

Power Up 5
SELF CONTROL

Aug 31/Sept 1

CRAFT & ACTIVITY 1

POWER UP REVIEW

SUPPLIES: “When Jesus is my friend...” page, crayons, Heart/Smiley/Bottle/Prayer/Muscle squares, glue sticks

What You DO and SAY:

Distribute “When Jesus is my friend...” page, crayons and glue sticks.

⇒ “Friends, we have had an awesome summer learning 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 Today we are going to do a craft to remember all the ways that Jesus gives us his amazing power.

⇒ **Pass out one square at a time, color and glue as you discuss each one.**

Here is a **heart**. Who remembers what the heart stood for? **LOVE!**

Can we love people who are different than us? Can we love people who make bad choices? Can we love children and grown-ups?

We can love EVERYONE just like Jesus does!

Here is a **smiley face**. Who remembers what the smiley face stood for? **JOY!**

Can we have joy at the playground? Can we have joy at the doctor? Can we have joy on sunny days? Can we have joy on rainy days?

We can have joy and be happy no matter what!

Here is the **baby bottle**. Do you remember what this represented? **PATIENCE!**

Can we wait for a cookie to cool off before we eat it? Can we wait in line for the slide? Can we wait our turn when we play with others?

We can be patient and wait with a happy heart!

Here are the **praying hands**. What do the praying hands mean? **FAITHFULNESS!**

Can we keep working on a puzzle until it's finished? Can we keep picking up until all the toys are put away? Can we pray for our friends EVERY day?

We can stick to it because Jesus give us the power!

Here is the **muscle**. Do you remember what we learned about today? **SELF-**

CONTROL! Can we stop and think before we get mad? Can we kick the ball gently, and not too hard? Can we use are quiet voices when we are inside?

Yes, Jesus gives us the power to have self-control.

⇒ **Bring it Back to Jesus** “These look great, friends. I hope you put them in a special place so you can remember that Jesus gives you the power to do everything. Who gives you the power to do everything? **Jesus gives me the power to do everything.**”

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ACTIVITY #2

Parachute and Wait

SUPPLIES: Parachute

What You DO and SAY:

⇒ **Gather the children in the center of the room and lay parachute flat on the floor.**

- Come over here boys and girls. Today, we are going to use self-control and patience while we play. First, I want everyone to pick up the parachute and hold it off the ground like this. (*Demonstrate.*)
- Hold it just like this until you hear me say, 'UP.'
- You are going to have to be patient and it is going to take a lot of self-control but I know you can do it! Jesus gives you the power to have self-control. Are you ready?
- UP!"

⇒ **Repeat activity several times. Continue to reinforce that they can have self-control while they wait to move the parachute.**

⇒ **Repeat as long as kids are interested and Bring it Back to Jesus.**

- Awesome job waiting! You had great self-control while you waited to play. Jesus gives us the power to do everything. **Who gives you the power to do everything? Jesus gives me the power to do everything!"**

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ACTIVITY #3

Let's Go For a Ride

- SUPPLIES:** Let's go for a ride images, wall tape, little cars
- SET UP:** Tape all images except for the minivan up on the walls around the room.
- NOTE:** The script here is provided as just one option. Feel free to use your own creativity when talking to the kids!

What You DO and SAY:

- ⇒ Have the children gather in the center of the room. Carry the picture of the minivan with you. Give each child a mini-car.
- *"Today I'd like to take us all on a ride. Everybody get in your car. Don't forget to buckle up your seat belt. Alright! Here we go!"*
 - *Today we are going to visit a few different places that you might need to practice self-control. But don't worry! When Jesus is your friend, he gives you the power to have self-control.*
- ⇒ **"Drive" the children around the room and make stops at each place.**
- **GROCERY STORE**
 - *"First stop! Let's go inside. Can you guess where we are? That's right! The grocery store! We need to pick up a few important things – eggs, bananas, and bread. But you want cookies? I'm sorry that's not on the list today.*
 - *How does that make you feel? Maybe disappointed? Or frustrated? Show me your saddest faces! Should you whine and complain? What about cry in the middle of the store?*
 - *No! When Jesus is our friend, he gives us the power to have self-control! You can tell your mom or dad how you feel. You can take a deep breath. Let's try that right now. You can talk to God about.*
 - **LIBRARY**
 - *Next stop! One of my favorite places! The library! I love going to the library and checking out my favorite books. Sometimes I get so excited that I just want to talk really loudly!*
 - *Oh no! I am in a library! What kind of voice should use? That's right – quiet! Good thing Jesus gives me the power to have self-control! I can use my quiet voice!*

(ACTIVITY 3 - CONTINUED FROM PREVIOUS PAGE)

○ **PLAYGROUND**

- *Next stop! Can you guess where we are? The playground! Everybody park your car and hop out! What are you going to play on first? Can we pretend to climb the ladder? How about monkey bars? Slides?*
- *But oh no! All the swings are taken! We have to wait our turn! We have to be patient!*
- *Should we yell and cry? Should we stomp our feet? Should we push our friend off the swing? NO!*
- *When Jesus is our friend he gives us the power to have self-control. What can we do instead? Take a deep breath? Play on something else? Kindly ask for a turn?*
- *Do we need to whine? No! When Jesus is our friend, he helps us have self-control! Just pray a little prayer and ask God for help. Let's get back into our car and go to...*

○ **CHURCH**

- *Where are we now? That's right! Church! Woohoo! I am so excited I want to hop out of the car and RUN across the parking lot to get to my class! But wait! Should I run in the parking lot?*
- *No! When Jesus is my friend, he gives me the power to have self-control! Everybody slow down.*
- *Let's hold hands and practice walking carefully until we get to the church. Nice work everybody!*

○ **IN THE CAR**

- *"Wow! We've been in the car an awfully long time. You might feel like whining or maybe you are so hungry you feel like you need a snack right now! Everybody show me how you whine on the count of 3 – 1, 2, 3!*
- *Let's try to whine in a whisper....and then...stop and quietly put our cars away.*

⇒ **Bring it Back to Jesus.**

- *"Boys and girls, you did a great job as we drove around town today! There were times when you might have felt a little frustrated or impatient, but you showed great self-control! When Jesus is your friend, he gives you the power to have self-control!*
- ***Who gives you the power to do everything? Jesus gives me the power to do everything!***

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REFLECTION & REVIEW

READ

⇒ *Words to Love By, by Rick Warren*

- Read the story and then say: When Jesus is our friend he gives us the power to have self-control. We can use loving words as well as kind and gentle hands. God's spirit lives inside of us and he helps us to power up!

REVIEW *(This is a great opportunity to give out stickers as they answer these questions!)*

⇒ Key Question and Bottom Line

- **Who gives you the power to do everything?**
- **Jesus gives me the power to do everything!**

⇒ Memory Verse

- **I can do everything by the power of Christ. Philippians 4:13.**

⇒ Basic Truth

- **Jesus wants to be my friend forever.**

⇒ Connect it!

- **“Today we learned that God can give every single one of us the power to have self-control, no matter how old we are! So even though you are a kid, Jesus gives you the power to do everything! Today I want to write each of your names on the board so that we can remember that Jesus gives every single one of us the power to have self-control.**

PRAY

“Dear God, thank You for giving us Your Son, Jesus, to be our friend forever. Thank You that when we follow Him, Jesus gives us the power to do everything, no matter how young or old we are. Thank you that (name each child) can have the power to choose love, joy, patience, faithfulness, and self-control. You are the best, God, and we love You. In Jesus' name, amen.”