

## TODAY'S SUGGESTED SCHEDULE

### TODAY'S BIBLE STORY

#### Should've Said No

Too Much of a Good Thing  
Proverbs 25:16

### TODAY'S BOTTOM LINE

Know when to stop.

### MONTHLY MEMORY VERSE

"God's power has given us everything we need to lead a godly life."

2 Peter 1:3a, NIV

### MONTHLY LIFE APP

Self-control—Choosing to do what you should even when you don't want to

### HOST SUPPLIES

- Host
- Remote control

### STORY SUPPLIES

- Table
- Three boxes (banker's box style, without lids)
- Tablet (or other device)
- Piece of cake
- Wrapped gift (like a birthday gift)

### PRELUDE: Setting the tone for the experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today. In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

### SMALL GROUP

**15**  
MIN

#### SOCIAL: Providing time for fun interaction

Early Arriver  
Opening Activity

### LARGE GROUP

**35**  
MIN

#### ANNOUNCEMENTS:

##### - Invite Challenge

- This is a **NEW YEAR** and people are ready to start some new habits
- Our challenge is for you to think of someone you can invite in the month of January to come with you to church

#### MONTHLY WORSHIP LINEUP:

Week 1 - This Is Living & Way Maker

Week 2 - There's Nothing That Our God Can't Do & Never Lost

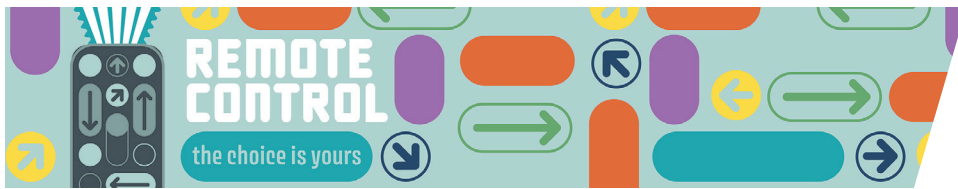
Week 3 - The Best Is Yet To Come & The Blessing

Week 4 - Might Get Loud & Graves Into Gardens

**Week 5 - There's Nothing That Our God Can't Do & The Blessing**

### SMALL GROUP

**25**  
MIN



**PRELUDE**      **SOCIAL**      **STORY**      **WORSHIP**      **GROUPS**      **HOME**

25 MINUTES      10 MINUTES

**TODAY'S BIBLE STORY**

**Should've Said No**  
Too Much of a Good Thing  
Proverbs 25:16

**TODAY'S BOTTOM LINE**

Know when to stop.

**MONTHLY MEMORY VERSE**

**"God's power has given us everything we need to lead a godly life."**  
2 Peter 1:3a, NIV

**MONTHLY LIFE APP**

Self-control—Choosing to do what you should even when you don't want to

**BASIC TRUTH**

I need to make the wise choice.

**LARGE GROUP**

ENGAGE KIDS' HEARTS THROUGH A DYNAMIC AND INTERACTIVE BIBLE STORY, WORSHIP, AND PRAYER EXPERIENCE IN A LARGE GROUP SETTING.

**AUDIO: PLAY HIGH-ENERGY MUSIC AS KIDS ENTER.**  
**SLIDE: THEME**  
**OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP**

**WORSHIP**

*Worship Leaders enter*

**WORSHIP LEADER:** "Hi, everyone! Get on your feet and get ready to worship.

**AUDIO: *There's Nothing That Our God Can't Do***

**AUDIO: *The Blessing***

*Host enters.*

**OPTIONAL VIDEO (MEDIA PACKAGE): COUNTDOWN (30- OR 60-SECOND VERSION)**  
**OPTIONAL VIDEO (MEDIA PACKAGE): THEME**

**OPENER**

**HOST:** "Hi, friends! I'm so excited to be here today because I always enjoy hanging out with all of you. Today, we'll wrap up our month talking about self-control. Who can raise their hand and tell me what self-control is? (Pause and choose someone to tell the definition.) Great! Let's all say it together!

**SLIDE: LIFE APP**

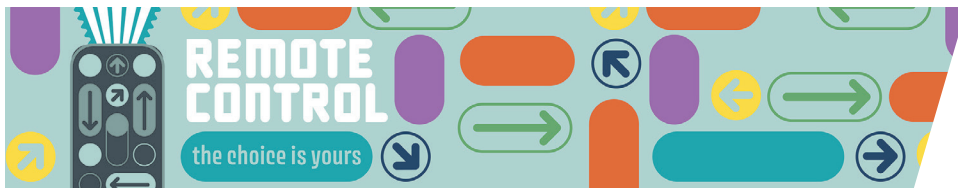
**OPTIONAL VIDEO (MEDIA PACKAGE): THEME TRANSITION TO LIFE APP**

**"Self-control is choosing to do what you should even when you don't want to.**

**SLIDE: THEME**

**OPTIONAL VIDEO (MEDIA PACKAGE): LIFE APP TRANSITION TO THEME**

"We've talked about how God can help us have self-control with our words and our actions. God can help us stay in control when we feel angry or frustrated. Self-control isn't always easy, but it's ALWAYS the wise choice. And friends, **[Basic Truth] we need to make the wise choice!**



**PRELUDE**      **SOCIAL**      **STORY**      **WORSHIP**      **GROUPS**      **HOME**

25 MINUTES      10 MINUTES

"I've got another fun game for you today that I get to control, once again, with my remote!

*Hold up the remote control.*

"This game is a lot like Red Light, Green Light . . . but I'll use the remote to give commands. First things first: everyone please line up on the back wall.

*Give the kids some time to line up against the wall.*

"Okay! Are you ready to find out how to play? *(Pause for response.)* Good!

*Turn around so that you face away from the kids. But look over your shoulder at them as you explain the game.*

"Your goal is to be the first person to tag my shoulder. I'll hit a button on the remote and call it out. For example, if I say 'fast forward,' you can move forward quickly. If I say 'pause,' you'll freeze right where you are. If I say 'rewind,' you'll move backward. If I say 'play,' you'll walk forward normally. And if I say 'home,' you've got to go all the way back against the wall!

"Make sense? All right—let's play!

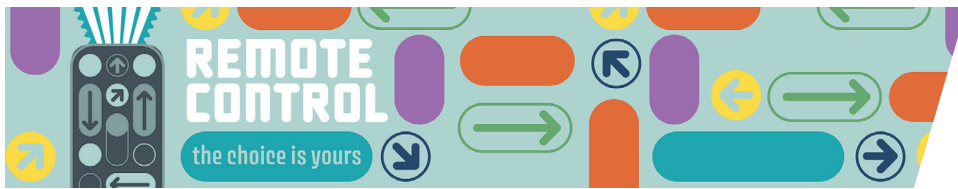
**AUDIO: FUN INSTRUMENTAL MUSIC**

*Use various commands to get kids to move forward, backward, etc. Pretend to hit a button on the remote each time. You can add more challenging commands like skip back, skip forward, slow motion, etc.*

*When someone makes it to you and tags your shoulder, you can let them call out commands for the next round. Play as long as time allows.*

**AUDIO: FADE OUT MUSIC**

"Great job, everyone! That was really fun!



25 MINUTES

## BIBLE STORY

**SLIDE: THEME BACKGROUND**

*Storyteller enters*

### SETTING UP THE STORY

**STORYTELLER:** "Hi, everyone! We've discovered SO much about self-control this month. We've learned how self-control can help us in all kinds of situations. One person who knew a lot about self-control was King Solomon. We can find lots of wise sayings from Solomon in the book of Proverbs (*hold up Bible*), including this one in Proverbs 25:16. Are you ready for this?"

*Open the Bible to Proverbs 25:16 (NIRV) and read.*

*"If you find honey, eat just enough. If you eat too much of it, you will throw up."*

*Set prop boxes on the table.*

"Whoa! That's gross, isn't it? But it's true. Sometimes we can have too much of a good thing."

### A FEW OF OUR FAVORITE THINGS

**STORYTELLER:** "I know there are times when it's hard for me to have self-control, because I just want to KEEP doing something that I love . . . or keep EATING something that I love. Has that ever happened to you?"

*Walk behind the table with the three upside-down boxes.*

"Inside these boxes, I've got three things that often cause people some trouble with self-control. These aren't BAD things . . . but we tend to love them so much that it can be hard to stop when we really need to! Can you guess what they might be? (*Pause and take some guesses.*)"

"Good guesses! Let's see what's under this first box."

*Choose a kid to lift off the first box, revealing the tablet.*

"What do you have there, [kid's name]? (*Pause for response.*) Yep! A tablet. That makes sense. It's tough for a lot of us to have self-control with screen time."

"And the second box?"

*Choose a kid to lift off the second box, revealing the piece of cake.*

"What is it, [kid's name]? (*Pause for response.*) YES! A delicious piece of cake!"

"And the third box?"

*Choose a kid to lift off the third box, revealing the wrapped gift.*



25 MINUTES

“What’s that, [kid’s name]? (Pause for response.) Another box! This one’s all wrapped up, though, like a birthday present. ANYTHING could be inside! But let’s leave it wrapped up for now.

(to the three kids) “Thanks for your help, friends! You can have a seat.”

**TOO MUCH!**

**STORYTELLER:** (Reference the three items.) “Again, there’s nothing wrong with these things. There’s nothing wrong with using them or enjoying them . . . as long as we remember to have self-control!

“In fact, that brings up a good question. What happens if we DON’T have self-control? What happens if we want too much of a good thing?

*Hold up the tablet.*

“Well, think about when you play a game or watch videos on a device. A little bit of that is fine. (Stare intently at the screen.) But what happens if you lose control? What if you just stare at this screen for hours . . . and hours . . . and HOURS?

“Well, you might get so wrapped up in your game or show that you forget to do something you’re SUPPOSED to do—like chores or homework. You might get grumpy from staring at the screen for so long. You might miss out on what’s going with the people AROUND you because you’re giving all your attention to what’s in front of you.

*Hold up the cake.*

“How about sweets? Maybe you love cake . . . or maybe for you it’s candy or ice cream. We all love sweet treats. But they’re supposed to be TREATS, right? Not things that we eat all the time. If we lose control and eat too many sweets, we might not have enough room for healthy food at meal times. We might even end up feeling sick—just like Solomon said about having too much honey!

*Hold up the wrapped gift.*

“Then we have this—the gift. Think of it as any kind of ‘stuff’ that’s really important to you. It could be toys, clothes, art supplies, or anything that you just LOVE—and you want more and more of it!

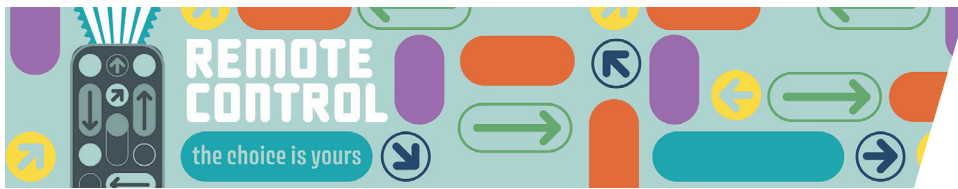
“Whatever this might be, we can lose control because we’re thinking about how badly we want it . . . and that can be a problem. We can end up focusing more on our stuff than on how we’re treating other people. We forget to notice how others feel, or what THEY need.”

**JUST ENOUGH**

**STORYTELLER:** “So what can we do? How can we **know when to stop?** What can we do to stay in control?”

“Let’s think about what Solomon said.

*Open the Bible to Proverbs 25:16 (NirV) and read.*



25 MINUTES

*"If you find honey, eat just enough.*

"Eat just enough!" Solomon was talking about honey, but he could have been talking about a tablet, sweets, or our favorite toys. (Reference the three objects.)

*Hold up the tablet.*

"We can have self-control by putting a limit on how much we stare at a screen. For example, you could talk to your parent or grandparent and ask them to help you set a timer for how much you play your game or watch your show.

*Hold up the cake.*

"We can take a normal-size piece of cake or bowl of ice cream, instead of trying to cram as much as we can on our plate or in our bowl. Then we can put the rest of the cake or ice cream away, so we aren't tempted to go back and get more! We can eat slowly and really focus on enjoying what we do have. And, of course, we can make sure the rest of what we eat has a good balance of fruits, veggies, and other healthy things!

*Hold up the wrapped gift.*

"How about 'stuff'? How can we keep from putting all of our attention on the toys or other things that we really want? Well, we can stop and think about the things we DO have. We can say a quick prayer and thank God for something that He's given us—something that we're grateful for. If we got in the habit of doing that, I bet it would help us stay in control of our 'wants.' I bet it would help us focus on what other people need, too!"

*Walk in front of the table as you wrap up.*

### **WRAPPING UP THE STORY**

**STORYTELLER:** "There are lots of good things in life. And self-control doesn't mean that we can't enjoy those things. It just means that we need to be wise about the **WAY** we enjoy them. If we have self-control, we won't take too much. We won't **WANT** too much. We'll be able to experience the good things 'just enough'—like Solomon said.

"Remember, God has given us the ability to have self-control. We can talk to the people God has put in our lives and ask them to share the things they've learned and ideas that can help us. We can pray and ask God to help us, too.

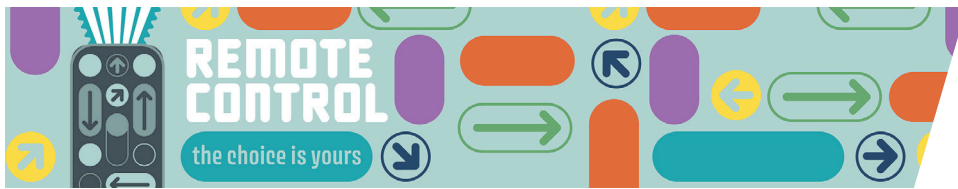
"Let's do this.

#### **SLIDE: BOTTOM LINE**

"Let's make sure that we **know when to stop.**

"Will you pray with me?"

#### **SLIDE: THEME BACKGROUND**



25 MINUTES

## PRAY

**STORYTELLER:** “God, this is such an important reminder of why we need self-control. Please help us to **know when to stop**. When we’re tempted to take too much or want too much, please show us how to **[Basic Truth] make the wise choice**. Give us the strength to choose self-control. We love You, and we ask these things in Jesus’ name. Amen.”

## CLOSER

*Host enters as Storyteller exits.*

**HOST:** “Solomon really did have some wise words about self-control! We’ve got to be careful so that we don’t have too much of a good thing. We’ve got to **know when to stop**.”

### SLIDE: BOTTOM LINE

“Say that with me.”

**HOST AND KIDS:** “**Know when to stop.**”

**HOST:** “I’m not sure what that ‘thing’ might be for you. Maybe it’s screen time or sweets. Maybe it’s video games or trading cards. Or maybe it’s something else. Just remember, if you find yourself thinking about that ‘something’ all the time . . . or sneaking around to do it . . . that might be a clue that you need to press STOP.”

*Hold up the remote control and pretend to press a button.*

“You might not know what that ‘something’ is for you, and that’s totally okay! You can always ask someone you trust if they see something in your life that you might care about a little bit TOO much. You can ask them to help you think of ways that you can stay in control.”

“And don’t forget—you can always talk to God about it. God is always there to help you. As we read in our memory verse, 2 Peter 1:3 . . .”

### SLIDE: MEMORY VERSE

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

“When you put your faith in Jesus, you have the power of the Holy Spirit . . . and the Spirit will help you **know when to stop**.”

“You can head to Small Group now and talk about that some more. I’ll see you next time!”

*Dismiss kids to their small groups.*

**AUDIO: PLAY HIGH-ENERGY MUSIC AS THE KIDS EXIT.**

**SLIDE: THEME**

**OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP**