

SELF CONTROL

Sunday 20 September 2020

You can see God wherever you see love,
joy, peace, patience, kindness,
goodness, faithfulness, gentleness and
SELF CONTROL

Self Control is being able to control what we say, what we think and how we act. What we say, think and do is powerful and can be used for so much good, but can also be used to hurt others. It is about thinking before we speak or act.

Read about Peter, a friend of Jesus. (Page 2)
He sometimes struggled to control how he acted and what he said.

Sometimes Peter was out-of-control by what he said and how he acted. In the end, Peter was able to control himself and live a life that pleased God.

Balloons: If you have any balloons at home, blow up the balloon and hold the end tightly so the air doesn't come out. Watching the balloon carefully, then let it go. Blow the balloon up again, watch the balloon and then let it go.

When you let go of the balloon the first time, could you predict where the balloon would go?

When you let go of the balloon the second time, did it go in the same direction as the first time?

When you are out of control, you are as unpredictable as the balloon - no one knows what you are going to do or say.

To have self-control is to be able to handle your thoughts, actions and words and not let them do their own thing.

Self-control can be difficult

For each of these different situations, think about the discussion questions below:

- You have had one piece of cake and your stomach feels full. Someone offers you another piece.
- You are alone in the kitchen and see an open bag of chocolate chips on the counter where you can reach it. No one will notice if you take a few.
- Someone has just called you a mean name that hurt your feelings – now they are laughing at you.
- You just received some discipline from one of your parents, now your brother or sister is smiling.

For each of these situations:

Would you need to use self-control in this situation?

Would it be easy or hard to be self-controlled in this situation?

If you would have a hard time using self-control, how could you make it easier?

When you're tempted you can
STOP, THINK, & PRAY
for God to help you obey Him.

Stop

Think

Pray

Peter, out of control or self-control ?



Peter was a friend of Jesus, one of his disciples. There were times in his life when he was totally out of control and other times when he practiced self-control. Here are a few stories about Peter and you decide whether he is out of control or using self-control.

When Peter first met Jesus and he asked Peter and his brother, Andrew, to follow him, I'm sure many people thought going with him was an out of control decision. They had left behind everything and followed Jesus without knowing where they were going or what they were getting themselves into.

What do you think, out of control or self-control?

Then there was the time Peter was in a boat with his friends and they thought they saw a ghost walking toward them on the water. They were very afraid, until they realised it was Jesus. To make sure it was Jesus, Peter yelled out to him and told him if it was really Jesus, to tell him to get out of the boat and come. Sure enough, Jesus told Peter to get out of the boat and walk towards him. So, he jumped out of the boat and started walking on the water.

What do you think, out of control or self-control?

Once Peter was having dinner with Jesus, and Jesus began to wash Peter and the other disciples' feet. No way was Peter going to let Jesus wash his feet. Jesus told Peter that if he didn't wash his feet, he would have no part of him. But Peter wanted to be a part of Jesus, so he told him to go ahead and wash his feet, his hands and his head as well! Jesus told Peter that he didn't need everything washed, just his feet.

What do you think, out of control or self-control?

On the night that Jesus was arrested, Peter wanted so badly to protect him that he attacked one of the high priest's servants and cut off his ear. Luckily, Jesus put the ear back on and head the servant.

What do you think, out of control or self-control?

That same night, Peter did something he said he would never do. Three times he lied and told people that he didn't know Jesus. Peter got so angry that he yelled at the people who questioned him.

What do you think, out of control or self-control?

Thankfully, Jesus forgives! After his death, burial and resurrection, Jesus gave Peter another chance. Jesus asked Peter three times whether Peter loved him and each time Peter said, 'yes!' Jesus told Peter to go and tell everyone about him, and I did just that. A few weeks later, a large crowd of people gathered and Peter gave the best sermon of his life. He used his words to tell them all about Jesus and how they could love him too.

What do you think, out of control or self-control?

Another day Peter healed a man who had been crippled since he was born. Now Peter didn't heal him by his own powers but by allowing the power of Jesus to work through him.

What do you think, out of control or self-control?

Another time Peter had a dream that he should go and tell people who weren't Jewish like himself and Jesus all about the things Jesus had done. Peter was going to argue with God, when someone came and asked him to visit a man named Cornelius. He was one of those non Jewish people. Peter wasn't sure but obeyed God and went to see Cornelius. Guess what? Cornelius, his friends and family loved Jesus too and wanted to know more about him. Because Peter obeyed God, a whole lot of people were able to find out about Jesus.

What do you think, out of control or self-control?