

SUNDAY SCHOOL BIBLE ACTIVITIES

Use this resource to help your child understand our Bible Point.

Bible Point: Self control is a fruit of the Spirit.

Read: Galatians 5:23; Matthew 26:47-56; 27:32-44

In This Passage: Jesus is hung on a cross. Although he has the power to come down from the cross, and people taunt him to prove that he's really God by getting himself down, Jesus shows self-control and stays on the cross. Jesus knows he has to die for us, so he uses self-control.



Family activity:

You will need: Red and green construction paper

Stop and Go

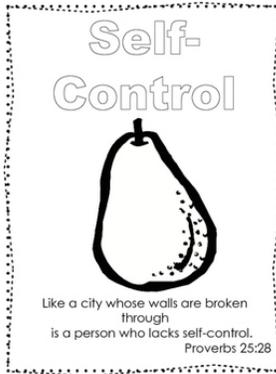
When we're doing something fun, it's hard to stop. To stop doing something we want to do takes self-control. Since we're learning that self-control is a fruit of the Spirit, let's play a game where we have to practice self-control and stop running.

- Have family members line up against the wall.
- Stand near the opposite wall with a piece of construction paper in each hand.
- When you hold up the green paper, family members can run toward you as fast as they can.
- When you hold up the red paper, count to three; family members must freeze where they are. If anyone is still moving when you reach three, they must return to the starting wall.
- The first person to reach the wall behind you becomes the new Stoplight. Everyone else returns to the starting wall and begins again.
- Continue playing as time allows.

Talk About It

When we're running fast, it's hard to stop. We had to control our bodies when we played the game; that's self-control. And we use self-control when we stop before making a wrong choice or when we stop playing when Mom says to clean up. Jesus helps his friends have self-control and make good choices because self-control is a fruit of the Spirit.

PRINTABLE:



Name: _____

Directions: Write as many consequences as you can (positive or negative) for each action.

Actions	Consequences
You spread a rumor about your friend.	→
You practice really hard for your upcoming sports competition.	→
You blurt out the answer in class without raising your hand.	→
You get mad at someone in your class and hit him/her.	→

MEMORY VERSE CHALLENGE:

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!” (Galatians 5:22-23).