

MY JUNGLE ADVENTURE



Adventure

Disciple Guide Sample (Lesson 12)

How to Break Bad Habits

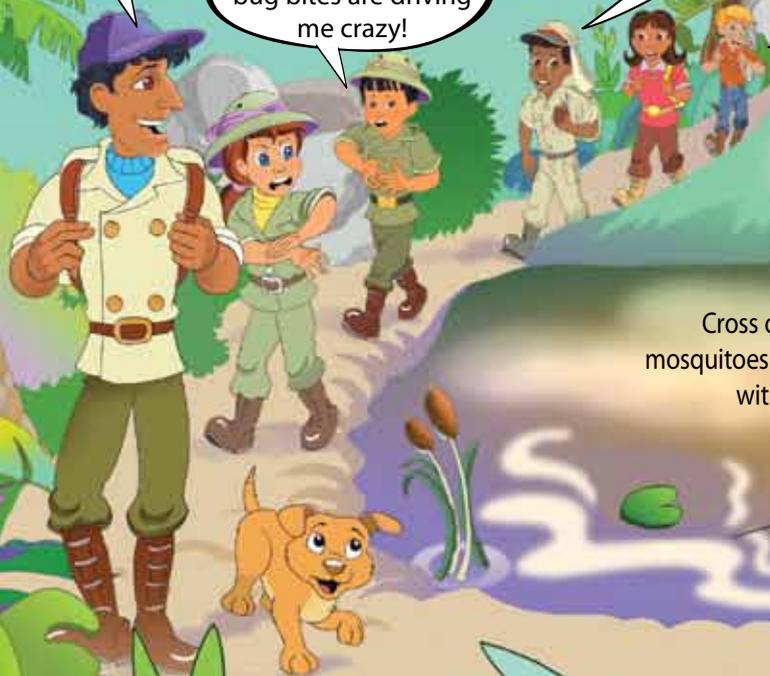
SELF-CONTROL

Kids, we're almost back to the visitor's center.

Good, 'cause these bug bites are driving me crazy!

Don't scratch them. They might get infected.

It takes self-control not to scratch bug bites.



WE NEED SELF-CONTROL, TOO.

Cross out with an **X** mosquitoes that want to bite you with bad habits.



Be Dead and Alive?

No way can I stop scratching!

You need this Fruit Formula one more time.

Yeah, if you're dead, you won't scratch.

Write the **FRUIT FORMULA** from memory.

_____ + _____ = _____



Read 1 Corinthians 9:24-27.

Draw pictures or explain what happens to the person who:

LEARNS SELF-CONTROL

LACKS SELF-CONTROL

Chip, stop scratching!

Exercise Self-control

Self-control is like a muscle. The more you use it, the stronger it gets!

HEBREWS 12:12 SAYS TO STRENGTHEN YOUR WEAK BODY PARTS!

Identify your favorite sport or hobby: _____

Name an occupation or job that interests you: _____

How is self-control important in this sport or job? _____

Unscramble these words to discover ways to strengthen your self-control muscles.

YRAP _____ (Matthew 26:41)

DRAWER _____ **yourself** (Psalm 18:24)

Tell a **REDNIF** _____ (Ecclesiastes 4:9-10)

RANTI _____ **your body** (1 Corinthians 9:27)

Hey! If we all hold hands, we can't scratch!

That's what friends are for.



Look, we've finished the adventure!
Now kids, keep growing spiritual fruit!

I'm going to stay
glued to Jesus!

How about
you?

HEART BEAT

What bad habit does God want you to break?

Write one step you can take toward self-control.

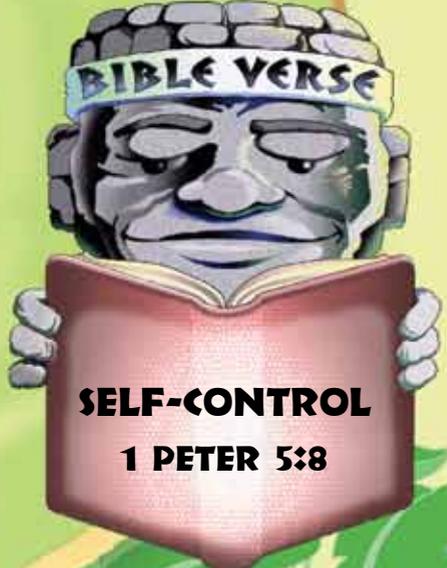
Read Hebrews 12:4-11.
How many times does the word
discipline or **chasten** appear?

What can you learn about God from this passage?

XPLORE
MORE

Tell why discipline
and self-control
are important
for your future.

BIBLE VERSE



SELF-CONTROL
1 PETER 5:8

MY JUNGLE ADVENTURE



Adventure

Teacher Guide Sample (Lesson 12)

How to Break Bad Habits

SELF-CONTROL

Big Idea God empowers Christians to train desires and actions.

Lesson Summary

God is glorified when we live under His control, but a life out of control is like “a city without walls” (Proverbs 25:28). Our bodies are not our own (1 Corinthians 6:19-20) and we should use them to honor God. For adults, self-control breaks down in areas such as eating, drinking, exercise, finances, or sex, while children might struggle more with nose picking, nail biting, laziness, or interrupting. No matter what the habit, God offers the fruit of self-control to His children as they abide in Christ and obey Him.

Teacher Devotional

Thank God that the love of Jesus can help people break bad habits. Pray for God’s Spirit to show the children the areas in their lives that need self-control.

Our Adventure...

Carlos and the kids near the end of their jungle adventure. As they remember all of the wonderful lessons they learned about God and the fruit of the Spirit, they begin to feel itchy. Soon everyone is scratching at insect bites on their arms and legs. They know that scratching, even though the

bites itch, is not good. Carlos realizes this is the perfect time to talk about the last fruit of the Spirit—self-control. The kids discover that self-control is very difficult as they try not to scratch the bites. Finally, Laura comes up with a great idea—if they hold hands they won’t be able to scratch.

Memorize God’s Word

Topic: Self-Control

Reference: 1 Peter 5:8

Memorization Activity—Invite each child to copy today’s verse on a card (or a slip of paper). Gather all of the cards and ask the students to close their eyes, hide their heads, or step out of the room for a moment. Ask a volunteer to help you hide the cards around the room. Bring the kids back into the classroom. Let one at a time find a verse card and read it aloud to the class.

Lesson 12



DISCIPLE TARGETS In this lesson, your children will...

KNOWLEDGE (truths)

- K** • Self-control from the Holy Spirit can help them overcome bad habits
- N** • When they say “no” to their sinful natures, they will bear the fruit of self-control
- O** • God’s Word says they should pray, enlist support from friends, and train themselves to develop self-control

CHARACTER (emotions)

- F** • Convicted about bad habits in their lives
- E** • Glad for help from Jesus in overcoming bad habits
- E** • Motivated to develop self-control
- L**

CONDUCT (actions)

- D** • Identify bad habits
- O** • Write the “Fruit Formula” from memory
- Discover ways to strengthen their self-control
- Memorize 1 Peter 5:8

Spark Interest

Teacher—Choose one or more activities that will involve students and grab their attention.

Age 6-12—HABITS

This demonstration explains the difficulty of getting rid of a bad habit without God's help.

Write the word HABIT in block letters on the board. Ask the kids to name some good habits they have. Then ask them if they have some habits that are not good, habits they want to stop doing. **When you try to break a habit without God's help, what happens?** Erase the H. **You still have "a bit" of the habit left.** Erase the A. **Yes, you can try and try to get rid of the habit, but without God's help a "bit" still remains.** Erase the B. **Now what's left? "It"—the habit is still in your life.** Erase the T. **That's the problem! "I" was in the middle of the habit. I cannot break a habit by myself. I need God's help to produce self-control, the fruit of the Spirit that helps me control myself and not give in to bad habits.**

OR

OR

SUPPLIES

General Supplies

Bibles, Disciple Guides (pages 45-48)
Pencils, markers, crayons
Paper, scissors, tape, glue

Memorize God's Word

No additional supplies

Spark Interest

- BODY TRAINING: small pair of exercise weights
- ALL OTHER ACTIVITIES: no additional supplies

Explore Scripture

None

Inspire Action

- TAMING THE TONGUE ART: cardstock
- ALL OTHER ACTIVITIES: no additional supplies

Age 6-9—What Does it Mean?

This discussion activity helps students think about responses to various situations that will show self-control.

Ask the children what they think self-control means. **By controlling yourself, you use willpower to restrain or control your thoughts, feelings, words, and actions. Self-control is a fruit of the Spirit, so the Holy Spirit empowers Christians to control themselves.** Read the phrases and encourage the children to suggest ways they would show self-control in each situation.

- The kid behind you in line pushes you.
- At 6:30 a.m., your mom calls, "Time to get up!"
- You know you are supposed to fold laundry before you go out to play.
- The cookies your mom baked are cooling in the kitchen, but she said don't eat any until after dinner.
- There's a boy who keeps cheating in games during recess.

Have children contribute statements with situations that they have encountered and let the rest of the class respond with suggestions that show self-control.

Age 9-12—Body Training

This physical activity illustrates the self-discipline of training the body. **Supplies:** small pair of exercise weights

Read 1 Corinthians 9:24-27 and emphasize that everyone who competes goes into training. While you are talking, work your arms with the weights. **Paul wrote this in a letter to the people of Corinth. The Corinthians had a reputation for not using self-control—even the Christians in Corinth needed to practice self-discipline. Paul presented a picture of a runner in a race. Self-control comes in the hard work and discipline a runner uses to train his body.** When you finish, invite one child to hold the weights out to his or her sides, arms straight, for as long as possible. Time him or her. **What do you think would happen if [child name] practiced this every day and then tried this activity again next week? Training your body helps you be strong and healthy just as training your spiritual body or soul makes you spiritually strong and healthy—and more Christlike!**

Explore Scripture

Teacher—Guide children as they complete each exercise in their Disciple Guides.

Download answers for Disciple Guide exercises at DiscipleLand.com/downloads

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After the children have found all nine hidden bad habits, discuss why each bad habit should be broken and how to use self-control to break each habit. Invite the kids to suggest additional habits that children need to break.

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The “Fruit Formula,” a recurring theme during this unit, is particularly applicable to self-control. Assist younger children with the spelling of the words.

Lead a discussion based on these points from 1 Corinthians 9:24-27:

- learns self-control: wins a race, earns a crown
- lacks self-control: doesn't finish the race, doesn't win, gets disqualified

Ask the children to explain what happens to child who learns self-control and lacks self-control.

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Allow time for each child to share his or her answers. Discuss the need for self-control to become a lifelong habit that the children can develop now and benefit from throughout life!

Divide the class into small groups to look up the Bible verses and check their answers together. **God's Word offers other practical help for developing self-control as we rely on Jesus and put our sin natures to death.**

Page 48

Heartbeat: Give the children time to reflect quietly about areas of their lives that lack self-control. Encourage students to answer honestly. Encourage the kids to think of someone they trust who would have wisdom and be available to talk and pray with them. Have the students write down the name of the person they would like to ask for help in breaking the bad habit.

Explore More: “Discipline” and “chasten” mean the same thing much like “house” and “home” mean the same thing. **God, our Father, wants to discipline us for our own good. God shows love by disciplining. Even though we sometimes don't like it, discipline helps us learn self-control and become more Christlike.** Allow the children to answer the last two questions on their own.

Inspire Action

Teacher—Choose one activity that will encourage learners to apply the Bible truth to their lives.

Age 6-12—Time Log

This personal activity reveals how children spend their time—indicating areas of self-control and lack of self-control.

Supplies: one-day time log for each child (either a schedule sheet modeled after a daily planner or a timeline that leaves room for kids to write their activities)

The way a person uses his or her time during the day can be a good indicator of self-control. For example, if someone wastes time playing video games instead of studying for a test, that person shows poor self-control.

Let the kids fill in the chart detailing how they used their time yesterday, or give them the chart to take home and fill in a day of their lives during the next week. Interpret the results and make observations in a kind and helpful way to give insight that helps the students know how they can show better self-control. Total up the class hours that show how much time they spent eating, sleeping, watching TV, reading the Bible, playing, doing homework, and completing chores. Refrain from making judgments, except to suggest that it's healthy to live a balanced life.

OR

Age 6-12—Self-Control Sword Drill

This Bible activity helps students discover what the Bible says about self-control.

The Bible contains many verses on the topic of self-control. Whenever you read a Bible verse that discusses a quality you want in your life—you can pray the words

of the verse as a Scripture prayer. Whenever you pray God's Word, you know that you are praying in God's will and He will always help you follow His will! Conduct a Bible sword drill where the kids hold their Bibles in the air. After you read the Scripture reference they quickly locate and read the verse. (1 Thessalonians 5:6, Galatians 5:22-23, 2 Timothy 1:7, 2 Peter 1:5-6) Then choose a volunteer to read the verse as a prayer.

OR

Age 6-9—Taming the Tongue Art

This art activity helps the kids see the importance of using self-control in their speech. **Supplies:** paper, crayons or markers, cardstock, scissors

Before class, choose one of the illustrations from James 3:2-6 and make a model depicting self-control: draw the picture, cut out a rudder, a bit, or a spark from the cardstock, leaving a long handle on it. Make a small slit in the paper at the point where it fits. Slide the item into the picture and wiggle it to show how the small thing controls the big thing.

Self-control helps you think about what you will say to keep you from blurting out something that you will regret saying. Read James 3:2-6. **The tongue is compared to the rudder of a ship, the bit in the mouth of a horse, and the spark that starts a forest fire.** Set out the art supplies and help the children create their own visual reminders of the importance of controlling their words.

OR

Age 9-12—Self Control Contracts

This writing activity holds children accountable to gain self-control in an area that lacks it.

Invite your students to write a short contract between themselves and God about an area in which they need more self-control. Or, if your children have trusting relationships with each other, they can write a contract with a friend who will hold them accountable to help their self-control grow. Allow them to work privately, and then close the activity in prayer.

Closing Prayer

Conclude your session with conversational prayer. Pray that the children would let the love of Christ control them. Pray for the personal requests of the children.

Extend Learning

Teacher—These varied activities supplement the lesson.

Fruitfulness Journal—Begin with journal writing time reflecting on the previous lesson focus of gentleness. Take extra time at the end of class to reflect on all nine fruit of the Spirit.

Fruitfulness Check-Up Chart—Before class make copies for each child of the Fruitfulness Check-Up Chart found on page 59 of this Teacher Guide. Read each statement and have the class determine the fruit of the Spirit represented by the statement. Explain the meaning of each statement and then have the kids circle the number that best shows the degree that they exhibit that fruit of the Spirit. After completing the page, let the students look at their responses and put a star by two statements where they would like to improve their scores. Discuss ways each statement could be practiced and improved upon. End with a time of prayer.

What If There Were No Self-Control?—Divide the class into small groups to figure out what life would be like if no one chose to show self-control. Assign each group a different area such as home, school, church, store, etc. Give several minutes for the groups to brainstorm a description of the chaos that would prevail in their particular setting. Then have each group share with the class their ideas about that setting in which people did not use self-control. Conclude that choosing to use self-control helps everyone.

Ideas for Homeschoolers

- Look up the Greek words for the nine fruit of the Spirit. Create a set of memory match cards by writing one Greek word on a notecard and the matching fruit name on another notecard.
- Discuss hedonism (the pursuit of pleasure) as described in James 4:1-3. Make a chart of the causes and effects in this passage. For information about temptations, refer to James 1:12-16.
- Study the Bible verses to compare how David (1 Samuel 24:1-15, 26:1-20) and Jesus (Matthew 26:62-63, 27:12-14) each used self-control. Construct a Venn diagram to show how they differed and how they were similar in the use of self-control.

Bonus Resources—Access free downloads for this lesson at DiscipleLand.com/downloads.

- Memory Verse cards
- More activity ideas
- Activity templates