



Small Group Leader Study Notes

BOTTOM LINE:

Self Control - Saying no to myself.

MEMORY VERSE:

"A person without self-control is like a city with broken-down walls." Proverbs 25:28 (NLT)

BIBLE STORY

The Mighty Samson

Samson was a Nazarite. Nazarite signifies separation. Samson was very strong and an enemy of the Philistines. He did not follow the Nazarite guides for no strong drink, and he allowed his desires to rule instead of his commitment to God. In the end it cost him his life.

READ THE BIBLE

Judges 13:24, 16:4-31

Your Notes



FRUIT

Lesson 4: Self-Control

Self-Control is saying no to myself.

No is the most basic boundary word. Not everything I want to do is good for me. I need to learn to say yes to the good and no to the bad.

Here are some areas that we all need to exercise Self-Control:

Appetite – We need food to survive but too much food can kill us. Bottom line is we need to exercise Self-Control in this area. Say no to your appetite. Our kids are especially vulnerable to candy, pop and sweets. We shouldn't eliminate all sweets, but we do need to learn when to stop.

Words – The Apostle James wrote, "Let every man be quick to hear, slow to speak, and slow to wrath." We have all said things that we wish we didn't say. Don't let your tongue take over. Slow down. If you have any doubt, choose not to say it.

Some kids have a tendency to say too much. Have you ever had a friend who talked constantly? How did that make you feel? You don't have to do all the talking. In fact, this Bible verse says we should listen more and talk less. Just say no to talking too much.

Anger – The Apostle Paul said, "Do not sin, by letting anger take control." We all feel the emotion of anger. Have you ever got mad about something and then felt guilty afterward? What happened? You let anger take control. Don't use your anger to punish people

for hurting you. Stay in control of your emotions. Never let anger take control.

Money - Does money seem to burn a hole in your pocket? Do you spend all your money when you get some? Stop it. This is not a good habit. Learn to say no to yourself with your finances. Two ways to do this is to tithe and to save. If you never learn to save money, you will always be poor.

Entertainment – Wow! This is a big one for today. Ask yourself how much time you spend playing video games, watching TV and on the Internet. Most of this is "Me" time. It's not really helping anybody else. Do we need me time? Yes, but we also need to learn to say no to me time. Decide how much time you will spend on entertainment and stick to it. When your time is up, stop and wait until tomorrow.

"A person without self-control is like a city with broken-down walls."

You can learn to say no to yourself. Healthy boundaries are a good thing. Self-Control can be painful at times, but not as painful as not exercising Self-Control.

In summary, Self-Control is saying no to myself in the following areas:

1. Appetite
2. Words
3. Anger
4. Money
5. Entertainment

BIBLE STORY

The Mighty Samson

READ THE BIBLE

Judges 13:24, 16:4-31

THE STORY

- The story of Samson is a great example of someone who had a lot going for him, but he lived his life with no self-control.
- Samson was a Nazarite which signifies separation.
- A Nazarite separates themselves unto God - they must not gratify the desires of the body.
- They did not cut their hair and they did not drink alcohol.
- Samson grew and became very strong.
- But he also followed his own desires and did not control them.
- He wanted to marry a Philistine girl (the Philistines were enemies).
- He often became drunk.
- Because he allowed his desires to rule him, it led to his downfall.

QUESTIONS TO ASK

1. What was the big deal, shouldn't Samson be able to eat and drink and see who he wanted to? (he was a Nazarite - someone who was to live their life separated - as a vow to God)
2. As a Nazarite, what was Samson not supposed to do? (cut his hair, drink alcohol)

SMALL GROUP LESSON

Toothpaste - Put A Cap On It!

BOTTOM LINE:

You don't have to say everything that pops into your head.

PROPS NEEDED:

2 tubes of toothpaste.

Table with 3-4 paper towels on table.

Wet-ones to wipe hands.

HERE IS WHAT YOU DO:

- When you do this lesson, as you are talking have one child take 1 tube of toothpaste and squeeze out all of the toothpaste onto the paper towels on the table.

HERE IS WHAT YOU SAY:

- (To the child that is helping you.) Take this tube of toothpaste and start squeezing.
- Keep squeezing until it is all out. (They may need help, but empty the tube of toothpaste.)
- Okay, now that you are all done squeezing out the toothpaste, put it back in the tube. (Allow for group response.)
- (Have your helper sit down.)
- When you lose your self-control, it is like this tube of toothpaste.
- Once it is squeezed out, there is no way to get it back in.
- If you lose your temper and scream at someone, the words are out of your mouth - you can't get them back.
- If you lose control and spend all of your allowance on whatever you want, you can't get the money back.
- (Take the 2nd tube in your hand and take the top off.)
- You can control yourself by saying no to yourself.
- This cap (take the cap in your hand) is like saying no to yourself.
- (Start to squeeze out the toothpaste and put the cap back on to stop it from coming out.)
- When we say no to spending our money foolishly, it is just like putting the cap on this tube of toothpaste.
- When we don't allow our tongue to just run and say whatever comes into our head, it is just like putting the cap on this tube of toothpaste.

ASKING POINT FOR KIDS:

1. Have you ever lost control with your words, anger, money, video games and eating? (allow for response)
2. What happened? (allow for response)
3. How can you make sure that doesn't happen again? (use self-control - get them to tell you how in an individual situation)