

# THE ISLAND

<b>LEADER</b>	<b>DATE (am)</b> 02 August 2009
<b>HELPERS</b>	<b>TIME (mins)</b> 40 minutes
<b>PUPPETEER</b>	<b>No. of KIDS (m/f)</b>

- **SERIES / LESSON:** Fruit of the Spirit / Self-control – Jesus is tempted
- **SCRIPTURE REFERENCE:** Galatians 5:16-26; Matthew 4:1-11
- **CONCEPT:** The Holy Spirit helps me to be self-controlled

## GOALS:

- To encourage kids to engage in worship through singing.
- To help kids realise that we have the power to overcome temptation, just as Jesus was tempted by and overcame Satan with the Word of God.
- To help kids realise that God's Holy Spirit living in us makes us more like Jesus.
- To lead kids into a prayer time and help them understand that God listens.

## MATERIALS NEEDED:

- ✓ Song DVD / DVD player / laptop / projector / screen, etc.
- ✓ Treasure chest with bucket or water pot inside (from last week's story)
- ✓ Fruit tree picture (the same one you used at the beginning of the series)
- ✓ Slide showing the word 'self-control'
- ✓ Prayer Net
- ✓ Prayer cards and pen
- ✓ Name tag box



### **3. Set the scene**

Over the last eight weeks we have been learning that if God's Holy Spirit lives in us, then other people should be able to see love and joy, peace and patience, kindness, goodness, faithfulness and gentleness. That is some of the fruit of the Spirit in us. But that's not all! Today, we're going to talk about the last thing in Paul's list. Does anyone remember what it is? *Self-control. Show the word 'self-control' on screen.*

*Initiate discussion.* What is self-control? What does it mean to be self-controlled? Tell me about a time when you have had to be self-controlled. *Allow kids to answer.*

Let's say you get a brand new bicycle for Christmas. It's the bicycle you've been waiting for all year. It's lovely and shiny. It's painted in your favourite colour. You look so cool when you're riding it up and down your street. Then your friend asks if they can take it for a ride. Because you're such a kind kid who likes to share, you say, 'Sure!' Off your friend goes, up the street on your new bicycle, a little bit too fast ... and ... CRASH! Your friend has fallen off your new bike. You run to see if everything is ok. Your friend is fine, just a scratch on the knee. But your bike? Oh no! More than one scratch on the shiny paintwork, the wheel is bent and twisted, and the saddle is torn. You feel your face starting to get red. You are so mad with your friend! Look what they've done to your new bike, the one you've waited for all year! You want to scream at your friend, tell them how stupid they are and call them names. But that's not self-control. Instead, you count to ten, you take a deep breath, you ask your friend if they're alright, you say that you can get the bike fixed up, and you go back home. No getting mad, no screaming and shouting, no fighting or punching. Self-control.

Or what about a time when you know your favourite cookies are in the cupboard. You know you're not allowed to eat anything right before your dinner, but those cookies are so good you can almost smell them through the cupboard door! You start to imagine eating one of them, hearing the crunch as you bite into it, tasting the delicious cookie as you swallow. Just one cookie wouldn't spoil dinner, would it? You go to the cupboard door. They're just behind that door. No one would notice if you took one and ate it quickly. Cookies are so good! But if you give in to that feeling, if you go ahead and eat a cookie, that's not self-control. Instead, you walk out of the kitchen and do something else before dinner. Then your belly still has room for dinner, and you haven't done something you know you shouldn't do. That is self-control.

Self-control is being strong enough to do what is right, even though you feel tempted or you would really like to do something you know is wrong. Temptation is that feeling of wanting to do something you know you shouldn't. Self-control is when you don't give in to temptation, but when you walk away and keep your mind and your body under control.

### **4. Tell the story**

After Jesus was baptised in the river, God led Him out to the desert. Out in the desert where no people lived, where it was hot and dusty during the day, and cold and eerie at night, Jesus stayed for 40 days and 40 nights. That's longer than a month! Imagine camping for a month with no tent or pillow to sleep on at night. In fact, imagine

*Slide: self-control*

camping for a month and not having anything to eat! That's what Jesus did! He decided not to eat anything for those 40 days and nights so that He could spend all His time praying to God, His Father, and listening to what God wanted to say to Him. Sometimes we call this 'fasting'. People today still 'fast', or don't eat, when they want to talk to God about something important.

Well, boys and girls, you can imagine that after 40 days, Jesus was pretty hungry!

The devil, Satan, God's enemy, showed up in the desert. He had come to tempt Jesus, to try and get Jesus to do something wrong when He was feeling tired and hungry. The devil said to Jesus, "If you are the Son of God, tell these stones to become bread." (Matthew 4:3) Jesus was really very hungry after all this time of fasting and praying. I'm sure He would have loved some bread to fill the big empty space in His tummy. And of course Jesus had the power to turn those stones into bread. He is God! But Jesus knew that this was not the right time to eat. God wanted Him there to pray, not to eat. So, He could not give in to the devil's temptation. Jesus answered the devil with a memory verse from the Bible. He said, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" (Matthew 4:4) Jesus had used self-control, the power of the Holy Spirit, to resist the devil's temptation.

"Huh!" thought the devil. That's not going to work with Jesus. I'll try something else to tempt Him to stop thinking about God.

The devil, Satan, God's enemy, took Jesus to Jerusalem. He took Jesus up and had Him stand on the highest point of the big church so that He could look down over the whole city. The devil said, "If you are the Son of God, throw yourself down. For it is written: '[God] will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" (Matthew 4:6) But Jesus, even though He knew that God's angels would look after Him, knew that this was not a time to show His great power. Jesus said another memory verse to the devil, "It is also written: 'Do not put the Lord your God to the test.'" (Matthew 4:7)

That wasn't going to work with Jesus either. The devil was going to have to think of something else to tempt Jesus. He tried again. He took Jesus up a very high mountain and showed Jesus all the kingdoms of the world. The devil said to Jesus, "All this I will give you, if you will bow down and worship me." (Matthew 4:9) Do you think Jesus would ever bow down and worship the devil, God's enemy? NO WAY! Jesus turned round and said, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" (Matthew 4:10) Jesus wasn't going to worship the devil. Jesus knew that the only person we should worship and bow down to is God.

Three temptations and the devil had failed to trap Jesus. The devil went away and left Jesus, and God sent angels to take care of Jesus.

### **5. Explain**

Jesus showed us what to do when the devil tempts us. Jesus remembered Bible verses and those verses helped Him remember God's promises and commands. That's one reason why we learn

<p>memory verses on The Island, so that when we are tempted, we can remember God's Word and not give in to temptation.</p> <p>Boys and girls, temptation is real. Everyone is tempted to do things they shouldn't do. The devil, Satan, God's enemy, wants to tempt you. He wants you to get into trouble and do wrong. He doesn't like it when you are trusting in Jesus and following God's commands. He especially doesn't like it when you are strong, and filled with God's Holy Spirit, and able to stand up to him. The devil will always try to tempt you and me, just like he tempted Jesus. And sometimes it's really hard to do the right thing, especially if you are with people who are having fun doing the wrong thing. But remember Jesus. Remember how hungry He was after 40 days of fasting in the desert. He didn't turn the stones into bread because it wasn't God's plan. And when He was dying on the cross, He had the power to save Himself. Jesus could have climbed down from the cross and saved His own life. But it wasn't God's plan. Jesus died to save us, so that we can be His friends and so that we have a place waiting for us in heaven.</p> <p>When you feel tempted to do something you know isn't right, stop and pray. Ask God to help you remember a Bible verse. Ask God to help you be strong and self-controlled to resist the temptation. When the Holy Spirit, God's power, lives inside us, He helps us to be self-controlled.</p>	
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<p><b>C. Prayer Net</b> <span style="float: right;"><b>10 minutes</b></span></p> <ol style="list-style-type: none"> <li>1. Ask a child to explain what it means when we <i>pray</i> – We talk to God and He listens.</li> <li>2. Explain that prayer / talking to God is very important because that's how we get to know Him.</li> <li>3. Choose a child to retrieve the prayer net. Lift out the prayer cards you put there last week. Ask the kids for updates on those situations.</li> <li>4. <i>Explain:</i> When we have something to be thankful for, or something we worry about, we need to tell God about those things. Do you ever feel tempted to do something you know is wrong? Is there something bothering you today that you would like to pray about? Let's pray that God would help us to make good choices.</li> <li>5. Tell kids that we are going to make a note of some special prayers today and put them in the prayer net. Encourage kids to trust that God, who is faithful, will do the best for us, even if we don't get the answer we want. Next week they will tell us what happened in those situations.</li> <li>6. Ask kids if they have a prayer to put into the net. As they tell you, write their name and the topic of their prayer on a small card. Ask the child to say a prayer aloud (help them to do so) before they place their card into the prayer net.</li> <li>7. Close in prayer. Ask the Lord to help us resist the devil's temptations.</li> </ol>	<p><b><i>You'll need ...</i></b></p> <p><i>Net (with last week's prayer cards)</i></p> <p><i>Small cards / postcards</i></p> <p><i>A pen</i></p>
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<p><b>D. Conclusion (with puppets)</b></p> <p>1. Ask kids to put their mats away.</p> <p>2. Sing a closing song. (<b>Everyday</b>)</p> <p>3. <i>Recap</i>: Let's remember how Jesus was self-controlled, and how He used the Word of God to help Him resist the devil's temptations. Let's also remember that we can ask God's Holy Spirit to help us be:</p> <p style="padding-left: 40px;"><i>Loving</i> ... like Mary, who poured her very expensive perfume over Jesus' feet;</p> <p style="padding-left: 40px;"><i>Joyful</i> ... like the dad who threw a great party for his lost son who came back home;</p> <p style="padding-left: 40px;"><i>Peaceful</i> ... like Paul and Silas when they were thrown into prison;</p> <p style="padding-left: 40px;"><i>Patient</i> ...like Joseph, who had to wait a long, long time to see and understand God's plan for his life;</p> <p style="padding-left: 40px;"><i>Kind</i> ... like Dorcas, who sewed clothes to help people who were poor and in need in her town;</p> <p style="padding-left: 40px;"><i>Good</i> ... like the man from Samaria, who cared for people and did his best to help them no matter who they were;</p> <p style="padding-left: 40px;"><i>Faithful</i> ... like King Hezekiah, who trusted God right through his problems and worries;</p> <p style="padding-left: 40px;"><i>Gentle</i> ... like Jesus as He spoke to the woman at the well;</p> <p style="padding-left: 40px;"><i>and Self-controlled</i> ... like Jesus when He was tempted by the devil.</p> <p>4. Remind kids to come back this evening for their final trip to The Island. Ask kids to put their name tags in the box before they leave.</p>	<p><b>7 minutes</b></p> <p><b>You'll need ...</b></p> <p><i>DVD player / projector</i>  <i>Song DVD (Hillsong Kids – Supernatural)</i></p> <p><i>Name tag box</i></p>
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## THE ISLAND cont'd

<b>LEADER</b>	<b>DATE (pm)</b> 02 August 2009
<b>HELPERS</b>	<b>TIME (mins)</b> 40 minutes
<b>PUPPETEER</b>	<b>No. of KIDS (m/f)</b>

### GOALS:

- To encourage kids to engage in worship through singing.
- To reinforce today's Bible concept by learning a related Scripture verse through a laughter temptation game.
- To consolidate today's Bible story by playing games with melons.

### MATERIALS NEEDED:

- ✓ Song DVD / laptop / DVD player / projector / screen, etc.
- ✓ Memory Verse Task:
  - Slide – Galatians 5:22 (all fruit)
  - Pre-made card melon labelled 'self-control'  
(which you will later fix to your display. See photos below.)
- ✓ Activity:
  - Large room, e.g. sports hall
  - 2 watermelons
  - 4 dodgeballs or foam balls
- ✓ Pre-cut chunks of melon for kids to taste
- ✓ Name tag box





<p>Spirit, God's power, is living inside us. We have learnt that the Holy Spirit helps us to show this fruit to the people around us, and we have put different fruits on the wall to help us remember. We had a love strawberry, a joyful orange, a peaceful banana, a patient kiwi fruit, a kind bunch of grapes, a good lemon, a faithful fig and a gentle peach. Today, we've been thinking about self-control, and how the Holy Spirit can help us to walk away from temptation. I chose a delicious, juicy watermelon to remind us of that. <i>Show kids a pre-made card watermelon labelled with 'self-control' that you will add to your notice board display.</i> I'm going to stick our self-controlled watermelon on the wall with the other fruit a little later.</p> <p>7. <i>Explain:</i> We are all standing in a circle. I'm going to ask one person to stand in the middle of the circle and try their best not to laugh. I'm going to ask two more people to do silly things to try and get that person in the middle to laugh! You can't touch him/her so no tickling! You can make faces, tell jokes and do silly dances. If the person in the middle starts to laugh, then they go back to their place in the circle and we will choose someone else to go to the middle.</p> <p>8. Choose one child to stand in the middle of the circle. Tell him/her to try not to laugh. Choose two kids from the circle to make that child laugh. Play the game. If the child laughs, ask him/her to move back to the circle. Choose another child to take their place in the middle. Choose a different pair each time to make the child laugh. Repeat for as long as time allows.</p> <p>9. <i>Explain:</i> When you were in the middle of the circle how hard was it to keep your face straight? How much did you want to laugh? Boys and girls, sometimes it can be really hard to walk away from temptation, just like it was difficult for you not to laugh. When you feel tempted to do something you know isn't right, stop and pray. Ask God to help you remember a Bible verse. Ask God to help you be strong and self-controlled to resist the temptation. Remember that when the Holy Spirit, God's power, lives inside us, He helps us to be self-controlled.</p> <p>10. Finish with a group repetition of the verse.</p> <p><b>Idea:</b> After the session, you could write the memory verse onto a sheet of card to make a poster for your room. This will add to your decoration as well as reminding kids of the Bible concept. Then you can also refer to it later in the series.</p>	<p><i>Pre-made card watermelon labelled 'self-control'</i></p>
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<p><b>G. Activity</b></p> <ol style="list-style-type: none"> <li>Take kids to a large room, e.g. a sports hall.</li> <li>Divide kids into two teams. Have them line up at one end of the hall. Have an adult helper stand at the opposite end of the hall at the wall to supervise the following game.</li> </ol> <p><b>Game 1 – Melon Relay (~5 minutes)</b></p> <ol style="list-style-type: none"> <li><i>Explain:</i> Boys and girls, temptation is real. Everyone is tempted to do things they shouldn't do. The devil, Satan, God's enemy, wants to tempt you. He wants you to get into trouble and do wrong. And if you give in to temptation, if you make a bad choice and do something wrong, it can be like carrying a heavy weight</li> </ol>	<p><b>17 minutes</b></p> <p><b>You'll need ...</b>  <i>Large room, e.g. sports hall</i></p>
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<p>around with you, just like this heavy melon.</p> <p>4. <i>Explain:</i> Here is a melon for each team. <i>Give a melon to the first person in each team line.</i> When I say, 'Go!', you must run with the melon to the other end of the hall, touch the wall, run back again, and give the melon to the next person in your team line. When everyone in your team has run to the wall and back again with the melon, you should all sit down. The first team to finish is the winner. Ready? Go!</p> <p>5. Start the game by shouting, 'Go!'</p>	<p>2 melons</p>
<p><b>Game 2 – Steal the Melon (~5 minutes)</b></p> <p>6. Congratulate the winning team. Keep kids in their two teams. Ask one team to move to the opposite end of the hall. Have the two teams stand in line, side by side, so that one team is facing the other. Give each child in the first team a number, starting at 1. Do the same for the other team. Thus, there should be a number 1 in each team, a number 2 in each team, etc. If your teams are unevenly balanced, you may need to join in (or have a helper join in) so that each number has a match in the other team.</p> <p>7. <i>Explain:</i> The devil doesn't like it when you are trusting in Jesus and following God's commands. He especially doesn't like it when you are strong, and filled with God's Holy Spirit, and able to stand up to him. The devil will always try to tempt you and me, just like he tempted Jesus. And sometimes it's really hard to do the right thing, especially if you are with people who are having fun doing the wrong thing. What does our memory verse say? <i>Have kids say memory verse.</i></p> <p>8. <i>Explain:</i> This game is called 'Steal the Melon'. Here is the melon. <i>Set a melon in the centre of the hall, between the two teams.</i> I'm going to shout out a number. When you hear your number, you must run to steal the melon and take it back to your team before the other person gets it.</p> <p>9. Play the game. Shout out the assigned numbers in random order so that each child gets a chance to steal the melon. After each 'theft', kids should return the melon to the centre spot in the hall before the next number is called. Play for as long as time allows.</p>	<p>A melon</p>
<p><b>Game – Melon Ball (~7 minutes)</b></p> <p>10. <i>Explain:</i> Remember what Jesus did when the devil tempted Him to do wrong? He said memory verses. He remembered what God's Word, the Bible, said about obeying and trusting God. When we feel tempted to do something we know is wrong, it can feel like the devil is throwing things at you, trying to hurt you, trying to make you trip and fall. But, just like Jesus, we can use the Bible, God's Word, to help us walk away from temptation.</p> <p>11. <i>Explain:</i> This game is called 'Melon Ball'. Your teams need to move out from the wall (so that teams are around 8 metres apart). Your team will get two balls. When I say, 'Go!', you must throw the balls and try to hit someone in the other team on their legs below their knees. That means you must throw the balls low, or roll them along the floor. If you get hit by a ball, then you have to go and join the other team. The team to win the most players is the winner!</p> <p>12. Give two balls to each team. Play the game, making sure kids do not throw the ball above knee height. If one team is down to two players, stop the game, announce the winner, divide kids into two new teams and start again if time allows.</p>	<p>4 dodgeballs</p>

13. Congratulate the winning team. Take kids back to your room.	
<p><b>H. Conclusion (with puppets)</b> <span style="float: right;"><b>5 minutes</b></span></p> <ol style="list-style-type: none"> <li>1. Invite kids to praise God's goodness to us by singing. <b>(Everyday)</b></li> <li>2. Ask kids to recite the memory verse once more altogether. Let each child taste a piece of pre-cut melon to remind them that the fruit of the Spirit is self-control.</li> <li>3. Remind kids that even though Jesus was so hungry after 40 days of fasting in the desert, He didn't turn the stones into bread because it wasn't God's plan. And when He was dying on the cross, even though Jesus could have climbed down from the cross and saved His own life, He didn't. It wasn't God's plan. Jesus died to save us, so that we can be His friends and so that we have a place waiting for us in heaven.</li> <li>4. Close in prayer.</li> <li>5. Thank kids for joining us on The Island this year. Ask kids to leave their name tags in the box before they leave.</li> </ol>	<p><b>You'll need ...</b>  <i>DVD player / projector</i>  <i>Song DVD (Hillsong Kids – Supernatural)</i></p> <p><i>Pre-cut chunks of melon</i></p> <p><i>Name tag box</i></p>



