

LESSON 16
"SELF-CONTROL"
(page 1)



BIBLE CONNECTION

1 Samuel 24:1-22; 26:1-25
(pages 314-315; 317-318)

CHARACTER WORD

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

TEACHING OBJECTIVE

I honor God when I have
self-control in dealing with others.

MEMORY LINK

Proverbs 20:11

*"Even a child is known by his
deeds, Whether what he does
is pure and right."*

(KBC Study Bible pg. 688)

SUPPLIES NEEDED THIS WEEK

GET CONNECTED

None

MEMORY LINK ACTIVITY

Option 1: Paper, sticky notes

Option 2: Poster board

BIBLE CONNECTION

None

SURF TEAM LEADER

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

MAKE-IT-STICK REVIEW GAME

Option 1: Music, paper, bucket

Option 2: Paper, bucket

David Spares Saul's Life

WHAT'S THE POINT?

Probably the hardest thing for us to do is to be kind to someone who treats us badly. It takes self-control to honor God by learning to "turn the other cheek." In today's story, David is being sought out by Saul, the king. Saul is jealous of David and plans to kill him. David, however, realizes that the King is anointed by God, and he must not harm Saul. Twice, David has the opportunity to kill Saul. However, both times David chooses to use self-control, sparing Saul's life and honoring him as king.

We, too, have the opportunity to show self-control when dealing with others. By doing what is right instead of following our impulses, we honor God. We must approach all of our relationships with self-control and compassion just as David modeled in the story. After all, Jesus died for our sins in the ultimate show of mercy. Romans 5:8 states, "But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us."



GET CONNECTED

10-15 Minutes – 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.

- *The character word today is self-control. What does self-control mean?*
- *Have you ever been bullied? Describe how it made you feel. What did you want to do to the bully?*
- *How do you think God wants you to treat a bully? Does that take self-control?*
- *Name some other times when you have to show self-control.*
- *How do you feel when you remember to practice self-control?*



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

Before worship time starts, ask the surf team leaders to say characteristics or attributes of God aloud. When we focus on how great God is and what He has done for us, it allows us to think of Him with the proper perspective. When we think of Him with the proper perspective, we are able to worship Him properly. This helps us to come to Him and worship with self-control.



MEMORY LINK

Teaching a Bible verse to clubbers; helping them to memorize the verse

No supplies needed

Focus on the Bible

Ask clubbers to pick up their KBC Study Bibles and turn to the back to find page 1389. Explain that they will find the concordance. A concordance contains an alphabetical index of words used in the Bible and the main Bible references where the word occurs. Challenge the clubbers to find "David" by looking alphabetically (page 1395). Ask a volunteer to read the description until they reach today's topic about David being a fugitive from Saul's wrath. Encourage the clubbers to use the concordance to find other interesting things in the Bible as they do their Hang 10 pages each week.

Focus on Today's Memory Link

Today's character word is *self-control*, which means to do something even when you do not feel like it. You exhibit *self-control* when you do your homework as soon as you get home instead of playing, or when someone calls you a mean name and you don't return the insult. Even though you are a child, you are expected to show *self-control* and do what is pure and right. Lead the clubbers to find the memory link in Proverbs 20:11 on page 688. Ask a volunteer to stand up and read the verse aloud as the others follow along.

Option 1 - PASS THE VERSE

Paper, sticky notes

Write the first part of the memory link ("Even a child is known by his deeds,") on one side of a piece of paper and the second half ("Whether what he does is pure and right." Proverbs 20:11) on the other side. Divide your surf team into two groups. Have the first group hold the paper and say the first part and then pass it to the other group to read the second part. Cover up the first word of each part with a sticky note and repeat the process with each team having to fill in the missing word. Continue covering up words until each group must say the whole verse by memory.

Option 2 - STOP AND GO VERSE

Poster board

Write the first half of the memory link ("Even a child is known by his deeds,") on one side of the poster board and the second half ("Whether what he does is pure and right." Proverbs 20:11) on the other side. During the game, hold the poster board high in the air with the first half of the verse facing behind you. Ask the kids to line up at the back of the room. When you are facing away from the kids (green light) they will walk toward you while saying the first half of the verse. When you turn around (red light) the kids will freeze in place and say the second part of the verse. Repeat as time allows.

LESSON 16

"SELF-CONTROL"

(page 2)

Proverbs 20:11

"Even a child is known by his deeds, Whether what he does is pure and right."

(KBC Study Bible pg. 688)

Teaching Tip

One way to make transitions smoother is to be consistent with the order of your Beach Club meeting each week. The kids will get used to the routine and will eventually begin to transition on their own or with little effort when it's time to do so. Be sure to give your surf team leaders the order of the KBC meeting so they can help to keep the kids on track.

BIBLE CONNECTION



LESSON 16 "SELF-CONTROL" (page 3)

Teaching today's character word through a gospel-centered Bible story

No supplies needed

Introduce the Story

Have you heard the saying, "An eye for an eye and a tooth for a tooth?" What do you think it means? That saying first originated long before the Bible was written. It was first used by Hammurabi (Ham-er-rah-bee), the King of Babylon, almost 1,800 years before Christ was born. It means to "get even" with those that hurt you. Even Jesus had heard of the saying because in the book of Matthew, Jesus says this: "You have heard that it was said, 'An eye for an eye and a tooth for a tooth.'" (Matthew 5:38) But Jesus tells His followers, "...love your enemies, bless those who curse you, do good to those who hate you..." (Matthew 5:44) He told us not to get even with our enemies. That takes self-control.

In the story today, David showed self-control when King Saul tried to kill him. David did not try to get even with King Saul.

Use the Bible

Guide kids to open their KBC Study Bibles to 1 Samuel 24:1-7 on page 314. Invite the kids to follow along as you read the story directly from the Bible.

Talk About It

King Saul was very jealous of David because the people liked David more than Saul. David knew that the king wanted to kill him, so he ran away and hid with his followers in a cave. King Saul took 3,000 men with him to track down and kill David. That's how much he hated him! While King Saul and his army were marching through the land searching for David, the King went into a cave by himself to rest. It just happened to be the cave that David and his men were hiding in! David's men could not believe their luck. They told David that it was his chance to kill the king before he killed him! But instead of killing Saul, David cut off a corner of the king's robe when he wasn't looking. And then he allowed Saul to walk out of the cave without being harmed. Saul did not even know his life had been in danger! Let's see what happened next.

Use the Bible

Dramatically read 1 Samuel 24:8-11 aloud as the kids follow along.

Talk About It

Once Saul was a distance away, David came out of the cave and called out to King Saul. When Saul turned around, David bowed down to him. He showed the king the corner of his robe that he had cut off and told him that he did not want to kill the king.

1 Samuel 24:12-22

David still did not trust King Saul. It wasn't long before the King once again took his 3,000 men and set out to kill David. David sent spies to see where the King and his army were camping. He then asked a friend to go with him to the camp during the night. Let's see what happened.

Use the Bible

Dramatically read 1 Samuel 26:7-12 (page 317) aloud as the kids follow along.

Teaching Tip

It's natural for the kids' eyes to wander around behind you as you teach. You can take advantage of this teaching opportunity by posting signs that have the teaching objective, memory link, ABC's of salvation, or other key phrases from the Bible connection on the wall behind you. Also, position yourself in the room so that kids have fewer visual distractions while you are teaching.

Teaching Tip

Today's story involves a bully, King Saul. Remind the kids that KiDs Beach Club® does not tolerate bullying. Both leaders and kids should treat each other with respect and show self-control. If a bullying incident happens in club, immediately report it to the school administration and your KBC field staff representative for advising.

Talk About It

So David and his friend snuck into camp while everyone was sleeping. Saul's spear was stuck in the ground right next to his head! But instead of killing Saul as his friend encouraged, David simply left with Saul's spear and jug of water.

1 Samuel 26:13-24

David left the camp and went to the other side of the valley and stood on top of the hill. He then called out to Saul and his men, telling them that because the men had not guarded Saul, he was able to sneak into camp and steal the King's spear and water jug. When Saul heard his voice, he knew it was David. David asked Saul why he wanted to kill him. Twice David had shown self-control and had spared Saul's life and yet the King continued to try to kill him. Let's see how Saul responded.

Use the Bible 

Dramatically read 1 Samuel 26:25-26 (page 318) aloud as the kids follow along in their Bibles.

Gospel Connection

David had self-control and showed mercy to King Saul even though he didn't deserve it. The good news is that God shows us mercy even though we don't deserve it. We are all sinners and are separated from God because of our sin. But instead of punishing us for our sins, God sent His Son Jesus into the world. Jesus took the punishment that we deserve by dying on the cross for our sins. That makes it possible for us to have a relationship with God. You need to ADMIT that you are a sinner and ASK for forgiveness for your sins and BELIEVE that Jesus is God's Son and that He died on the cross in your place. You also make Him the Lord of your life by CHOOSING TO FOLLOW Him.

Invite children wanting to know more about becoming a Christian to move to the designated counseling area to meet with a leader one-on-one.

Application/Transition

Sometimes it is hard to show kindness to someone who is mean to us. It takes self-control! Our memory link says, "Even a child is known by his deeds, Whether what he does is pure and right." It is your responsibility, regardless of your age, to exhibit self-control and treat all people with kindness and mercy.

Teaching Tip

As you teach, refer back to a phrase in the worship song you sang or a conversation you heard in one of the get connected times. Help the kids to make connections to the teaching objective as often as you can. You could even ask a question from the Get Connected time to allow the kids to share what they discussed with the whole group.

Gospel Tip

Today's lesson on self-control helps us to remember that although we try to show self-control in our relationships with others, it is often difficult. We need to ask Jesus to help us when we are dealing with those that we find hard to love. When talking with children about following Jesus, focus on His great love for us and for everyone. Explain that we respond to His love by asking Him to forgive our sins and allowing Him to lead us.

SURF TEAM TIME

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



Memory Link cards, Hang 10 pages, 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 David show self-control in our story?*
- *Why was it hard for David to be kind to King Saul?*
- *How can you show self-control when you are bullied?*

Pray

Give each kid an index card and a pen. Encourage them to write a prayer request on the card. Ask volunteers to share what they wrote on their cards. Lead the kids in prayer.

Father, help us to show self-control this week when we're dealing with others that are hard to love. Help us show them Your love through the things we say and do. In Jesus' name, 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.

Look at Day 1 of your Hang 10 page. Who would like to read Matthew 5:44 on page 1031? Read the Mystery Solved section on that page. What ways can you show kindness to others this week? When we do this we are honoring God. Let's pray the prayer together. God, thank You for loving me. Help me to love others and to show kindness even to those that do not show kindness to me. In Jesus' name, Amen.

Teaching Tip

If the kids seem extra antsy or you think they need to move around a bit, allow them to stand up and stretch before you start the next part of the session. Ask one of the surf team leaders to lead or ask a kid to come up and lead a few stretches. You could also play a short, active game, like Simon Says.

MAKE IT STICK - REVIEW GAME



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

Option 1 - FREEZE

Music, paper, bucket

Prepare

Earlier in the session, ask each kid to write his or her name on a slip of paper. You can choose to use the surf team names instead of individual names if you want the kids to answer the question as a group.

Ask a review question, then play music as you allow the kids to move around the room. Instruct the kids to “freeze” when you pause the music. Then pull a kid’s name or surf team name from the bucket and allow them to answer a question. If the kids or group cannot remember the answer, pull another name. Repeat as long as time allows.

Option 2 - STRIKE A POSE

Paper, bucket

Prepare

Write the word “calm” on one strip of paper and the word “upset” on a second strip of paper. Place the strips of paper in a bucket.

On “go,” ask the kids to strike either a calm and self-controlled pose or an upset and angry pose. Pull a strip of paper from the bucket. If you pull the word “calm,” the kids who made that pose get to answer the question. If you pull the word “upset,” the kids who made that pose get to answer the question. Play until all questions have been answered or until time is called.

REVIEW QUESTIONS

1. *What is today’s character word? (Self-control)*
2. *In what book of the Bible is today’s story found? (1 Samuel)*
3. *Why did King Saul want to find David? (To kill him)*
4. *How many men did Saul take with him when he searched for David? (3,000)*
5. *Where was David hiding the first time? (In a cave)*
6. *What did David do when Saul came into the cave? (Cut off a corner of his robe)*
7. *Where did Saul keep his spear while he slept? (In the ground next to his head)*
8. *What of Saul’s belongings did David take while he slept? (His spear and water jug)*
9. *What did David’s friends want to do to Saul? (Kill him)*
10. *How did David show self-control both times he got close to Saul? (He didn’t kill him)*

Teaching Tip

No matter what role you play in KiDs Beach Club - pray! Ask the Holy Spirit to empower you to understand the lesson in a new way and to be able to communicate it in a way the kids will understand. Pray that God will work in the lives of the kids in each surf team. Let your clubbers know you pray for them and ask them to share prayer requests. Discuss the prayer requests the following week.



“Even a child is known by his deeds, Whether what he does is pure and right.”

Proverbs 20:11

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