

Kids at Home (Discipleship) - Week of May 6th

Patience and Self-Control

Theme Verse: Proverbs 16:32

Patience: Psalm 37:7a, Psalm 40:1, Psalm 86:15, Psalm 130:5 James 1:4

Self-Control: 1 Corinthians 9:24-27, 1 Peter 5:8, 2 Corinthians 10:3-5

1. Gather as a family and watch these videos:

If you have kids of all ages encourage them to join in too and do this as a whole family.

Patience - https://youtu.be/05_qkXKyEME

Self-Control - https://youtu.be/5TUFWB_U3kc

2. Read the Scripture listed above.

Allow your child to read aloud if they are able. Take turns reading parts of it. Whatever works for your family. And even if they struggle to be still, push through and do it anyway. You never know what they are picking up.

3. Discussion Questions. Talk with each other and answer together. Feel free to skip questions if you think they are over your child's head.

- What is patience? (Waiting without grumbling, persevering through hard things, suffering with endurance.)
- What is self-control? (Choosing to do the right thing, even when it's hard.)
- Why do you think it is hard for us to be patient? (We want what we want, when we want it. We don't like to wait.)
- Who are some people in the Bible who are good examples of patience?
 - Abraham and Sarah (weren't patient and tried to do it their own way, then God still honored His promise)
 - Joseph (was sold as a slave, went to jail for a crime he didn't commit, eventually became important leader)
 - God with Israel
- Ultimately God is the best example of patience and self-control (and all the fruits of the Spirit!) because they are His characteristics that He gives to us as Christians. Talk about how it is impossible for us to have perfect patience/self-control without God's help!

4. Pray.

- Thank God for being patient with us when we sin.
- Ask God to help you grow in patience and self-control.

5. Worship. Listen, sing along, and dance to the songs below:

- Everlasting God - <https://youtu.be/Kq9fjGvSQE>
- Lord I Need You - <https://youtu.be/1sJBQYOT1wk>
- The Moving Song - https://youtu.be/9i_jbsc-zmw

Scripture Memory

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things.

Galatians 5:22-23

(Additional for big kids)

“Better a patient person than a warrior,
one with self-control than one who takes a city.”

Proverbs 16:32

Weekly Activities

These activities are for you to use as needed throughout the week. They are not designed to use all at once unless you want to!

- Choose a special treat at the beginning of the day and place it in a spot your child will see it often throughout the day, practice patience and self-control by waiting and not eating the treat right away.
- Self-control Game: at dinner, give everyone at the table three pennies. Choose a word that is off-limits. Family members then try to “catch” each other saying the word. Each time someone gets caught, they give a penny to the person who caught them. The player with the most pennies at the end of dinner wins!

Minute to Win It Game

- Game – Tear it Up: https://youtu.be/A_uCrtzT4Hk
- Clock: <https://www.youtube.com/watch?v=J6Zmo5Q0AZ0>

THE FRUIT OF THE SPIRIT

