending some of our allowance on something we want. There’s nothing bad to see here, right?”

“But remember Solomon’s wise words. It’s possible for us to overdo it on these things. You all probably know how that feels, right? It really doesn’t feel good at all. If we don’t have self-control, we can get a little crazy with junk food.

*Take more junk food items out of box #1 and give them to the first group of kids: a six-pack of soda, an empty pizza box, more packages of chips and cookies. The idea is that they should struggle to hold it all.*

“We get too full, and then we don’t have any room for healthy food. We might even get a stomachache or get really sick.

“What about with games and movies?”

*Take more entertainment items out of box #2 and give them to the second group of kids: video games, remotes, controllers, headphones, devices, movie cases, books, etc.*

“If we don’t know when to say no, we can end up staring at screens all day long. We might completely lose track of time and forget to do something important like chores or homework. We’ll probably get tired and cranky, too.

“What if we overdo it by always wanting more stuff?”

*Take the shopping bags and shipping boxes out of box #3 and give them to the third group of kids.*

“Pretty soon, you might find yourself with an empty wallet. And that means you can’t buy something for your family or friends on THEIR special days. You can’t give money to help others when you see them in need.

“And it isn’t just about money. See, if we lose control, we can find ourselves focused only on the things we want. We think about our stuff more than we think about treating others with love and kindness and noticing what THEY need.”

### **HOW TO STOP**

**KARA:** “So how can you know when to stop? (*Reference the items that the kids hold.*) What can you do to stay in control in these kinds of situations? I’d love to hear your ideas.

*Move next to the first group of kids.*

“Is there a way we can have self-control with junk food?”

*Take some answers from everyone. As you discuss solutions, take away the excess items from this group and put them back in box #1. (They should eventually only hold the one item they had before.)*

“Right. If you take the whole package of cookies and plop down on the sofa in front of the TV, you’ll probably eat cookie after cookie after cookie—and that’s never good! Instead, you could just take out one or two cookies, put them in a bowl, and really focus on enjoying the two you have.

*Move next to the second group of kids.*

“How about with screens and games and movies? How can we choose to do ‘just enough’?”

*Take some answers from everyone. As you discuss solutions, take away the excess items from this group and put them back in box #2. (They should eventually only hold the one item they had before.)*

“You could set a timer for your screen time, instead of just letting the episodes play and play and play. Ask an adult to help you do that if you don’t know how. You could also make a habit of finishing up your homework or chores first, THEN take time to play or watch TV.

*Move next to the third group of kids.*

“What about stuff? Is there a way to keep from wanting more and more things . . . and wanting to spend any money that you have on them?”

*Take some answers from everyone. As you discuss solutions, take away the excess items from this group and put them back in box #3. (They should eventually only hold the one item they had before.)*

“That’s great! You can stop and take time to be thankful for what you do have. Maybe you could get a notepad or journal and write down one thing you’re grateful for each day. That would definitely help you stay in control! It’ll help you focus on other people instead of only thinking about the things you want. And as far as money goes . . . if you get an allowance, you don’t have to spend it all right away. You can set some money aside and save it for later.

*(Reference the items that are left.)* “As you can see, you can still enjoy these good things. You’ve got to enjoy them ‘just enough,’ by using self-control. And that happens when you **[Bottom Line] know when to stop.**

“Let’s give a big round of applause for our helpers!”

*Collect the props in the appropriate boxes as you dismiss the helpers to their seats.*

### **WRAPPING UP THE STORY**

**KERRI:** “All good things are gifts from God. If you think about it, self-control is a gift, too! God has given you the ability to have self-control so you can keep from having TOO much of a good thing. And don’t forget—you can take the first step to stay in control. You don’t have to wait for someone to TELL you to stop. With God’s help, you can keep control in any situation.

“Here’s what we need to remember today.

**SLIDE: Bottom Line**

**[Bottom Line] “Know when to stop.**

**VIDEO: Bible Story**

**SLIDE: Theme Background**

“Let’s pray and ask God to help us with that.”

### **PRAY**

**LEADER:** “Dear God, thank You for giving us all that we need to follow You and live our lives with self-control. We know that with Your help, we can have ‘just enough.’ We can keep from overdoing it. We can keep from having too much of a good thing. Please show us Your wisdom and help us to **[Bottom Line] know when to stop.** We love You, and we ask these things in Jesus’ name. Amen.”

### **CLOSER**

**KERRI:** “One more time, let’s look at what Solomon said in Proverbs 25:16.

*Open the Bible to Proverbs 25:16 (NirV) and read.*

*“If you find honey, eat just enough. If you eat too much of it, you will throw up.*

“You notice that Solomon didn’t say there was anything wrong with eating honey. But you CAN have too much of a good thing.

**SLIDE: Bottom Line**

“That’s why you have to **[Bottom Line] know when to stop**. Say that with me.”

**LEADER and KIDS: [Bottom Line] “Know when to stop.”**

**LEADER:** “I’m not going to lie—this is a tough one. If you find yourself thinking about something all the time—whether it’s video games, sweets, sports, or something else—that could be a clue that you need to use some self-control.

“If you find yourself sneaking behind someone’s back so you can watch JUST ONE more video or eat JUST ONE more cookie, you might need to . . . STOP. *(Hold up the stop sign.)*

“If you feel like your schedule is overwhelmed and you can’t get enough sleep or do the things you know you’re supposed to do, you might need to . . . STOP. *(Hold up the stop sign.)*

“You’ve got to **[Basic Truth] make the wise choice** . . . and learn to stop before you overdo it. Remember, self-control is part of what the Apostle Paul called ‘the fruit of the Spirit.’ When you choose to follow Jesus, you have the Holy Spirit to help you. The Spirit can give you wisdom and help you stay in control of the choices you make.

“And of course, we’ve also got each other! We can help each other **[Bottom Line] know when to STOP**. *(Hold up the stop sign.)* Let’s talk about that some more in Small Group!”

*Dismiss kids to their small groups.*

**SLIDE: Theme with Music**