

# Activity Sheet

## Fruit Of The Spirit - Week 9: Self-Control



### Bible Time



This is probably a story that you have heard many times before and we have chosen it because it tells us how sin came into God's perfect world. Adam and Eve both sinned, neither of them showed self-control. They gave into the temptation of eating the fruit even though they knew it was wrong. Have you ever been in that situation? You know something is wrong or not good for you if you do it but it's very hard to resist and not do it. Sometimes when we are caught doing something wrong it's easy to blame other people just like Adam and Eve did. Adam blamed Eve and Eve blamed the serpent. But God wants us to take responsibility for our own action and teach ourselves self-control. That means to not do something we know is wrong. Ever since Adam and Eve sinned all people have been sinners. Our sin separates us from God. But God still loves us God promised a rescuer would come from Eve's family and he did. God sent his son Jesus to rescue all people from sin and bring them back to God. Even though we have been rescued by Jesus, we are still humans and sin still exists so we will do wrong things. We can't have self-control on our own. We need God. Something to try is a simple phrase; "stop, think and pray to help you obey". When you feel as if you are struggling not to do something you know is wrong, like taking something that doesn't belong to you or argue with a member of your family then stop, think for a moment and pray. God will help you have self-control and walk away. You might be someone who doesn't know about sin or what Jesus has done for you. If that is you then talk to an adult at home or contact us at Small Nations, we would love to talk to you.

### Prayer For The Week



Dear God. Thank you that you sent your son to die for us so that our sins would be forgiven. Although we will still sin sometimes, help us to have self-control and to listen to you. Thank you that you forgive us. Amen



### Memory Verse



But the fruit of the spirit is: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such there is no law.

Galatians 5:22

### Chat Time



Chat about the story. Use these questions to help you get started:

What were the names of the first humans? What did God say about the tree of knowledge?

Who tricked Eve? What was God's punishment for Adam and Eve?

What does it mean to have self-control?

Who did God send to rescue us and bring us back to God?

In what situations do you need self-control?

### Ideas For The Week



Have the words stop, think and pray up around your house. Talk to your family about how you use these words to help you show self-control this week.

### Song Of The Week

Alive by Hillsong Young & Free



Listen to our smAll Nations playlist at: [www.allnationselim.org/smallnations](http://www.allnationselim.org/smallnations)

### Show Us



Send us pictures of you and your family watching smAll Nations, dancing, joining in with the game and making the craft. Ask a grown-up to email them to: [smallnations@allnationselim.org](mailto:smallnations@allnationselim.org)