CHILDREN’S SUNDAY SCHOOL LESSONS FOR JUNE 28

1 Corinthians 9:24-27

**Fruit Of The Spirit Week 5: Paul's Letter About Self Control**

Hey parents! This week your child is learning about self-control, which is a Fruit of the Spirit. They will hear the Bible story about Paul’s first letter to the Corinthians.

Just as perfecting a sport or a skill takes hard work and training, so does perfecting self-control. Self-control is one of the hardest Fruit of the Spirit to put into practice. Self-control may not come as easily as love, joy or the others because it requires discipline and sacrifice – giving something up in order to be more like Christ. Paul realized that it was important to exercise self-control if he was to be an effective servant of God. He had to make sacrifices and discipline himself in order to carry out the plan God had for him.

Use these questions as a guide to talk over this week’s lesson after they’ve watched the age appropriate video.

 **Youngest Children:**

<https://www.youtube.com/watch?time_continue=742&v=w_hTbd6rqj4&feature=emb_logo>

**Family Talk It Over Questions:**

1. What was your favorite part of the video we just watched?
2. In the Bible story, who wrote a letter about self-control?*Paul did.*
3. At Skuppeton Farms, what did Zara learn about self-control?*Self-control means having control over our thoughts, feelings, and actions. Savannah said it took a lot of self-control to not eat all the jam. Jam is yummy and you may want to eat it all at once, but that wouldn’t be good to eat it all. You might get sick. Self-control means you stop and don’t eat it all.*
4. Is it always easy to show self-control?*It is not, but when you belong to God’s family, the Holy Spirit will help you! We can work hard and choose to have self-control.*
5. How can you show self-control?*When a parent tells you to wait, you have self-control by waiting. Or when a brother or sister makes you angry, you can have self-control by not hitting them or not throwing a toy.*

Pray with your child and thank God for his love and self-control. Because of the Holy Spirit, we can have self-control by controlling our thoughts, feelings, and actions!

**Elementary Aged Lesson:**

<https://www.youtube.com/watch?time_continue=24&v=Xzf_-iATjBs&feature=emb_logo>

**Family Talk It Over Questions:**

1. What was your favorite part of the video we just watched?
2. What was Paul’s letter to the Corinthians about?*It was about self-control. Paul said we all have a race to run that we need to train for, like an athlete would train. As Christians, we train by doing what is right and good by controlling our thoughts and actions. We get to share the good news about Jesus with others and live our lives bringing honor and glory to God with the things we do, say, and think.*
3. What fruit do we need to win the race we run for God?*We need self-control.*
4. What does self-control mean?*Self-control means we have the ability to control our thoughts, actions and feelings.*
5. When is it difficult for you to have self-control?*It can be hard to have self-control. Even though we might sometimes feel frustrated, angry, upset, bored, or really want something, we can stop and ask God to give us the power to control our thoughts, feelings, and actions. And the best part is God will always give us the strength to do this! Even when it’s hard, he will help us. We all make mistakes, but we do not have to let that stop us from doing what God wants us to do. God has a plan for your life and the more we show self-control, the more we will be able to follow God’s plan without being distracted.*