



Kids Club

Leader Guide

July

Week 4

July 27, 2025



SUPPLIES

- Cotton balls
- Plastic spoons
- Sports balls or handheld toys
- Post-it notes
- **Bottom Line Poster**



Fruit of the Spirit

Part 2

Elementary

Series

Series Overview

This series will introduce and familiarize us with the fruit of the Holy Spirit. We'll grow to understand what the Holy Spirit produces in our lives when we choose to follow Jesus. We'll learn about each of the nine fruits described in Galatians 5:22-23, with supporting scripture to show how Jesus embodied each. This series will teach us how to walk in the fruit of the Spirit just like Jesus did.

Lesson Overview

Lesson Four brings an end to our "Fruit of the Spirit" series. We learn all about the last fruit of the Spirit listed in Galatians 5, which is self-control. This lesson uses imagery and real-life examples to break down the concept of self-control. We'll tackle challenging questions as we delve into understanding why the Holy Spirit leads us in self-control and what that looks like for the Christian.

Lesson 4



**Lesson 4:
Self-Control**



**Bible Verses:
Timothy 1:7**



Memory Verse:

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing." John 15:5



Bottom Line

The Holy Spirit gives us a spirit of self-control.

OPENING GAME

"Spoon Ball"

How to Play:

Gather elementary children and divide them into two teams (you may need more teams depending on class size). Next, have teams line up. Then, pass a plastic spoon and cotton ball to each child at the front of each line.

Children will complete a relay race, carrying the cotton ball on the spoon carefully to an end point established by the leader. If the cotton ball falls, the child will have to stop and place the cotton ball back on his or her spoon before he or she continues.

Once each child reaches the endpoint and then returns to his or her team, he or she will hand off the supplies to the next teammate. Children who've finished this relay will sit down at the back of the line. The first team with everyone sitting wins the game.

SAY: Now, let's start our game! This will be a relay race to see which team can carry a cotton ball on a spoon from the beginning of their team's line to the end and back the fastest. Each team member will go one at a time. You guys may want to run, speed walk, or hurry to get back to your team, but you must practice self-control so you don't drop your cotton ball. If you drop your cotton ball, you have to stop, pick up the ball, and put it back on the spoon before you can start moving again.

Are you ready? Let's play!

**You can add a challenge by making children start over every time a cotton ball is dropped. You can also incorporate challenges like hopping through the race or setting a timer to see which team gets the faster time.*

LARGE GROUP TEACHING

SAY: Hey guys!

We've made it.

Today is our very last Bible lesson in our "Fruit of the Spirit" series.

We'll be studying the ninth and final fruit of the Spirit listed in Galatians 5.

But before we dive into this, I need some help.

ASK: Can you guys tell me what fruits of the Spirit we've covered so far?

**Allow children to answer.*

SAY: Wow! You guys have great memories!

We've gone over love, joy, peace, patience, kindness, goodness, faithfulness, and gentleness so far.

ASK: Does anyone know what our last one is?

**Allow children to answer.*

SAY: It's self-control!

This is the final fruit of the Spirit.

We're about to dive right into our Bible study... but first, I have a new fruit fact.

There is a fruit that bounces.

Yes, up and down like a ball.

ASK: What fruit do you think bounces?

**Allow children to answer.*

*(*Answer: Cranberries)*

SAY: Those were some good guesses!

The answer is "Cranberries."

Crazy, huh?

Now, let's move on to talk about a different kind of fruit.

This fruit of the Spirit is called self-control.

Before we begin, I should tell you what self-control is.

Listen closely because this part is important!

Self-control is being able to have control, or power, over your words and actions. Let's see...

My arm is right here.

Do you see it?

**Wave arm.*

SAY: I am having the self-control to keep my arm at my side.

**Move your arm to your side.*

It's at my side rather than wiggling all around right now distracting you guys.

**Exaggerate wiggling your arm. Then, return to self-control.*

SAY: Look at these legs.

**Do a little dance, wiggling your legs.*

SAY: If I'm up here wiggling the whole time, it will be distracting, even though I really want to get all these wiggles out.

I need to have self-control to stay focused and still.

**Exaggerate your point by stomping your feet firmly on the ground*

SAY: Even though I really want to get all my wiggles out, I'm practicing self-control because I don't want to distract you guys from our Bible study.

I know these are silly examples, but I hope they helped you understand what self-control is.

Again, self-control is being able to have control over your words and actions. Let's take this a little further and play out another example.

ASK: Does anyone here like dessert?

***Allow children to answer.**

SAY: Okay, look at this here.

SAY: Okay, now close your eyes.

Picture this: I put this warm, soft, sweet, fluffy cotton candy on a table right in front of you.

You smell the sugary goodness, and right when you stretch your arm out to grab a piece I yell, "Wait!"

I say, "I have to go grab something from the other room, and you have to wait to get cotton candy until I get back."

I leave the room.

What happens next is that you might feel tempted to pinch off a small piece just to taste it.

You might think, No one will know.

One minute turns into five.

You're still waiting, staring at this beautiful, fluffy, yummy cotton candy.

Open your eyes.

ASK: What would you do? Raise your hand if you'd eat it. ***Allow children to answer.**

Now, raise your hand if you would wait.

***Allow children to answer.**

SAY: If it were me, it would be really, really hard to wait to eat some of that cotton candy!

But self-control is having control over our actions, so in this case, I would have to NOT do the thing I want to do.

Self-control can also be DOING something you DON'T want to do.

SAY: I want you to think about homework now. ASK: Do we always want to do our homework? **Allow children to answer.*

We can also have self-control when we do what's right even though it's hard to do. Like doing our homework, cleaning our room, or obeying our parents.

These are all good things to do, but sometimes it takes self-control to do them. Self-control is a gift from the Holy Spirit to help us.

Now, let's find out what the Bible says about it by reading **2 Timothy 1:7** .

"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."

SAY: What a great gift!

Through the Holy Spirit, we have power, love, and self-discipline, which is the same thing as this self-control we've already been talking about.

**Show Bottom Line Poster: The Holy Spirit gives us a spirit of self-control*

We can control our actions and words because the Holy Spirit gives us the spirit of self-control.

The Holy Spirit leads us to talk kindly when we'd rather yell because someone took something of ours.

We are led to obey our parents instead of talking back to them when they ask us to clean our room.

Or when we didn't do our homework and we have the temptation to lie and say our dog ate it, the Holy Spirit leads us in self-control to instead be honest.

Well, if the Holy Spirit leads us in self-control, let me ask you guys something else.

ASK: Why do you think is it important to walk in the fruit of self-control?

**Allow children to answer.*

SAY: Thanks for sharing those great answers.

It's important to walk in the fruit of self-control, just like it's important to walk in any of the other eight aspects of the fruit of the Spirit.

When we walk in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, we are showing other people what Jesus is like.

Other people can know what Jesus is like because of our actions!

How cool is that?

The fruit of the Holy Spirit is evidence that Jesus lives within us.

We get to show Jesus to others when we walk in all of these.

The Bible even tells us we as believers are called to be living, breathing, walking examples of Jesus to all those who do not know him.

And we've been given everything we could ever need to accomplish this because we have the Holy Spirit helping us!

How amazing that these fruits are gifts that we have through believing in Jesus!

As we close our "Fruit of the Spirit" series, I want you guys to remember that we have these wonderful gifts all because we believe in Jesus.

By walking in these fruits, we can show people who Jesus is.

Let's remember this as we leave here today!

SMALL GROUP TIME:

Memory Verse

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing." John 15:5

Verse Challenge:

"Where Do I Go?"

**Write up phrases or individual words from the memory verse on each Post-it note.*

**Write up phrases or individual words from the memory verse on each Post-it note. Then, gather preteens into two teams. Place the Post-it notes on one team's backs (Team 1). The other team (Team 2) has to tell them (Team 1) where they need to go in order to form the correct verse.*

**Once complete, teams can switch roles.*

SAY: Now, we're going to play a game as we practice our memory verse.

First, let's gather into two teams.

**Gather kids into teams.*

SAY: I have these Post-it notes, and I will place them on the backs of the players on Team 1. So, Team 1, line up and turn around, please.

**Place a Post-it on each of the team member's backs. If you run out of Post-it notes, then have the remaining children join Team 2.*

SAY: Now, Team 2, your job is to place our friends on Team 1 in order. They need to be standing in order so that the words of our memory verse are read in order as well. Are we ready? Let's go for it!

Making Connections:

SAY: Today, we learned all about self-control. We discovered that self-control is being able to have control, or power, over our words and actions. When we display self-control, we display the evidence of the Holy Spirit living within us. The Holy Spirit gives us the gift of self-control so that, by displaying it, we draw people nearer to Jesus.

Group Activity – “Statues”

**One person will be “It.” This person will try to catch everyone else (the “statues”) when they move. The “It” person will have his or her eyes closed while the statues will be moving all around the room. The statues will try to move without getting caught. When the leader appoints a time for the “It” to open his or her eyes, he or she may walk around the room trying to catch the statues moving. When a statue is caught moving, he or she is out.*

SAY: Okay guys, now we are going to play a game called “Statues.” First, I will choose one person to be “It.”

**Choose a kid to be “It.”*

SAY: Okay, now the rest of you will be statues. You will be moving all around while the “It” person has his or her eyes closed.

But there will be a time when the “It” person opens his or her eyes. Then, “It” will be walking around trying to catch you moving statues. As “It” walks around, you can try and sneakily move around as well.

This game will make you guys use self-control because you’ll need to know when to move and when to not move.

Are you ready? “It,” you may now close your eyes. Then, statues, you may start moving.

**The leader will tell the “It” person when to open his or her eyes and walk around. Then, have “It” close his or her eyes again while the statues move and then open again to play the game.*

**After the game, debrief with kids*

Discussion Questions:

1. How would you explain self-control to someone?
2. Can you share a time when you had to show self-control? Was it easy or difficult?
3. What types of situations are easy to practice self-control?
4. What types of emotions make practicing self-control harder?
5. Why do you think God wants us to practice self-control?
6. What should we do if we find it difficult to walk in the fruit of self-control?
7. How can you help your friends when they are struggling with self-control?

**When your small group discussion has come to an end, close in prayer.*