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**8:50–9:00 | 10:20–10:30 | 11:50–12:00 – EARLY ARRIVERS ACTIVITIES**

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**1. Just for Fun**

*Connect: an activity that invites kids to share with others and build on their understanding*

**What You Need:** Paper; Pencil; Timer on Phone

**What You Do:**

- Invite kids to put their offering in the For Everyone box that is located to the Snack Shack
- Gather kids in a circle.
- Ask kids to create a list of things that help keep us safe.
- Encourage them to write down as many things as they can. You can give them a time limit (one or two minutes).
- Allow kids to take turns reading one thing from their lists. Similar to the game Scattergories®, if there are any duplicates, kids should mark those off of their lists.
- The person with the most original items remaining on his or her list is the winner!

***Lead your group to the Large Group area.***

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**9:10–9:45 | 10:40–11:15 | 12:10–12:45 – LARGE GROUP**

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**OVERVIEW:**

**Bottom Line:** *When do you lose control? The best way to discover how you should respond with self-control in a situation is to imagine the moments when you most feel like losing control. We pray that our preteens not only start to identify the areas of their life where they have a tendency to struggle, but also create a plan for how to rely on God to help them.*

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**9:45–10:05 | 11:15–11:35 | 12:45–1:05 SMALL GROUP**

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**1. Take a Snapshot**

**[Application Activity]**

*Imagine: an activity that promotes empathy and facilitates biblical application through role-play and reenactment*

**What You Need:** Index Cards & Pencils

**What You Do:**

- Give each kid two index cards and a pencil.
- Ask kids to write on each index card one of the following:
  - A situation when it is hard to have self-control
  - An example of when you should do something but you don't really want to do it
- As a group, review the examples. Potential discussion questions could be:
  - What do the examples have in common?
  - What emotions or feelings make it harder to have self-control?
  - What situations could make it harder to have self-control?

## 2. Discussion Questions

### [Application Activity]

*Connect: an activity that invites kids to share with others and build on their understanding*

**What You Need:** N/A

### What You Do:

- Ask:
  - Why is self-control important? Why can't we just do whatever we want?
  - When is it hard to have self-control?
  - What are some consequences of losing control?
  - What are some benefits of having self-control?
  - ***[Make it personal] Share an age-appropriate example of a time you lost control and what the consequences were. Encourage kids to share a time they lost control. What were the consequences of losing control?***

## 3. Verses To Take With You

### [Memory Verse Activity]

*Create: an activity that explores spiritual ideas through the process of drawing, building, and designing*

**What You Need:** Bibles; Sheet of Butcher Paper; Markers

### What You Do:

- Pass out Bibles.
- Ask kids to look up the memory verse, 2 Peter 1:3a, and read it together.
- Ask kids to paraphrase what the verse means in their own words.
  - What is God's power?
  - What is a godly life?
- Place a piece of butcher paper on the floor and gather kids around the paper.
- Ask: What does a godly life look like? If someone is striving to live a godly life, how do they act and talk?
- Instruct kids to paint their answers on a mural using the markers. If kids need prompting, suggest they look up Galatians 5:22-23.

- Lead a time of discussion. Potential discussion questions could be:
  - How do we power up or charge our lives with God’s power? How do we tap into God’s power?
  - How did the words look different after we gave them light power?
  - How should we look different when we have God’s power? How does a godly life look? (Refer to the words kids wrote on the butcher paper.)
  - What does this verse say about God?

### **3. Make It Personal With Prayer**

#### **[Prayer Activity]**

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

**What You Need:** Mural from the Previous Activity

#### **What You Do:**

- Place the mural on the floor and ask kids to gather around it..
- Ask kids to read over the examples of what a godly life looks like.
  - Is there an example that jumps out at them?
  - Maybe it is an area where they are thankful for God’s guidance to help them live a godly life.
  - Maybe there is an area they struggle with having self-control.
  - Maybe they never considered what a godly life looks like and they want God’s help to intentionally follow His ways.
- Encourage kids to silently pray to God. It can be a prayer of thanks, a prayer of praise acknowledging that God will give them what they need, maybe a prayer for God’s assistance to experience self-control in a specific area, or simply a prayer asking God to show them where they need to turn to Him.
- Close the time with prayer.

#### **What You Say:**

*“God, You give us Your power to live a godly life. You tell us the importance of self-control; You tell us self-control protects us just like walls protect a city. God, open our eyes and ears to stay focused on Your desires for our lives and to choose Your ways. God, when we are struggling, remind us of your Word and Your power that gives us what we need to lead a godly life, a life focused on You. Amen”*