

SURF

Lesson #5 SELF CONTROL

The purpose of this lesson plan is to:

- Create a fun and interactive learning experience
- Provide teaching options in addition to the Leader Q Card
- Creatively revisit the Bible story featured in the teaching video
- Give kids an opportunity to further explore the application point

PROGRAM

Activity	Length of Segment	Running Time
Q Card: Discussion	15 minutes	Start-15 minutes
Picture: Bible Story	5 minutes	15-20 minutes
Play: Learning Activity	10 minutes	20-30 minutes
Plan: Group Commitment	5 minutes	30-35 minutes
Prayer: Prayer Cards	5 minutes	35-45 minutes

PREP

You will need:

- 1 small ball and 2 baskets (any container) per small or large group
- Label baskets "Sin Nature" and "God's Spirit"
- Game Prizes (optional)
- Story Props (optional)
- Prayer Cards (1 per kid)
- MAP Books (1 per kid)

PICTURE

(The Bible Story)

In this portion of your class time you have the opportunity to review a Bible story related to the teaching video. The object is to paint a picture that kids will understand and remember. When telling the story, remember you are painting a picture for your viewers. Have fun and explore your creativity. Here are some ideas to make your storytelling more memorable:

- Act out the story together
- Choose kids to play the characters: David, Goliath, King Saul, Israelite army, Philistine army
- Use props: swords and shields, foam balls to use as stones

David and Goliath
(Paraphrased from 1 Samuel 17)

David was a young Israelite shepherd boy. Goliath was a giant Philistine warrior. The Israelite army and the Philistine army were about to start fighting when the giant Goliath asked to fight just one of the Israelites instead.

Saul was the King of the Israelites. He promised to give a great reward to the man who could fight and beat Goliath. There were many other older and stronger men who could fight the giant Goliath, but David said, “Don’t worry about a thing. I will go and fight this Philistine.” David knew that he was fighting for God’s People, and he knew God would help him.

David picked up five smooth stones and put them in his shepherd’s bag. Goliath walked toward David roaring, “Do I look like a dog that you can come at with a stick? Come over here and I’ll give your flesh to the birds and wild animals!”

David shouted back to Goliath, “You come to me with a spear and a sword, but I come to you in the name of the Lord. Everyone will know that the Lord does not need weapons to rescue His people. It is His battle, not ours. The Lord will give you to us.”

Goliath moved closer to attack and David quickly ran out to meet him. He reached into his bag, took out a stone, hurled it from his sling, and hit Goliath in the forehead. Goliath fell to the ground.

EXPLANATION

Self-control can be like an unbeatable giant. The Holy Spirit showed David the right choice to make when he fought the giant Goliath, and the Holy Spirit will show you the right choices to make too. Just like David, you can pray to God and ask for the strength to do whatever He’s asked, and then obey Him!

PLAY

(Learning Activity)

In this portion of your class time you will lead your class in a fun and exciting activity that will help your kids apply the Bible lesson to their everyday lives.

"Self-Control Sin Slammer"

HOW TO START:

- **Divide kids into 4 teams**

HOW TO PLAY:

- **Say, "This game is called Self-Control Sin Slammer. This game will help us to remember that self-control helps us fight to do what's right."**
- **Begin round #1. One player from team #1 takes a turn.**
- **Hand the ball to the player.**
- **Read a statement (see below).**
- **The player then decides if the statement is something that his sin nature or God's Spirit is saying.**
- **The player then tosses the ball into the correct basket.**
- **If he/she successfully makes the basket the first time, his team earns 10 points.**
- **If he/she doesn't make the basket the first time, give him 2 more attempts and then award him 5 points.**
- **Give a turn to one person on each of the remaining teams to complete round #1.**
- **Repeat all steps for 3 more rounds.**

GAME STATEMENTS:

Round #1

- **Help your mom bring in the groceries.**
- **Play nicely with your little brother.**
- **Copy your friend's homework.**
- **Invite him to the party even though he bugs you sometimes.**

Round #2

- **Jesus will help me be more patient.**
- **If I tell the truth I will get into trouble. I can't tell the truth.**
- **It's a funny joke. Who cares if it's mean.**
- **He tripped me. I'm just going to trip him back.**

Round #3

- **She looks lonely over there. Maybe I should sit by her.**
- **Finish your homework before you play. That's what mom said to do.**
- **Maybe I should share my lunch.**
- **I can stop to help. He looks hurt.**

Round #4

- **Why would I show love to him? He's never nice to me.**
- **I think it would be good to read a Bible story before bed tonight.**
- **This is not a good TV show. I think I should turn it off.**
- **I was not very nice to her. I think I should go say "I'm sorry."**

PLAY OPTIONS:

- **Hand out game prizes (optional)**

PLAN

(Group Commitment)

In this portion of your class time you have the opportunity to lead your group to make a commitment. You may select any ONE of the options provided or your group may create its own. Encourage the kids to write their commitments on their Prayer Cards so you can be praying for them during the week.

Commitment Options:

- **Write down a time when it's hard for you to do what's right. Pray and ask the Holy Spirit to help you have self-control when this happens.**
- **Ask an adult about a time when he/she did not have self-control and what happened because of it.**
- **Stop for 10 seconds each time you have to make a choice this week. Pray and ask the Holy Spirit to give you the self-control to do the right thing.**

PRAYER

In this portion of your class time, have your kids fill out the Prayer Card. Take the cards home and pray for your kids throughout the week. End your time together by praying for your group commitment.

Hand out prayer cards

- **Ask kids to fill in their commitments in the space provided**
- **Ask kids to fill in their prayer requests in the space provided**
- **Collect cards so you can take them home and pray for your kids**
- **Close in prayer**

God, thank you for Your Holy Spirit who helps us to be loving, faithful, patient, good and full of self-control. We want to have more and more fruit of the Spirit in our lives. When we have to make choices this week, please help us fight to do what's right. Help us understand our human sin nature and give us the strength to obey You instead. And help us to complete the things we have committed to do this week. In Jesus' name, amen.

Remember to...

- **Hand out the MAP Books**
- **Remind the kids to complete them and bring them back next week**

LIVE IT!

Sometimes that sin nature can seem like an unbeatable giant. You've got to choose right to win the fight.

- SAY IT:** When you are presented with a choice that isn't right say, "That's not right" out loud.
- PRAY IT:** Pray for God to give you victory over your sinful nature.
- OBEY IT:** Obeying what is right means we walk away sometimes. Say it, pray it, then obey it.

"I ask him to strengthen you by his Spirit—not a brute strength but a glorious inner strength." —Ephesians 3:16 (The Message)

MAX MEMORIZED THIS VERSE.
Now it's your turn! Check the box to the right when you finish.

YES, I your name here _____

Parent's Signature _____

have completed this week's M.A.P. book!

KIDMO!
M.A.P.
MISSION ACTION PLAN

SURFSIDE JOHNNY



SUMMER II SLAM!!
EPI-SODE 5

LEARN IT!

EVERYDAY WE CHOOSE BETWEEN DOING WHAT GOD'S SPIRIT IS TELLING US TO DO OR WHAT OUR SIN NATURE IS TELLING US TO DO. THERE'S ALWAYS A FIGHT TO DO WHAT IS RIGHT!

Look up Galatians 5:17

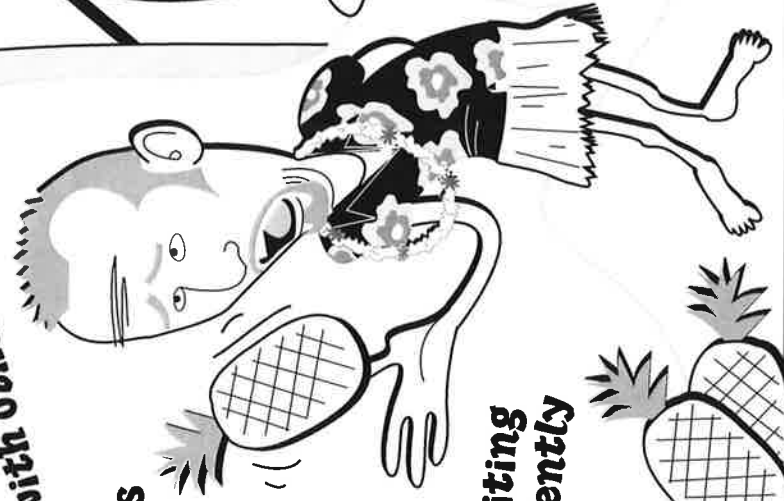
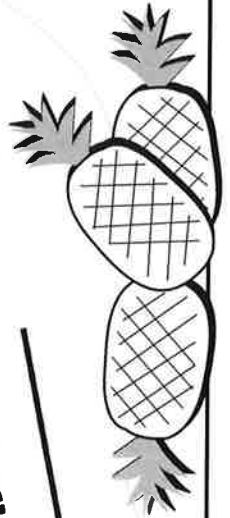
Circle one or more things that seem to be a huge challenge.

Being honest
Sharing with others

Being kind to brothers or sisters

Taking things that aren't yours

Waiting patiently
Something you thought of



LINK IT!

The sinful nature wants to lead you off in the wrong direction, and it always involves a CHOICE. You can listen to the sinful nature or you can listen to God's spirit. Write an S in the box for SINFUL NATURE, and write F in the box for God's FRUIT.

You get caught doing something you shouldn't be doing. Tell the truth even though you know you will get in trouble.

Save your own skin by telling a lie.

You discover the cashier gave you a ten instead of a one for change. Celebrate by doing a happy dance.

Go back to the store and get the correct change.

Your little brother borrowed something without asking and he broke it. Let him know you are disappointed, but that you forgive him for breaking your stuff.

Pounce on him to teach him a lesson.

Your mom tells you to take out the trash. You tell her, "After 1 finish playing my video game."

You put the fun on pause and run to take out the trash.



"You've got to do what's _____."

Can you find the missing points in this week's Compass Point?

Keep surfin'!

Lie Do good Do right Win the fight

Fight Run Left Right

Theme: SELF CONTROL

LEARN IT

Everyday we choose between doing what God's spirit is telling us to do or what our sin nature is telling us to do. There's always a fight to do what is right!

LOOK IT UP: Galatians 5:17

LINK IT

The sinful nature wants to lead you off in the wrong direction, and it always involves a CHOICE. You can listen to the sinful nature or you can listen to God's spirit.

COMPASS POINT

"You've got to fight to do what's right."

LIVE IT

Sometimes that sin nature can seem like an unbeatable giant. You've got to choose right to win the fight.

- 1. SAY IT: When you are presented with a choice that isn't right say, "That's not right" out loud.**
- 2. PRAY IT: Pray for God to give you victory over your sinful nature.**
- 3. OBEY IT: Obeying what is right means we walk away sometimes. Say it, pray it, then obey it.**

MEMORY MAX

"I ask him to strengthen you by his Spirit--not a brute strength but a glorious inner strength." Ephesians 3:16 (The Message)

SURESIDE JOHNNY Q-CARD

EPISODE 5



Have you ever had to make a hard choice between two things?

RECALL a time you had to make a difficult choice between two different things.

ASK: "Have you ever had to make a difficult choice? What happened?"



How can we grow the fruit of self-control in our life?

Look up **Galatians 5:17**

ASK: "How can we learn to make the right choice quickly in everyday situations?"

BRAINSTORM with your group things you might get in trouble for. Address each scenario and discuss how we can make the right choice when faced with hard choices.



How can we be led by God's spirit when our emotions want to take control?

Making the right choice is often difficult. Some situations can cause our emotions to take control and fight the voice of the Holy Spirit in our life. What are the three things we can do to strengthen our self-control?

1. SAY IT: When you are presented with a choice that isn't right say, "That's not right" out loud.

2. PRAY IT: Pray for God to give you victory over your sinful nature.

3. OBEY IT: Obeying what is right means we walk away sometimes.

As a group, commit to return next week with a story of how you exercised self-control this week.

REVIEW this week's **Memory Max** (with the hand motions)

"I ask him to strengthen you by his Spirit—not a brute strength but a glorious inner strength." —**Ephesians 3:16 (The Message)**

Pass out the prayer cards and ask your group to write down the commitment they made so you can pray for them this week.

SURESIDE JOHNNY Q-CARD

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