

# City SG - January 26-27, 2019

**Bible Story:** Too Much (Too Much of a Good Thing) • *Proverbs 25:16*

**Bottom Line:** God helps me know when to stop.

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

## 1. Red Light, Green Light (Variations Below)

**What You Need:** No supplies needed

### What You Do:

- Lead the kids in a classic game of “Red Light, Green Light” with the following variations:
  - Running in place
  - Jumping Jacks
  - Hopping on one foot (alternate feet)
  - Spinning in circles
    - NOTE: Play each variation until you have a few children remaining in your group. Use the rules below as a guide.
- Remind kids of the rules:
  - When you face away from them and say, “Green light,” that means they can begin the above variations.
  - When you say, “Red light,” and spin around toward them, they must stop immediately.
  - If you see anyone move after you turn to face them, that person must sit down.
- If time allows, you can play again and let a kid be the caller.

### What You Say:

“That game is fun, but it can also be a little hard, because you never quite know when the person is going to yell, ‘Red light,’ right? What does a red light mean? *(Pause.)* Yes! Stop! The red light on a traffic light means you must stop your car. **Today in Large Group, we heard more about times we might need to stop, and show self-control.**”

## 2. Please, Can I?

**What You Need:** “Stop Sign Template” (one per kid) and “Can I? Scenarios” Activity Page (1 per group), markers, scissors, Bibles

### What You Do:

- As a group, look up 2 Peter 1:3a, or let a couple kids recite it from memory.
  - NOTE: If you are leading a 1<sup>st</sup> grade group, simply look up the verse yourself, tell them what page number it is on, and read it aloud to them.
- Hand out a “Stop Sign Template” Activity Page and scissors to each kid.
- Ask kids cut out the stop sign shape from the Activity Page.
- Then instruct them to write the memory verse on their stop sign.
- When everyone has the verse written on their stop sign, read the list of scenarios from the “Can I? Scenarios” page.
- Tell kids that after you read each scenario, they should hold up their stop sign for “too much of a good thing” and keep the sign down for the “right amount of a good thing.”

### What You Say:

“You guys are pretty ruthless when it comes to telling me when I should stop doing something! In my opinion, though, that’s a good thing. We should always **know when to stop**, and if we don’t, we usually have someone in our life who can help us know when it’s time to stop. Another way we can know when to stop is by reading our Bibles and listening to the wisdom God has for us there. He wants to give us good things, and He wants us to know when we’ve reached our limit or had too much of a good thing.”

### 3. Stoplight Scenarios

**What You Need:** Red, green, and yellow plates (10 sets per group); “Stoplight Scenarios” Activity Page (one per group)

#### **What You Do:**

- Give each kid a red, yellow, and green plate. Keep one of each for yourself.
- Use your own plates to guide kids to lay the green paper right in front of them, lay the yellow just beyond it, and lay the red just beyond the yellow. (This will make a stoplight effect.)
- Point out that the plates look like a stoplight.
- Ask kids to tell you what the three colors of a stoplight mean. Guide the conversation as needed.
- Explain that you will be reading some scenarios where the person will eventually need to **know when to stop**.
  - At the beginning of the scenario, kids will hold up their green plate, because it’s okay for the person to keep going.
  - Part way through, they’ll hold up the yellow plate, because the person should slow down, think about what they’re doing, and get ready to stop.
  - Finally, they’ll hold up their red plate, because the person needs to STOP!
  - Explain that you will hold up your plate so they’ll know when to hold up theirs.
- Read the scenarios and guide the kids as noted.
- After the first scenario, if you have older, more mature kids, you might let them decide when to hold up the different plates.

#### **What You Say:**

“When we’re having a good time, it can be hard to **[Bottom Line] know when to stop**. But we need to have some self-control, because too much of even a good thing can turn out badly. Someone might get hurt or get sick or get angry. We know that God can give us self-control and the ability to **[Bottom Line] know when to stop** if we ask Him to help us and we choose to think about what we’re doing and how it might end up if we don’t stop.”

### 4. Pray and Dismiss

**What You Need:** Stop signs from the “Please Can I?” activity

#### **What You Do:**

- Ask the group for a few examples of things that are fun or good for us but only in moderation.
- Then ask them how they know when they’ve had too much of a good thing.
- Remind them that God wants what’s best for us. He wants to help us enjoy the things we have, and in order to do that, we have to have self-control.
- Ask kids to hold their stop signs over their heads as you pray.

#### **What You Say:**

“God, we know that You give us rules and tell us the way to live not because You want us to feel trapped, but because You want us to feel free. We know that Your way is the best way. This week, will You help us to **know when to stop**? Please show us when we need to stop what we are doing, and give us the strength to be able to stop when You tell us. Amen.”

\*\*\*Hand out God Time Cards before dismissing the kids\*\*\*