



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.

Is there an area of your life that needs self-control? Is it your tongue? Do you talk about people?

Or maybe you have a hard time keeping your hands to yourself if you're angry or frustrated about something. Do you hit, push, or kick?

What about your free time? Do you spend time with God during the day? Do you help around the house and do your homework? Or do you lack self-control and spend too much time on the computer, watching TV, or playing video games?

Self-control can be difficult.

Read about Peter, a friend of Jesus. Sometimes he acted out of control and other times he used self control. Page 2

To think about

What was the most out of control thing you think Peter did?

What was the most self-controlled thing you think Peter did?

In what ways are you like Peter? In what ways are you different from Peter?

Sometimes Peter was out of control and sometimes he used self-control. We all have times we are in control and times we aren't, just as Peter did but God wants all of us to practice self-control so we have power over how we act, think and speak. When we do that we are living a life that is pleasing to God.

Prayer:

Father God,
I confess that too often, I allow myself to be controlled by my desires and my impulses rather than by Your Spirit. Please forgive me and help me to draw me closer to You, walking in Your Spirit every moment of every day. **Amen.**

Fizzy Mess

Do this outside as it is **very messy**. You will need a clear bottle of lemonade, cola, fanta etc.

Shake the bottle a lot. As you are shaking the bottle, think about life having its shake-ups, too. Life's shake-ups are times when we feel a lot of pressure. For example, perhaps teasing from a friend shakes you up; maybe it is feeling as though you're not getting your fair share or being treated unjustly. Think of what presses your buttons.

Next (being careful), take the top off the bottle the contents of the bottle will fly everywhere.

When we lack self-control, we are just like the contents of that bottle. Just as the lemonade flying everywhere makes a mess, we make messes when we lack self-control.

What kind of messes do we get ourselves into?

Is it a mess when we hurt someone's feelings? How can we clean up the mess?

What other messes can you think of?

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?