

**Christian Living (Lesson 4)****Self Control**

by Craig

Go to Lesson [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [Index](#)**LESSON OBJECTIVE****Topics:**

Self Control, Temptation, Choices, Responsibility

Children will learn that having self control means to follow the will of our Lord, instead of giving in to the temptations of this world. Applications: Self Control, Living for Jesus, Temptation, and Choices.

AS KIDS ARRIVE (10 minutes)**Do You Have it Under Control? (Activity)** [Click Here](#)**OPENING PRAYER AND PRAISES (5 minutes)** Further info? [Click Here](#)**MEMORY WORK (10 minutes)****"Those controlled by the sinful nature can not please God." Romans 8: 8 NIV**

You will need a soft ball, rolled up sock or a beanbag. Have the kids look up the verse in their Bibles and read it several times. Then form a circle and throw the ball to any child. The child that catches the ball says the verse and reference, then tosses the ball to someone else in the circle, who will then say the verse and reference. Repeat enough times so everyone has at least one chance.

SCRIPTURE READING AND DISCUSSION (15 minutes)**Introduction:**

Our story today is about David, before he became king of Israel. Saul, the king at that time had been chasing David for a long time. If he ever caught David, he would surely have killed him. One day, David caught his enemy off guard. He was no doubt tempted to kill Saul before Saul killed him. Let's read what happened.

Read the following passage as the kids follow along in their Bibles.

1 Samuel 24: 1-22 (David spares Saul)**Discussion Questions:**

1. Where were David and his men when Saul went into the cave? (They were also hiding in the cave)
2. What did David do without Saul knowing? (Cut off a corner of his robe)
3. Who did David say would deliver him from the hand of Saul? (The LORD)
4. What did Saul do after David told him that he would never take his life? (He lifted up his voice and wept.)
5. David could have killed Saul, why did he not kill him?
(He knew it was wrong to kill one of God's anointed, so he used self control to resist doing harm.)

CLASS EXERCISES (5 minutes)

No More Static (Object Talk) [Click Here](#)

ALTERNATE CLASS EXERCISE (15 minutes)

Self-Control Wheel (Craft) [Click Here](#)

APPLICATION (4 minutes)

If time permits, give each child a sheet of paper and a pencil, and tell them we are going to have a race, to see how many phrases they can write down in 3 minutes that contain the word "control." For example, control your anger, self control, control your temper, control yourself, control the car, remote control, etc. After 3 minutes, see how many phrases the children came up with.

Having self-control means to keep your thoughts, actions, and desires in line with God's will for you. It means to resist things that may seem good on the surface, but are actually bad. We call it self-indulgence when someone gives in to these bad actions or desires. For example, we can indulge in food, bad language, harmful substances like drugs, gossip, sassing, and many other things. But when we chose to have self-control over these harmful desires, we will be following the will of God.

So, what does a broken radio and a gossip have in common? You can't hear anything good from either of them, because they have no self-control.

NEXT WEEK

Next week we will have a very special guest visit our class. Be sure to be here.

CLOSING PRAYER (2 minutes) Further info? [Click Here](#)