



WEEK FOUR – JANUARY 2019 – PRETEEN

Bible Story: *Too Much (Too Much of a Good Thing) • Proverbs 25:16*

Key Question: *How do you know when to stop?*

Memory Verse: *“God’s power has given us everything we need to lead a godly life.” 2 Peter 1:3a*

Life App: *Self Control – Choosing to do what you should even when you don’t want to*

Basic Truth: *I can trust God no matter what.*

Summary: We close out the month with another one of Solomon’s vivid word pictures in Proverbs 25:16 and find out what happens when we indulge and eat too much. But this proverb isn’t just about how much we eat. Kids will learn that too much of anything, even if it’s a good thing, can have serious consequences.

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

1. Just for Fun

Move: an activity that increases the oxygen in the brain and taps into the energy in the body

What You Need: Ball

What You Do:

- Gather kids in a circle.
- Ask: What is your favorite food?
- Toss a beach ball to someone in the group, and when he or she catches the ball, encourage him or her to shout out his or her favorite food before passing the ball to someone else in the group.
- Pass the ball so everyone in the circle touches the ball once before returning it to you.
- Repeat several times starting with a new category of “favorites.” Examples of “favorite” categories could be: TV shows, hobbies, songs or musical artists, games, months.
- This is a fast-paced game. As soon as the ball returns back to you, shout out another category and keep the pace hopping.

Lead your group to the Large Group area.

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

OVERVIEW:

Bottom Line: *How do you know when to stop? We start our small group discussion with a question that will help preteens create boundaries for how they spend their time. We don't always know it's time to stop until it's too late. We pray that our preteens become more self-aware about the times when they need to trust God to help them stop.*

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

1. Bible Story Extension

[Application Activity]

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

What You Need: Mobile device, Bibles, blank stickers, markers

What You Do:

- Using a mobile device, conduct a search for crazy or funny warning labels or signs.
 - *Pro-Tip: be sure to monitor this activity to ensure the websites kids click on are age-appropriate. Enabling a “safe search” feature is on any web browser you use is recommended. Another option is to conduct a search before gathering with the kids so you can direct their search to the sites you have previewed.*
- Read Proverbs 25:16.
- Ask: What would be a good warning label for a jar of honey?
- Explain that everyone has struggled with knowing when to stop, especially when it comes to our favorite things.
- [Make it Personal] Share a time you struggled with knowing when to stop. Maybe you love the game Candy Crush and when you start playing you lose track of time. Or if you eat one BBQ potato chip, before you know it, the bag is gone. Make sure your example is age-appropriate.
- Using a few examples from the Take a Snapshot Activity, briefly discuss what warning signs could be an indicator you need to stop before it is too late.
- Challenge kids to think of an area they could overindulge: an area in their lives where they need self-control to know when to stop.
 - Is it watching TV or playing video games? Is it eating salty snacks or ice cream? Is it listening to music?
 - Prompt them to think about the things they do when they lose track of time, the times when it seems like they have only been doing something for an hour and the next thing they know four hours have passed.
- Hand out supplies and let kids create a warning sticker to remind them to know when to stop.
 - Allow kids to be creative.
 - Maybe their sticker uses emojis, words, symbols, Bible verses, etc.
- Encourage kids to strategically place their stickers to help remind them to know when to stop. Maybe place it near the snack bucket in their pantry, or on their mobile device, or near their TV.

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:
 - How do you recognize when you need to stop doing something?
 - Who can you depend on to help you stop?
 - Is it ever too late to stop? Are you ever in too deep that stopping isn't an option?

- How can good things be bad for you?
- Is it always bad to lose track of time making something cool or doing something fun? What examples of things can you think of where it might be okay to let three hours go by while you barely notice the time passing? (*Get kids to think about stuff like practicing an instrument, making an art project, decorating a cake, playing in a creek, etc. Help them make the distinction between overindulging and “losing yourself” in something creative or productive.*)

3. Make It Personal With Prayer

[Prayer Activity]

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

What You Need: Ball

What You Do:

- Gather kids in a circle and hold a ball.
- Open with a prayer. An example:
 - “God, You are AWESOME! You give us everything we need! You know what our favorite things are; You know what we love to do and what we avoid doing. You know where we struggle with stopping and you know when we struggle to have self-control. This week, God, help me to know when to stop, especially when it comes to [fill in the blank.]”
- Toss the ball to someone in the group and when he or she catches it, encourage him or her to say a short prayer, asking God to help in a specific area where he or she may struggle.
- Prompt kids to think of the warning stickers they made in the Bible Story Extension Activity. Kids can say their prayers out loud or pray silently.
- When the first kid is finished praying, he or she tosses the ball to someone else.
- Continue until everyone has prayed.
- When the ball returns to you, close in prayer.

What You Say:

“Thank You, God! We know You give us everything we need to live a godly life. Thank You for giving us Your wisdom in book of Proverbs and showing us how we should live. Open our eyes and ears to see You and hear You. Amen.”