



## WEEK FOUR – OCTOBER 2024 – SECOND/THIRD

**Bible Story:** *Too Much of a Good Thing | Proverbs 25:16*

**Bottom Line:** *Know when to stop*

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

**Virtue:** *Self-Control – Choosing to do what’s best, even when you don’t want to*

**Basic Truth:** *I need to make the wise choice*

**Series Overview:** There are a lot of choices that we need to make in life. Some of those choices can help us grow and shape us positively. Others can pull us in different directions, leaving us struggling to figure out which choice is best. What do we do when we’re confronted with all of these choices? Do we rush ahead? Or do we pause and let God lead us toward the best way to act? Self-control is a fruit of the Spirit. It’s one of the ways we can tell that God is transforming our lives and that we’re growing in our faith. Thankfully, we don’t have to find self-control on our own. When we follow Jesus, God’s Spirit is with us and helps us make the wise choice.

**Bottom Line: Know when to stop.** It’s hard to stop if you don’t know WHEN you should stop. God has given us the Holy Spirit to help us show self-control. In fact, self-control is something God’s Spirit creates IN us. When we demonstrate self-control, others can see the difference God has made in our lives. That may not come easily, but we can choose what’s best when we trust God and ask God to help us.

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## 9:00 - 9:15 | 11:00 – 11:15 | EARLY ARRIVERS ACTIVITY

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### Opening Small Group Activity

*Move: an activity that increases the oxygen in the brain and taps into the energy in the body*

**What You Need:** Ball

### What You Do:

- Welcome kids by name as they arrive with a fist bump or high five
- As kids arrive, ask: “What has been the best part of your week?”
- When enough kids have arrived, invite them to stand in a circle.
- Join the circle yourself, holding the ball.
- Inform the kids that you’re going to toss the ball to a kid in the circle and ask them to answer an “Is It Too Much” question.
- Encourage the kids to answer in whatever way they think is best!
- Toss the ball to one kid.
- Ask the kid with the ball an “Is It Too Much” question from below.
- After they answer, instruct them to toss the ball to another kid in the circle.
- Ask the kid who receives the ball another “Is It Too Much” question.
- Repeat so that every kid gets a turn.
  - Is It Too Much Questions:
    - Is it too much to take care of a pet snake?
    - Is it too much to jump off the high diving board?
    - Is it too much to have ten cats at your house?
    - Is it too much to put a whole bottle of ketchup on your hot dog?
    - It is too much to eat a whole birthday cake by yourself?
    - Is it too much to play video games for five hours?
    - Is it too much to camp outside for a whole week?
    - Is it too much to spend all of your money on toys in one day?

- Is it too much to go to school for eight hours each day?
- Is it too much to read 30 books in 30 days?
- Is it too much to watch TV for one hour?
- Is it too much to eat an ice cream cone with four scoops?
- Is it too much to have five dogs to take care of?
- Is it too much to eat twenty pieces of candy in a day?

**What You Say:**

***“[Transition] Today we’re going to see how stopping can actually be a big help to us.”***

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**9:20 - 9:50 | 11:20 – 11:50 | LARGE GROUP**

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**Large Group Overview:** We end the month in Proverbs 25:16 with another one of Solomon’s wise sayings—this time about food: “If you find honey, eat just enough. If you eat too much of it, you will throw up.” Of course, Solomon’s words are true about more than just food. Too much of anything isn’t good for us. But when we trust God to help us, we can choose to stay in control.

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**9:50 – 10:10 | 11:50 – 12:10 | SMALL GROUP**

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**Spinning in Control**

**[Live for God | Application Activity]**

*Create: an activity that explores spiritual ideas through the process of drawing, building, and designing*

**What You Need:** Spinning in Control” Activity Pages, “Arrows” Activity Pages, heavy-duty paper plates, craft brads, glue sticks, and markers;

**What You Do:**

- Give each kid a paper plate and a glue stick.
- Set out the slices/cutouts from the “Spinning in Control” Activity Pages.
- Invite kids to choose four pie slices to create a self-control spinner.
  - Encourage kids to choose images that represent areas they could use help having self-control in.
- Instruct kids to glue the pieces from the “Spinning in Control” Activity Pages onto their plate, forming a circle with the slices.
- Set out the markers.
- As kids finish gluing, invite them to color the images on their spinner.
- Give each kid an arrow cutout from the “Arrows” Activity Page and a craft brad.
- Show kids how to pierce the brad through the spot marked on the arrow and through the center part of their spinner (where all the slices meet).
  - You may need to use a thumbtack (or similar) to create a hole in the middle of the plate and arrow for the craft brad to go through first. (Be sure to keep the thumbtack out of the reach of the kids as much as possible.)
- Show kids how to use the spinner by flicking it with your finger.
- As kids finish their spinners, invite them to share with the group what pictures they chose and why.
- Direct kids to write their names on the back of their spinners.
- Set the spinners aside for the Pray and Dismiss Activity.

### **What You Say:**

*“Great job identifying different areas of your life you may need some help showing self-control. Spin your wheel each day, and ask God to help you have self-control with the thing you landed on. No matter how big, or how small, God can help you **[Bottom Line] know when to stop.** We don’t have to feel ashamed of finding it challenging to stop. God knows that it can be hard! That’s why when we follow Jesus, God sends the Holy Spirit to live inside of us. Self-control is part of the fruit of the spirit that God will continue to develop in our lives!”*

**Pray + Dismiss**

**[Pray to God | Prayer Activity]**

*Reflect: an activity that creates space for personal understanding and application*

**What You Need:** Completed spinners from the “Spinning in Control” Activity

**What You Do:**

- Invite kids to point their spinner to the area where they think they could have more self-control this week.
- Close your group time in prayer.

**What You Say:**

*“God, we are so thankful for all of the amazing things You give us to enjoy. Help us this week in the areas where we could have more self-control. Help us to trust You, and to **[Bottom Line] know when to stop** before it’s too much. We love You, and we pray these things in Jesus’ name. Amen.”*

*As adults arrive to pick up, invite kids to show off their spinners and share one area where they’re going to challenge themselves to have more self-control this week!*