

WHAT WE WANT KIDS TO KNOW

Self-control is stopping to ask God to help you make the right choice.

David Spares Saul
1 Samuel 24

LINKS FOR THIS WEEK

普通话 [Family Guide](#)

Have questions about God, Jesus, or the lesson?

Check out these websites:

<https://www.reasonablefaith.org/>

<https://www.gotquestions.org>

Email us

kids@blackhawkchurch.org

Spotify Playlists

[Preschool](#) | [Elementary](#) | [56](#)

[View today's lesson](#)

BIBLE PASSAGE

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Galatians 5:22-23

FOR THE VIDEO

- Gather your family. Open your favorite Bible or Bible app. Have each person tell what their favorite sweet treat is.
- Pause the video as needed! Ask questions. Share stories.

AFTER THE VIDEO

Talk about these questions with your family:

1. Who did God choose to be the new king of Israel?
2. What did David do to Saul's robe?
3. How did David show self-control in this story?
4. Is it hard or easy to have self-control when your friends are telling you to do something you shouldn't?

ACTIVITIES FOR THIS WEEK:

- **Stop-Think-Pray Coloring Page:** Enjoy coloring this [page](#) to help you remember the steps of self-control that you can follow.
- **Zig-Zag Self-Control:** Use sidewalk chalk or tape to create lines that zig-zag here and there. Have one person hold the hand of another person to guide them as they walk carefully and controlled along the zig-zag line. Talk about how the Holy Spirit helps us walk through life with self-control.
- **Prayer Central:** As a family, decide on a place in your house to designate as a special place to go to God when you need help with self-control. Some places to consider might be a closet, a room, the porch, etc. Create a sign to hang near that place that says "Prayer Central". Take turns using the space in your home to ask God for help with your feelings, words, and responses during the day.
- **Fruit of the Spirit Mobile:** Continue making your Fruit of the Spirit mobile today by printing this [SELF-CONTROL image](#), if you haven't already done so. Cut out the image and then hang it from your mobile with string. Your mobile is complete with all 9 parts of the Fruit of the Spirit!
- **56 Students-Digging deeper:** Look up Proverbs 25:28 (NIV). The Bible says that having self-control is like a city whose walls are strong and not easily broken. Make a list of 3 things you can do to have strong walls of self-control.
- Stay connected through the [Blackhawk Kids Facebook](#) and [Instagram](#) pages. Join the private [Friends of BKids Facebook Group](#) for more connection with BKids volunteers and families.

PRAY

Use this [Fruit of the Spirit Prayer Guide](#) for ideas on how to pray for self-control this week!