



CHILDREN BROCHURE

MORAVIAN CHURCH – BARBADOS CONFERENCE
 Provincial Theme: Advance the Kingdom: S.H.I.F.T.

- S. – Seek & Submit
- H. – Hear & Heed
- I. – Imagine & Insight
- F. – Focus & Function
- T. – Totally Transformed

Age: 13 yrs. & Over

HEED

July 26 – Be Self-Controlled

Song: This song is called SELF-CONTROL

Click on the link and sing along. Know what? Sing it about 3 times!!

https://www.youtube.com/watch?v=a0k3wOwJZ_4

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| <p>1. We all have emotions, they're what we feel inside, Sometimes we are happy, sometimes we want to hide. When we find ourselves upset, One thing we shouldn't do is throw a temper tantrum. Instead, just think it through. <i>Self-control, gotta have it.</i> <i>When you're mad and you've had it</i> <i>Take some time, if you need it,</i> <i>'til you're calm inside</i> <i>Self-control, gotta use it,</i> <i>Keep your cool, don't lose it</i> <i>It's right there, so choose it,</i> <i>take control right now.</i></p> | <p>2. Ugly words thrown back and forth will pierce the heart and soul Fighting's not the answer, it helps the hatred grow. So next time when we get upset, let's think before we act. Self-control's the answer and that's a proven fact. <i>Self-control, gotta have it.</i> <i>When you're mad and you've had it,</i> <i>Take some time, if you need it,</i> <i>'til you're calm inside.</i> <i>Self-control, gotta use it.</i> <i>Keep your cool, don't lose it.</i> <i>It's right there, so choose it.</i> <i>Take control right now.</i></p> |
| <p>3. How I act each moment determines what I'll be If I practice self-control, I'm in control of me! <i>Self-control, gotta have it.</i> <i>When you're mad and you've had it,</i> <i>Take some time, if you need it,</i> <i>'til you're calm inside.</i></p> | <p><i>Self-control, gotta use it.</i> <i>Keep your cool, don't lose it.</i> <i>It's right there, so choose it.</i> <i>Take control right now.</i> <i>Take control right now</i></p> |

Memory Verse:

Gal 5:22-23

22But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,
23gentleness and self-control. Against such things there is no law.

Scripture: (*Read with me*)

2 Peter 1:5-8 (NIRV)

⁵ So you should try very hard to add goodness to your faith. To goodness, add knowledge. ⁶ To knowledge, add the ability to control yourselves. To the ability to control yourselves, add the strength to keep going. To the strength to keep going, add godliness. ⁷ To godliness, add kindness for one another. And to kindness for one another, add love. ⁸ All these things should describe you more and more. They will make you useful and fruitful as you know our Lord Jesus Christ better.

Message:

Today, we are looking at this topic of self-control. I hope that you really liked that song that we sang at the beginning.

As you watched the video, you would have noted some definitions of self-control:-

- Choosing to what is right when we feel like doing something wrong.
- Being in charge of your emotions, thoughts words and actions.

Let us look at a man who surely practiced self-control. If you were in these situations, would you have been able to do what He did?

Reading from Matthew 4:1-11 (NIRV)

The Holy Spirit led Jesus into the desert. There the devil tempted him. ² After 40 days and 40 nights of going without eating, Jesus was hungry. ³ The tempter came to him. He said, "If you are the Son of God, tell these stones to become bread."

Jesus was in the wilderness for 40 days. Of course, He was hungry. How long can you go without eating? The devil knew, of course, where to strike. Here is a hungry man. The best thing right now is to feed him. Jesus knew the devil. He knew what the devil was up to. Here what Jesus said to him, quoting from Deuteronomy 8:3. Remember that as a boy, Jesus would have spent time studying the Bible.

⁴ "It is written, 'Man must not live only on bread. He must also live on every word that comes from the mouth of God.'" (Deuteronomy 8:3)

Jesus knew what was right, so He was able to control His feelings of hunger.

The devil does not give up. Note that he also knows what the Bible says. So he tried with Jesus again, even quoting from the Bible.

5 Then the devil took Jesus to the holy city. He had him stand on the highest point of the temple. 6 “If you are the Son of God,” he said, “throw yourself down. It is written,

“The Lord will command his angels to take good care of you.

They will lift you up in their hands. Then you won’t trip over a stone.” (Psalm 91:11,12)

Again, Jesus was not tempted to put God to the test. He was being in charge of His emotions.

7 Jesus answered him, “It is also written, ‘Do not test the Lord your God.’” (Deuteronomy 6:16)

Now examine this next temptation. Imaging, here is something that you want to have really, really want, and its being offered to you. But what do you have to do? Can you resist those school bullies who demand that you do their homework for them? Or give them your lunch money? All on the promise that they will do so much for you? Well, read what is happening here with Jesus.

8 Finally, the devil took Jesus to a very high mountain. He showed him all the kingdoms of the world and their glory. 9 “If you bow down and worship me,” he said, “I will give you all this.”

Again Jesus was not allowing the devil to control Him. Jesus knew of course that all that the devil was showing Him was already His. It belonged to God, so it belonged to Him. Jesus had more self-control than to bow down to the devil. Jesus knew that it was wrong. What does He say to the devil?

10 Jesus said to him, “Get away from me, Satan! It is written, ‘Worship the Lord your God. He is the only one you should serve.’” (Deuteronomy 6:13)

11 Then the devil left Jesus. Angels came and took care of him.

Do you think that you can resist temptation like Jesus did? Our aim is be like Jesus as much as we can. There are some questions that I want you to consider. But before doing that, consider these questions:

- Is there a difference between self-control and self-discipline?

Self-control says no, or stop. Self-discipline says go, and keep it going.

Self-control relates to delaying immediate gratification of the senses. Self-control is discipline in the face of pressure from an immediate urge, desire or compulsion. We know that term peer pressure. Peer pressure has its roots on the social status which is specifically assigned by you to yourself. Are you trying to please your friends, or are you going to stick to what is right?

- Are you torn between what your friends want to do, or what you know is right?

So, the lesser you think you are, the more willing you might be to do whatever's considered cool or the fad among your group. If you think you're less cool than your friends then you are subconsciously motivated to do whatever makes you look cool in their eyes. Maybe you need to choose friends who are thinking like you.

- Can you control yourself?

Of course you can. The only person that you can control is you. You must be able to control your thoughts, words and actions. Remember how Jesus controlled Himself. We have to choose to do the right, even if we feel like doing the wrong.

- So what does it mean to have self-control?

Self-control is the virtue of one who masters his desires. Self-control is the ability to have power over oneself. If you have self-control you can master absolutely anything.

Here are some other questions that maybe you can answer for yourself. Just give them some thought. These questions are not written in any order of priority. Maybe you can discuss them with an elder in your church, or maybe your Pastor, or even with your friends. See how many people are thinking like you.

- What things or situations make it hard for you to control yourself?
- Do you know anyone who has good self-control? How can you tell?
- What are some things that you can do when you find that you are about to lose self-control?
- How does self-control help people to act more kindly?
- Can you think of situations where self-control and good manners go together?
- If I offered you one chocolate that you can have right now, or I could give you 2 chocolates if you could wait 10 minutes, will you be able to wait 10 minutes?


Let us pray.

Father, I come to You today in need of self-control. My heart is weak and my mind is disturbed. I am in need of Your grace and power. Where there are temptations, help me to deliberately walk away from them. Where there are distractions, help me to stay focused and true to the things You have called me to do. Where there are obstacles before me, may Your light shine through them. Lord, I ask that with Your strength and love to guide me I will be able control myself, just as Jesus did in the wilderness. Amen.

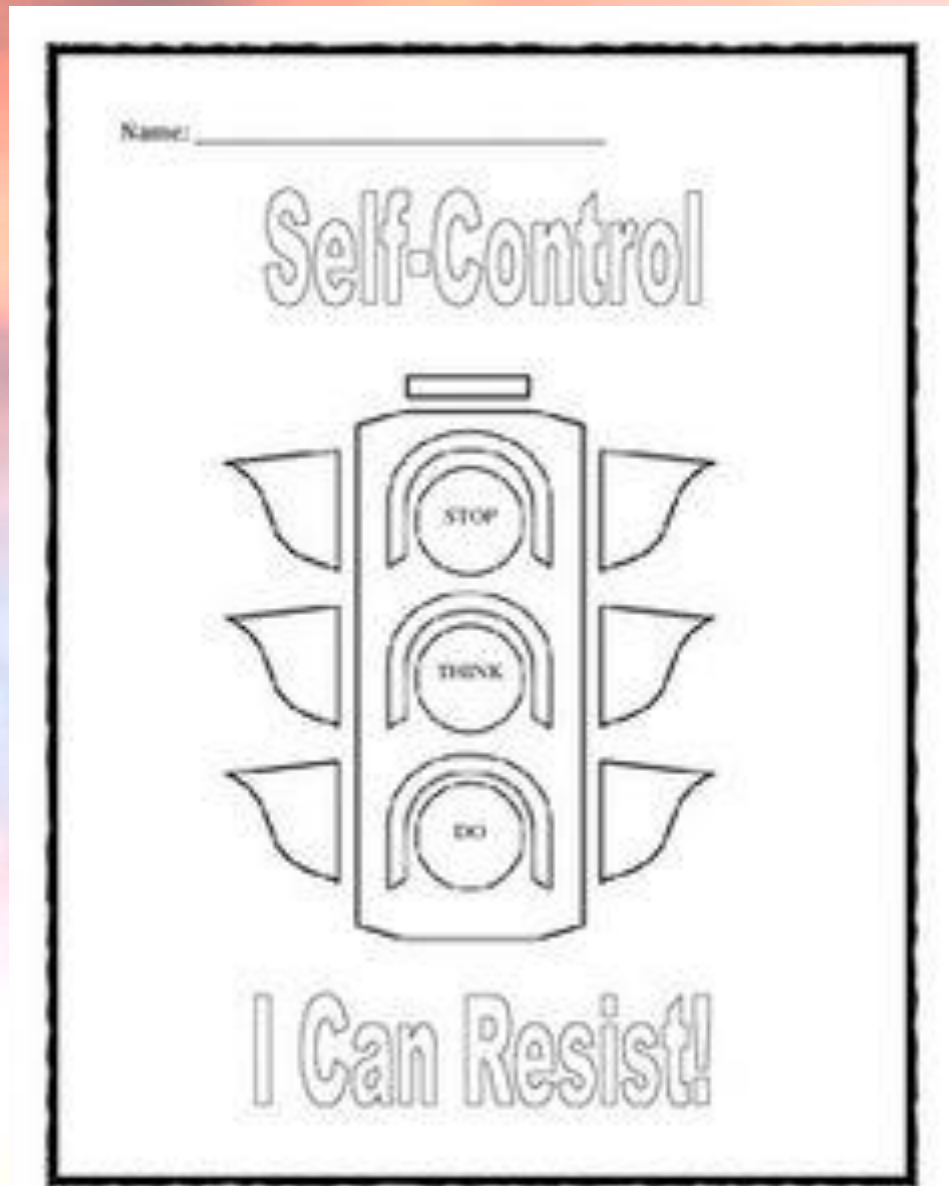
Activity:

A. PRACTICING SELF-CONTROL

For each of the scenarios given below, write in both the no self-control and the good self-control columns, describing your response to the action.

| ACTION | No self-control | Good self-control |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------|
| <i>Your mother bought a box of doughnuts for the class party and left them on the table</i> | | |
| <i>You practiced really hard for your upcoming sports competition and the rain causes the sports meet to be cancelled.</i> | | |
| <i>Your teacher asks a question in class. You are anxious to give the answer.</i> | | |
| <i>A person in class said something very unpleasant about you.</i> |  | |
| <i>You asked your father/mother for a new phone. Neither of them can afford it right now and told you to wait. It is a phone like one that your friend at school has.</i> | | |

B. My Self-control stop sign. Colour this picture.



C. Why not go back and sing the song that we sang at the beginning of the lesson?