

POWER UP 5

August 31/  
September 1

# LARGE GROUP

*Power Up: SELF CONTROL*

## HOST:

“Hello, hello, friends. Today is our last Power Up day! We have had so much fun learning together about how Jesus gives us the power to do everything. **‘Who gives you the power to do everything?’ ‘Jesus gives me the power to do everything.’** (*Encourage children to say the entire bottom line statement and not just ‘Jesus!’*)

Yes! Yes! Jesus gives us the power to do everything and Jesus wants to be your friend forever! Let’s sing!

## SONG 1: FRIEND FOREVER

## SONG 2: MY GOD IS BIG AND HE LOVES ME

## WORSHIP LEADER:

“You are fantastic singers! **Who gives you the power to do everything? Jesus gives me the power to do everything!**

Yes! Now we have been working for two whole months on our memory verse. I bet you can say it completely on your own. Are you ready to do it? Let’s go!

*I can do (both thumbs to chest) everything (spread arms wide) by the power (make arm muscles) of Christ (point both hands up), Philippians 4:13. (Open hands like a book.)*

Wow! I am so amazed! Let’s say it again!

*“I can do (both thumbs to chest) everything (spread arms wide) by the power (make arm muscles) of Christ (point both hands up), Philippians 4:13.” (Open hands like a book.) (Repeat several times.)*

Yes! Wow! You have done so well with that verse. I know that you will remember it forever and ever. That is awesome. We can tuck God’s true words in our heart and have them in our memory always.

## **STORYTELLER:**

Friends, we have had an amazing summer learning about how Jesus gives us the power to do everything. Let's review all of the awesome things we've learned! First, we learned about how he gives us the power to... (*Hold up LOVE button*) ...LOVE! That's right! Then we learned that Jesus gives us the power to have (*Hold up smiley face.*) JOY! Yes! Then, we learned about how he gives us the power to be.... (*hold up baby bottle*) PATIENT! Then, we learned Jesus gives us the power to be (*Hold us PRAYER button*)...**FAITHFUL!** Great! Today we are going to learn about something called self-control. That's a big word, but it's a REALLY important one for us all to learn. Let's see what Ollie has to say about it!

## **OLLIE VIDEO: POWER UP – SELF CONTROL**

### **STORYTELLER:**

“Wow, friends. Self-control is when we choose love, joy, patience, and faithfulness, even when we don't feel like it. Even when it's really hard! And when we follow Jesus, Jesus gives us the power to have SELF-CONTROL. Only Jesus can do that!

Boys and girls, since self-control takes a lot of power—the Jesus kind of power—we're going to use this picture of strong muscles for self-control on our Power Up game. Let's go ahead and add the muscle pose button to our POWER UP game. It will remind us that Jesus gives us the power have self-control.

The best part is, even when it's hard to have self control, we can talk to God about it! Let's pray together now.

**PRAYER** *“Dear God, we have had so much fun learning about how Jesus gives us the power to do everything. Thank You for sending Jesus to show us how to have self-control, even when it's really tough! I pray every person in here, young and old, will follow Jesus so they can have the power to do everything! We love You, God. In Jesus' name, amen.*

Friends, **‘Who gives you the power to do everything?’ ‘Jesus gives me the power to do everything!’**

### **HOST:**

Boys and girls, even when we are mad or sad or upset, Jesus gives us the power to have Self Control. Jesus is amazing. We can count on him to help us and give us the power to do everything! Let's worship together!

## **SONG 3: I CAN COUNT ON GOD**