

LESSON 17
“SELF-CONTROL”
(page 1)



BIBLE CONNECTION

Daniel 1:1-21 (pages 930-931)

CHARACTER WORD

Self-Control - Doing something even when I do not feel like it

TEACHING OBJECTIVE

With God's help, I can have self-control and honor God.

MEMORY LINK

Psalm 119:11

“Your word I have hidden in my heart, that I might not sin against You.”

(KBC Study Bible pg. 643)

SUPPLIES NEEDED THIS WEEK

GET CONNECTED

None

MEMORY LINK ACTIVITY

Option 1: None

Option 2: Ping-pong balls

BIBLE CONNECTION

Plate, cookies, copies of script

SURF TEAM LEADER

Memory link cards, Hang 10 pages, Index cards, pens

MAKE-IT-STICK REVIEW GAME

Option 1: Styrofoam cups

Option 2: Hula Hoops

Daniel Chooses God's Way

WHAT'S THE POINT?

Self-control is essential to our spiritual growth and our service to the Lord. But self-control does not just happen. We can practice self-control every time we make good choices even when we don't want to.

Psalm 19:14 says, “Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer.” That was Daniel's concern. Daniel did not want to defile his body. Daniel showed self-control by staying true to God's commands and trusting God with the outcome.

We don't know exactly why Daniel chose not to eat the king's food in today's story. We do know, however, that the book of Daniel is focused on teaching us to trust God. We can count on Him. He will always come through. We can show self-control and honor God.

GET CONNECTED

Building relationships in Surf Teams; introducing today's lesson



No supplies needed

Use the following conversation prompts to get to know the kids in your Surf Team and to introduce today's lesson.

- *Today's character word is self-control. What does it mean to have self-control?*
- *How do you show self-control in school? At home? With your friends?*
- *Share a time when you failed to show self-control.*
- *What can you do to have self-control when you do not feel like having self-control?*
- *Why do you think self-control is important to your life?*



Guide clubbers to locate and mark today's Bible Connection and Memory Link in their Bibles so they can find the pages quickly as directed in the session.

Worship Tip

When you transition to worship time, consider making a transitional statement to help the kids gain the proper perspective. Communicate the importance of worship and encourage the kids to focus on God and to think about the words they are singing. One of the best ways to communicate the importance of worship is to model it. Encourage all of your leaders to participate and model what worship looks like.

BIBLE CONNECTION



LESSON 17 "SELF-CONTROL" (page 3)

Teaching today’s character word through gospel-centered Bible story

Four copies of Bible Connection, plate, cookies

Prepare

Choose 3 volunteers to read the script as Daniel, Ashpenaz and the servant. Place the cookies on the plate.

Introduce the Story

Who can tell me what our character word is today? (self-control) What does self-control mean? (Doing something even when I do not feel like it.) Who wants a cookie? Place the plate of cookies in the middle of one group of kids. Speak directly to that group. I want you to practice self-control during the story. Do not eat the cookies.

Use the Bible

Guide kids to open their KBC Study Bibles to Daniel 1 (page 930-931). Explain that the script is written directly from the Bible. Invite kids to follow along in their Bibles.

Daniel 1:1-21

It was in the third year of King Jehoiakim’s reign when the Babylonians besieged Jerusalem. The Babylonians took articles from the house of God and put them into the house of a false god. The King of Babylon instructed some of young, well-educated Jewish men to come live and serve him in Babylon. These young men were taught the local language and literature in the king’s palace and were assigned to eat and drink a royal portion every day for three years. Among these young men were four young men, Daniel, Hananiah, Mishael, and Azariah. But the chief of the servants of the king gave them new names: Belteshazzar, Shadrach, Meshach, and Abed-Nego. These new names were a sign of new ownership. The king of Babylon did not want these young men serving their own God any more. He wanted them serving him and his god.

Daniel (speaking to himself): I must not choose the king’s food and drink. I must not defile my body, but I must serve the Lord.

Daniel (speaking to the chief of the eunuchs): If I were to eat and drink from the king’s table, I would defile myself. May I not defile myself!

Bible Connection Leader: The Bible says that God gave Daniel favor and compassion in the sight of the chief of the eunuchs.

Ashpenaz: I fear the king, who has chosen your food and drink. Why should he see you looking worse than the young men who are your age? If that happened, I am afraid the king will put me to death.

Daniel: Test your servants for 10 days, and let them give us vegetables to eat and water to drink. Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king’s privileged foods; and as you see fit, so deal with your servants.

The Servant: I will test you for 10 days.

Bible Connection Leader: At the end of the 10 days Daniel, Hananiah, Mishael, and Azariah were better in appearance and fatter than all the other young men

Teaching Tip
When asking kids to read a script for the Bible Connection, give each child the script when they arrive at KBC. Share some instructions about when to come to the front to help you with the story. Be sure to ask kids who are strong readers, willing to speak up loudly, and will not be a distraction.

who ate the king’s food. So, the steward of the chief servants took away the king’s food and continued to give them vegetables.

As for these four young men, God gave them knowledge and skill. Daniel even had understanding in dreams and visions. At the end of the 3 years of training in the king’s court, the chief servant brought all the young men before King Nebuchadnezzar. Among them none was better than Daniel, Hananiah, Mishael, and Azariah. In every matter, the king called on these four to help him. They were 10 times better than all the king’s magicians and astrologers in the whole realm.

Talk About It

Daniel showed self-control by staying true to God’s commands and trusting God with the outcome. With God’s help, you can have self-control to avoid things that will harm you.

Gospel Connection

Your sin-nature doesn’t just prevent you from doing right and having self-control. It separates you from God. But God loves you and provided a solution for your sin problem. Jesus’ death and resurrection conquered sin and gives you access to God. This is a free gift that is available to all people, but it is not automatic. You must ADMIT to God that you have sinned against Him and ASK for forgiveness. You must BELIEVE that Jesus died and rose from the dead. You must CONFESS that Jesus is the only way to God and you must CHOOSE TO FOLLOW after Him.

Application/Transition

Speak to the group of kids with the plate of cookies. *Cookie group, did you have self-control? Did you eat any of the cookies while the story was told?* If they ate the cookies, contrast Daniel’s actions to their actions. If they did not eat the cookies, congratulate them on their self-control. Use discretion in your decision to allow the cookie group to eat the cookies. Perhaps, bring enough cookies for every student.

Teaching Tip

Set aside time each week to prepare for the next KBC session. Don’t let your busy schedule keep you from providing a game or activity from the lesson. Take your supply list with you when you attend church so you can borrow resources or supplies from church. Keep your lesson with you as you run errands. You may find time to read the lesson while you wait in a line or as you go through your day.

Gospel Tip

Share the story of how you accepted Jesus as Lord of your life. When sharing a testimony with kids, keep it simple. Focus on how you knew it was time to receive Christ. Tell the kids where you were and what you did right after. Tell the kids that it is important to remember the time you chose to follow Jesus and share your story with others.

SURF TEAM TIME

Connecting with kids in small groups;
applying today's Bible Connection and Character Word



Memory Link Cards, Hang 10 page, Index cards, pens

Gospel Connection

Before you begin, ask if there are any clubbers who would like to talk with the Bible Connection Leader about praying to ask Jesus to become their Forever Friend. If so, let them go to the designated area.

Today's Lesson

- *What questions do you have about today's story?*
- *How did Daniel and his friends show self-control? (They chose not to eat the king's food)*
- *What did God do for Daniel and his friends? (God gave them favor, and they flourished above their peers who gave into the king's demands)*
- *In what ways do you struggle with self-control?*
- *How can you follow Daniel's example and show self-control at school and home?*

Pray

Set out index cards and pencils. Encourage kids to write their prayer requests on the cards. Try to pray for every written request during surf team time, or pray individually with a particular child as you can. Take the cards home and remember to pray for the kids in your surf team during the week.

God, when I am tempted by desires that harm me, help me have self-control. I want to trust You just as Daniel trusted You. Amen.

Use the Bible

Give each child a Memory Link card. Review today's Memory Link and Character Word. Guide kids to use cards to mark today's story in their KBC Study Bibles. Lead them to highlight today's Memory Link.

Hang 10 Pages

Give each child a Hang 10 page. Challenge kids to hang out with God 10 minutes each day by praying and reading the Bible, using the Hang 10 page as a guide. Encourage kids to bring back their Hang 10 pages next week.

More at Home

Obedying the first time is hard. We don't always want to do what our mom or teacher tells us to do. But that is self-control - doing something even when we don't feel like it. Draw the kids' attention to the tip-in page "Fruit of the Spirit" just before page 819. Self-control is something that grows in you when you practice following Jesus. You can practice self-control this week by obeying the first time you are told. If you forget, don't give up. Try again the next time.

Teaching Tip

Send a card to the kids in your surf team. You may consider taking a photo of you and your Surf Team, then use the picture to create a personal card. Tell them to look for their card in the mail. You can get addresses for the kids in your Surf Team from your club's record keeper. Remember to mail the cards!

MAKE IT STICK - REVIEW GAME

Game to review today's Bible Connection & Character Word



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Option 1 - SMASH THE CUP

Styrofoam cups

Form two teams. Invite volunteers from each team to play. Players may stand facing each other at a table or they may sit facing each other on the floor. Players will keep their hands behind their backs. Place a styrofoam cup upside down in front of each student. Ask a review question. The first player to reach out and crush their cup has a turn to answer the question and earn a point for their team. If the player does not give the correct answer, his opponent has an opportunity to "steal." Continue until all questions are answered. Tally the points and declare a winner.

Option 2 - ALL THROUGH THE HOOP

Hula-hoop

Guide your team to hold hands forming a circle. Ask two clubbers to let go of their grip long enough for them to place their hands through a hula-hoop before rejoining hands. The group will pass the hula-hoop clockwise from person to person by stepping into the hoop, bringing it up and over their head and moving it to the next person. The team task is to pass the hoop around the circle. The game leader will randomly stop play and ask a review question, which will be answered by the kids with a hoop around their bodies at that time. Continue until all questions are answered. The surf team who moves the hoop completely around the circle the most times is declared the winner.

Teaching Tip
Post pictures of KBC on your facebook page. Let your friends know how important KBC is to you. It's a great way to remind your friends to pray for you and the kids each week. If you add **@KiDsBeachClub** it will be easier for other KBC leaders and corporate staff to find your pictures and stories.

REVIEW QUESTIONS

1. *In what book of the Bible is today's story found? (Daniel)*
2. *Recite today's Memory Link. (Your word I have hidden in my heart, that I might not sin against You. Psalm 119:11)*
3. *Name one new name Daniel and his friends received from the king? (Belteshazzar, Shadrach, Meshach, and Abednego)*
4. *To what city were Daniel and his friends taken? (Babylon)*
5. *How did Daniel show self-control? (By not eating food from the king's table)*
6. *What test did Daniel suggest to Ashpenaz? (To be given water and vegetables for 10 days)*
7. *How did Ashpenaz respond to Daniel's request? (He feared the king, but accepted the test)*
8. *Which people in the story do you think showed self-control? (Daniel and his friends)*
9. *What did God do for Daniel and his friends because of their self-control? (He gave them healthier bodies and more wisdom than all the other king's servants.)*
10. *How can you show self-control this week? (Answers will vary.)*



*“Your word
I have hidden
in my heart,
that I might not sin
against You.”*

Psalm 119:11

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