# LESSON 14 "SELF-CONTROL" (page 1)



### **BIBLE CONNECTION**

Genesis 37:1-35 (pages 45-47)

### CHARACTER WORD

<u>Self-Control</u> – Doing the right thing even when I don't feel like it

### **TEACHING OBJECTIVE**

With God's help, I can have <u>self-control</u> by doing the right thing even when I don't feel like it.

### **MEMORY LINK**

### Philippians 4:13

"I can do all things through Christ who strengthens me." (KBC Study Bible pg. 1298)

### SUPPLIES NEEDED THIS WEEK

### **GET CONNECTED**

Memory Link cards, Hang 10 pages, index cards, pens, highlighters

### MEMORY LINK ACTIVITY

Option 1: Bean bags, timer Option 2: None

### **BIBLE CONNECTION**

Resource item (script), 10-12 dominoes, colorful robe, name tags or signs

### SURF TEAM LEADER

Memory Link cards, Hang 10 pages, index cards, pens

### MAKE-IT-STICK REVIEW GAME

Option 1: None
Option 2: Noise makers,
painters' tape or plastic cones

# **Joseph's Brothers Get Jealous**

### WHAT'S THE POINT?

Today's culture says, "If it feels good, do it!" But God's word says to live with <u>self-control</u>. Obedience to God can certainly be counter-cultural. The only way to fight against the world's message and live out <u>self-control</u> is with God's help. We need the power of the Holy Spirit to provide the strength we need to have <u>self-control</u> and do the right thing even when we don't feel like it.

### **GET CONNECTED**



Building relationships in surf teams; introducing today's lesson

Memory Link cards, Hang 10 pages, index cards, pens, highlighters

Pass out Memory Link cards, index cards and pens.

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

- As your students arrive, instruct them to sit down and not touch their face.
- Today's Character Word is <u>self-control</u>. What does it mean to have <u>self-control</u>?
- How much <u>self-control</u> do you think you have? Are you having a hard time or easy time not touching your face?
- Can you tell me a time when you showed <u>self-control</u>? What about when you had no <u>self-control</u>?



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 TIME**



Pointing hearts toward God

Consider using two of the favorite songs your kids like. A good song to repeat would be "I Can Do All Things" by Amber Sky. Invite a couple of clubbers to the front to help you lead worship. They will bring a freshness and keep their classmates more engaged in worship.

### **MEMORY LINK**



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Philippians 4:13

"I can do all things through Christ who strengthens me." (KBC Study Bible pg. 1298)

# Bible 101 🛄

The Bible is Truth, and is very practical for life today. Help clubbers understand how a verse plays out in their life by giving real life examples of it or how they will cling to the verse in the future as they get older. Teach them how to pray a scripture verse back to God.

# "SELF-CONTROL"

2 Minutes - Teaching the Bible verse to clubbers

8 Minutes - Activity to help them memorize the verse

No supplies needed

### Focus on Today's Memory Link

Explain that Jesus offers strength when you need help to do the right thing. Ask kids to share times it's hard to do the right thing (finding money on the floor, doing something your parents told you not to do). Help kids understand that Jesus offers the strength needed to have <u>self-control</u> to do the right thing even when it's hard.

Invite a clubber to read aloud Philippians 4:13 from the KBC Study Bible (found on page 1298). Remind kids that whoever did not receive a copy of the KBC Study Bible in the fall will get one in a few weeks on Great Treasure Day.

### Option 1 - PASS AND SAY

One bean bag per surf team, timer

Guide surf teams to sit in circles. Explain that they will pass a bean bag around the circle. As the bean bag is passed, each child says one word of the verse and then passes it to the next child, who says the next word (and so on) until the Memory Link is said in full, including the scripture reference. Use a timer to determine how quickly groups can say the verse while passing the bean bag. Play several times, trying to beat their fastest time.

### **Option 2 - MEMORY LINK MOTIONS**

No supplies needed

Each surf team leader will guide their surf team to make up hand and body motions to represent the words of the verse. After surf teams work for a few minutes, invite each team to share the motions they created for the verse. As each surf team presents their motions, invite all the clubbers to say the verse together.

### **BIBLE CONNECTION**



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Teaching today's Character Word through a gospel-centered Bible story

Resource item (script), 10-12 dominoes, colorful robe, name tags or signs

### **Set the Stage**

Ask two volunteers to line up the dominoes in a row, standing on end, about one inch between each domino. Show what happens when the first domino is pushed over. All dominoes should fall over in a line. Explain how that demonstrates what happens when a person fails to have <u>self-control</u>. It causes a problem, which causes another problem, which causes another problem, and on and on.

Ask four volunteers to role-play the four brothers. Tell everyone that today's Bible story is about a series of conflicts and problems that happened because several people failed to have <u>self-control</u>. It is found in Genesis 37:1-35 in your KBC Study Bibles on pages 45-47. Genesis is the first book of the Bible.

### **Tell the Story**

Jacob had 12 sons. The second to youngest was named Joseph. Joseph was Jacob's favorite son. He did special things for Joseph that he didn't do for the other brothers. In fact, Jacob once gave Joseph a very special gift: a colorful robe. Place the robe around the child playing Joseph. How do you think Joseph felt knowing he was his father's favorite son? (prideful, special) How do you think the brothers felt knowing Joseph was the favorite? (jealous, angry) How do you think the brothers treated Joseph? What sort of things might they have said or done to him? Guide the clubbers to realize the brothers felt jealous.

One day Joseph told his brothers a dream he had.

**Joseph:** I had such a strange dream last night! I dreamed that we were tying bunches of grain together out in the field. My bunch stood up tall and then each of your bunches gathered around mine and bowed down to mine!

Bible Connection Leader: Tell me with thumbs up or down how Joseph's brothers felt about him now. What words would describe how they might have felt? (jealous, angry, bitter, frustrated, hatred) What words would you use to describe Joseph? (prideful, arrogant, boastful, cocky) Then Joseph told his brothers about another dream.

**Joseph:** I had another dream! I dreamed the sun, moon and 11 stars were bowing down to me!

**Bible Connection Leader:** *Tell me with thumbs up or down how his brothers felt now?* 

**Simeon:** Do you think you will rule over us someday? Do you think you're better than us?

**Bible Connection Leader:** A while later, Jacob, the father, asked Joseph to travel and check on his brothers who were about 60 miles away with sheep in the pasture. When his brothers saw Joseph coming in the distance, they made a plan to kill him. But the older brother, Reuben, didn't want to harm Joseph, so he made a suggestion.

Reuben: Let's not kill him. Instead, let's throw him in this deep, empty well.

### As You Prepare

Involve the kids! They want to be used as examples, be asked questions, or volunteer for things. This helps them listen harder and pay attention to the story that you are telling.

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Bible Connection Leader: You see, Reuben planned to secretly go back later and rescue Joseph. So, when Joseph arrived, his brothers tore off his colorful robe and threw him in the empty well. A little later while they were eating lunch, the brothers saw a group of traders headed to Egypt. Another brother, Judah, had a different idea.

**Judah:** How about we sell Joseph to this group of traders? Then we won't have to kill him, plus we'll get money and we won't ever see him again!

Bible Connection Leader: So, Joseph's brothers sold him to the traders and were given 20 pieces of silver, which is about \$200 today. Then they took Joseph's colorful robe and smeared it with goat's blood. Jacob, their father, saw the robe covered in blood and assumed that Joseph had been killed. The brothers lied to hide what they had done. Jacob cried for a long time and could not be comforted by anyone.

### **Application**

The Bible shares much more of the story about Joseph and his brothers, but this part of their story reminds us of what can happen when people don't practice self-control. Joseph's brothers let jealousy and anger rule their hearts, which led to their hateful actions. Did they practice self-control? (No.) They hated Joseph for boasting and for being the favorite son. They almost killed him but ended up selling him to traders instead. Did Joseph practice self-control? (No.) He created more jealousy by boasting about his dreams. But God showed Joseph grace by bringing the group of traders at just at the right time before his brothers left him in the pit to die. Now Joseph had another chance to be used for God, even though it would be far from his family.

### **Gospel Connection**

God can help you have <u>self-control</u> and do the right thing even when it's hard. <u>Self-control</u> requires a lot of practice. It's easy to let your emotions take over and to react in ways that are not pleasing to God, causing us to sin. But God provided Jesus as a solution to our sin problem. The first step in making Jesus your Forever Friend to tell God you are sorry for your sin and ASK Him to forgive you. If you have never prayed to ASK Jesus to forgive you of your sins and CHOOSE TO FOLLOW Him you can do that today. It's as simple as ABC! If you want to know more about this, please come talk to me or your Surf Team leader after I pray.

Lead in closing prayer and invite children wanting to know more about becoming a Christian to move to the designated counseling area to talk with a leader one-on-one.

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### Gospel Tip

Always be prepared if a child in your surf team wants to talk with you about how to become a Christian. Make sure you have your church's decision supplies readily available. Review "Guiding kids toward Jesus" in the KBC Leadership Manual, Volume 2: Beach Club Essentials and check out additional resources on the Club Leader Tools page of the kidsbeachclub.org website.

### **SURF TEAM TIME**

5-10 MINUTES

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

Memory Link cards, Hang 10 pages, index cards, pens

### **Today's Bible Lesson**

- 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.
- What questions do you have about today's story?

# Use the Bible 📖

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 do the Weekly Challenge and bring back their Hang 10 pages next week for a time of discussion.

Look at Day 3 of the Hang 10. Remind clubbers that Jesus is talked about all throughout the Old Testament, and that His actual story of being here with us is in the New Testament.

### **Pray**

Give the kids a few minutes to share their prayer requests or write them on index cards. Ask a child to lead the group in prayer. Take the cards home and remember to pray for the kids in your surf team this week.

Jesus, thank You for giving us <u>self-control</u>. Please help us to know You more and to please You with our actions. In Jesus' name, Amen.

## **Connection Tip**

Surf teams should consist of 6-10 kids for each leader. Your goal is to draw students into discussion and build relationships with them. Children really don't care about how much we know until they see how much we CARE! Statistically, 62 percent of the kids in Beach Club have no affiliation to a church and many of them don't know about Jesus. YOU ARE the Jesus they see; you are Jesus with skin on. Extend an invitation to them to join you at church.

### **MAKE IT STICK - REVIEW GAME**



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Playing a game to review today's Bible Connection and Character Word

### **Option 1 - GIGGLE GAME**

### No supplies needed

Guide children to sit in a circle and name one person as "it." The other children can do anything they want, except touch them, to make this person laugh. After the child who is "it" laughs, ask him a review question and select another person to be "it." Continue until all players have had a chance and all the review questions have been asked.

After the game, talk about <u>self-control</u>. It is usually okay to laugh in life, but there are times when we shouldn't laugh. We should not laugh when someone is hurt or sad, during quiet times at school or church, or if they are somewhere where they have been asked to be quiet. Explain that having <u>self-control</u> like this is an important skill to learn in life and that when we trust in Jesus, we are given the Holy Spirit as our helper. He helps us be able to have self-control.

### **Option 2 - KEEP QUIET**

Noise maker, like a maraca, for each team; painters' tape or plastic cones

**Prepare:** Use the painters' tap to mark off a beginning and end for a relay game between Surf Teams. Form teams of equal size.

Instruct teams to line up single file behind the starting line. Give the student at the front of each line the noise maker. They must get to the end and back without allowing the noise maker to make noise and without anyone on their team making noise. Remind all the kids that the room should be quiet so everyone can hear the noise maker. When a player makes it all the way around, whisper a review question for her to answer. The team that moves all their players without making noise and answering all the review questions wins.

After the game, discuss if or how difficult it was to complete the relay without making any noise. Relate this to <u>self-control</u> and how we must depend on God to give us self-control even when it's hard.

### **REVIEW QUESTIONS**

- 1. What is today's Character Word? (Self-Control)
- 2. Name a time when it is hard to have self-control.
- 3. Name the main person in our story. (Joseph)
- 4. How many brothers did Joseph have? (11)
- 5. In what book in the Bible is today's story found? (Genesis)
- 6. Name one of Joseph's brothers. (Reuben, Judah, Simeon)
- 7. Say today's Memory Link. (I can do all things through Christ who strengthens me. Philippians 4:13)
- 8. What special item did Jacob give his son Joseph? (A colorful robe)
- 9. What did the brothers do to Joseph instead of killing him? (Threw him in a well, sold him to traders)
- 10. Who helps you to have self-control? (Jesus, God, Holy Spirit)

# "I can do all things through Christ who strengthens me."

Philippians 4:13

