



Time to play Statue Dance!

- Play some dance music and let everybody dance
- Pause the music, the kids should also pause mid-dance and freeze like statues
- Count to 10, kids who moved during this phase are eliminated from the game. If no one moved, continue playing the music.
- Repeat the sequence until the last player is left standing and declared the winner!

That was a fun way of testing how we can control our movements. Now, let's check what the Bible says about self-control.



James 1:19-21

19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires. 21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

The Bible teaches us to practice self-control through 3 things: to listen attentively, to take time to review what we say before actually saying them and to not let our anger get ahead of us. Anger is one of the emotions that many of us find hard to control. The moment we let our anger rule over us, we end up saying things we do not mean and may regret later on, and it may also lead us to sin. But most of all, anger produces roots in our hearts that do not honor God because they lead to people hurting each other.



Parent to Kid/s:
2-6 years old

- What do you do when you get angry? Do you think this pleases God?

7-12 years old

- How quick are you to react negatively (be angry) towards a situation? Do you think this is pleasing to God?
- Why do you need to practice self-control? What would happen if you are short tempered all the time?

Kid/s to Parent:

- How can we be 'slow to anger' in difficult situations?
- What are some ways we can do in order to control our anger?

Having self-control not only keeps us from sinning, it preserves our lives as well. It keeps us from hurting others with our words or actions. As we learn to control ourselves, especially our anger, we learn to trust God more.



Dear Jesus,

Please help us practice self control. Help us to listen carefully before reacting, help us value relationships over proving who is right or wrong. Help us to trust you, in Jesus' name,

Amen!



Do you know that a study has shown that people with self-control are happier than those who cannot control themselves?

A study has shown that self-control and satisfaction in life are linked. When you have self-control, you may not always get what you want or have your way but it just means that your personal satisfaction is not dependent on just those things. You get satisfaction from a lot of other things!

Makes sense? Think about this the next time you feel your temper rising.

Source: <https://reflectd.co/2013/12/30/8-facts-about-self-control/>