



## WEEK FOUR – OCTOBER 2024 – KINDER/FIRST

**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.

---

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

---

### Opening Small Group Activity

*Play: an activity that encourages learning through following guidelines and working as a group*

**What You Need:** “Waffle” Activity Page, and “Everything on a Waffle” Activity Pages

### What You Do:

- Welcome kids by name as they arrive with a fist bump or high five
- Instruct the kids to sit with you in a circle.
- Set out the “Waffle” Activity Page face up in the middle of the group.
- Place the cards in a pile from the “Everything on a Waffle” Activity Page face down near the “Waffle” Activity Page.
- Instruct the kids to take turns turning over a card with a waffle topping on it from the pile, and placing it face up on the waffle.
- Demonstrate by drawing a card, showing it to the group, and saying: “I ate a waffle, and I put \_\_\_\_\_ (*topping*) on top.” Then set the card face up on the “waffle.”
- Direct the kid beside you to draw a card, show it to the group, and say, “I ate a waffle and I put \_\_\_\_\_ (*topping*) and \_\_\_\_\_ (*first topping*) on top.” Then instruct them to set their card face up on the “waffle,” on top of the first one.
- Instruct the next kid to draw a card, show it to the group, and say: “I ate a waffle and I put \_\_\_\_\_ (*topping*) and \_\_\_\_\_ (*second topping*) and \_\_\_\_\_ (*first topping*) on top.” Then instruct them to set their card face up on the “waffle” on top of the other cards.
- Continue with each kid adding a new topping and saying the previous toppings in reverse order.
  - *Note: If kids arrive during the game, direct them to sit between the kid who started the game and the last kid in the circle, giving them time to learn the sequence.*

**What You Say:**

“Wow! That’s one tall, sticky, sweet, gooey, and crunchy stack of waffle yumminess! Which topping is your favorite? (*Invite responses.*) Do you think your tummies would feel good if you ate that waffle with EVERYTHING on it? (*Invite responses.*) Probably not! **[Transition] Let’s go to Large Group where we’ll hear how we can sometimes have too much of a good thing!**”

---

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

---

**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.

---

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

---

**Know When To Stop**

**[Talk About God | Bible Story Review]**

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

**What You Need:** Bible marked at Proverbs 25:16, parachute (or sheet), and knotted bandanas and/or foam balls

**What You Do:**

- Spread out the parachute (or sheet).
- Instruct the kids to sit around the parachute (or sheet).
- Show kids how to grasp the edge of the parachute (or sheet) with both hands.
- Encourage the kids to pretend the parachute (or sheet) is a tummy.

- Prompt kids to gently wiggle their hands to create a calm, “happy tummy.”
- Individually toss the bandanas (and/or balls) onto the parachute, pretending they’re treats like candy, chips, cookies, or pizza, etc.
  - Name a different food or treat each time you toss something.
- Instruct the kids to shake the parachute more each time you add bandanas (and/or balls).
- Continue shaking the parachute (or sheet) until the tummy “gets sick.” (Direct the kids to do a few big shakes until all the objects fly off.)
- Ask kids to relax the parachute (or sheet).
- Give the marked Bible to a kid who would like to open the Bible to the marked verse.
- Read Proverbs 25:16 out loud to the group a few times,

### **What You Say:**

*“The tummy was so calm when it had just enough, but what happened when we gave it too many treats? (Invite responses.) Self-control is choosing to do what’s best even when you don’t want to. In our verse today, was Solomon just talking about honey? (No!)”*

*“Sometimes we have too much candy, watch too much TV, or play video games for too long with no breaks. That’s why it’s important to **[Bottom Line] know when to stop!** When we **[Bottom Line] know when to stop** eating sweets, it will help keep us from getting sick. When we watch too much TV and don’t **[Bottom Line] know when to stop**, it takes away time from other things like homework or spending time with friends and family. If we **[Bottom Line] know when to stop** playing video games for a long time, it can help keep us from feeling grumpy and jumpy.”*

*“Knowing when to stop—and stopping—is not always easy. That’s why we all need to ask God for help and practice self-control. Then, over time, we can live by the wisdom in Proverbs 25:16 and know how much of a good thing is just enough.”*

## **Pray + Dismiss**

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

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

**What You Need:** “Waffle” and “Everything on a Waffle” Activity Pages from the Opening Activity, index cards, and markers or crayons

### **What You Do:**

- Give each kid an index card.
- Set out the markers (or crayons).
- Use the conversation and activity below as a guide to lead kids into prayer.

### **What You Say:**

*“(Show the “Waffle.”) “We put a lot of yummy stuff on our waffle, didn’t we? (Show and name some toppings that are on the card.) Today, we discovered that too much of something good can turn bad.*

*“What’s something you like so much that it’s hard to stop? (Invite responses, like: eating sweets, reading, playing video games, or even talking. Give each kid an index card and invite them to draw their idea.) **[Make It Personal] (Draw on a card too.)** Let’s pray and ask God to help us **[Bottom Line] know when to stop.**”*

*Instruct the kids to hold their cards as you pray.*

*“Dear God, thank You for all the good things You give us. Thank You that You want us to enjoy them. Please help us remember that too much of any good thing can get out of control if we don’t know when to stop. Help us **[Bottom Line] know when to stop.** We love You, and we pray these things in Jesus’ name. Amen.”*

*As adults arrive to pick up, encourage kids to share what they drew on their index cards and tell today’s **Bottom Line: [Bottom Line] know when to stop.***