

Small Group Outline

SELF CONTROL Lesson #1

iBELIEVE Children's Church Adventure
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WORD

SAY: We are learning about SELF-CONTROL

Review the Rap:

SELF-CONTROL - control yourself; breathe in...breathe out (x2)

SAY: Today we are learning what the BIBLE says about CONTROLLING OUR THOUGHTS

Give each child (or pair of children) a BIBLE. (Remind the kids the Bible is in two parts: Old & New Testaments...Remind them that the Bible is made up of 66 smaller books...and the way to find your way around is by chapter (BIG numbers) and verses (small numbers.)

Get the kids working together to find: 2 Corinthians 10:4 & 5...Philippians 4:8

TALK ABOUT IT TIME:

- What did you learn from Sherlock Thought Collector?
- What did you learn from the Illustrated Sermon?
- 2 Corinthians 10 in the Message Bible says: *We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ.*
- WOW! I'm going to read that again - those are some powerful words!

Now let's say today's Memory Verses one more time before we pray...

SAY THE MEMORY VERSES:

SELF-CONTROL - control yourself; breathe in...breathe out (x2)

My thoughts are OBEDIENT to Christ! X2

Bring every thought into captivity -

Second Corinthians 10:5 make it be OBEDIENT to Christ!

PHILIPPIANS 4:8 - Whatever is TRUE and HONORABLE!

Whatever is PURE and RIGHT!

Whatever is GOOD and WORTHWHILE
Keep those thoughts on your mind! (x2)

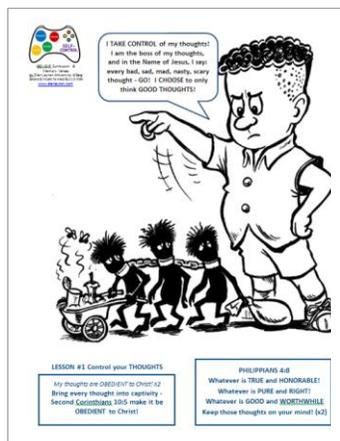
PRAYER Ask the children to bow their heads and close their eyes and to pray after you...

Lord God! (kids echo)...Thank You for the Bible!...Thank you that Your Word says...that I can take my thoughts captive!...I can CONTROL my thoughts!...And in Your Name...I can tear down...demolish...and smash!!...any bad, mad, sad, nasty, or scary thoughts!...Wow!.. My thoughts will be...obedient to You, Lord!...I will ONLY THINK...about whatever is true...and honorable...whatever is pure and right...whatever is good and worthwhile...HELP!!!...Amen.

PRAY for PRAYER REQUESTS PRAY FOR EACH CHILD BY NAME

CONNECT SNACK & CRAFT

Serve some good "Brain Foods" like berries, apple slices, yogurt, oat bars etc.



FOR EACH CHILD:

- A key ring and key tag - with the label to stick on.
- The 5 laminated card verses, hole-punched.



TAKE IT HOME