



FRUIT - Lesson 4: Self-Control

FOR YOUR EYES ONLY: Parent Notes

Self-Control is saying no to myself. No is the most basic boundary word. Not everything I want to do is good for me. I need to learn to say yes to the good and no to the bad.

Here are some areas that we all need to exercise Self-Control:

Appetite – We need food to survive but too much food can kill us. Bottom line is we need to exercise Self-Control in this area. Say no to your appetite. Our kids are especially vulnerable to candy, pop and sweets. We shouldn't eliminate all sweets, but we do need to learn when to stop.

Words – The Apostle James wrote, "Let every man be quick to hear, slow to speak, and slow to wrath." We have all said things that we wish we didn't say. Don't let your tongue take over. Slow down. If you have any doubt, choose not to say it. Some kids have a tendency to say too much. Have you ever had a friend who talked constantly? How did that make you feel? You don't have to do all the talking. In fact, this Bible verse says we should listen more and talk less. Just say no to talking too much.

Anger – The Apostle Paul said, "Do not sin, by letting anger take control." We all feel the emotion of anger. Have you ever got mad about something and then felt guilty afterward? What happened? You let anger take control. Don't use your anger to punish people for hurting you. Stay in control of your emotions. Never let anger take control.

Money - Does money seem to burn a hole in your pocket? Do you spend all your money when you get some? Stop it. This is not a good habit. Learn to say no to yourself with your finances. Two ways to do this is to tithe and to save. If you never learn to save money, you will always be poor.

Entertainment – Wow! This is a big one for today. Ask yourself how much time you spend playing video games, watching TV and on the Internet. Most of this is "Me" time. It's not really helping anybody else. Do we need me time? Yes, but we also need to learn to say no to me time. Decide how much time you will spend on entertainment and stick to it. When your time is up, stop and wait until tomorrow.

"A person without self-control is like a city with broken-down walls." You can learn to say no to yourself. Healthy boundaries are a good thing. Self-Control can be painful at times, but not as painful as not exercising Self-Control.

In summary, Self-Control is saying no to myself in the following areas:

1. Appetite
2. Words
3. Anger
4. Money
5. Entertainment

BOTTOM LINE:

Self Control - Saying no to myself.

MEMORY VERSE:

"A person without self-control is like a city with broken-down walls." Proverbs 25:28 (NLT)

PRAY FOR YOUR KIDS

"Father God, show (insert your child's name) how to exercise self-control in their life." Amen

Pray this prayer each day for your children.

ONE ON ONE

- Learning how to say no to yourself is an important lesson.

SELF CONTROL - MONEY

- This week you can begin to teach your kids to use self-control with their money.
- That begins by knowing ahead of time how to divide and designate.

The scale that I have used with my kids was this:

- 10% tithe
- 40% save
- 50% spend

BIBLE STORY

The Mighty Samson

READ THE BIBLE

Judges 13:24, 16:4-31

THE STORY

- The story of Samson is a great example of someone who had a lot going for him, but he lived his life with no self-control.
- Samson was a Nazarite which signifies separation.
- A Nazarite separates themselves unto God - they must not gratify the desires of the body.
- They did not cut their hair and they did not drink alcohol.
- Samson grew and became very strong.
- But he also followed his own desires and did not control them.
- He wanted to marry a Philistine girl (the Philistines were enemies).
- He often became drunk.
- Because he allowed his desires to rule him, it led to his downfall.

QUESTIONS TO ASK

1. What was the big deal, shouldn't Samson be able to eat and drink and see who he wanted to? (he was a Nazarite - someone who was to live their life separated - as a vow to God)
2. As a Nazarite, what was Samson not supposed to do? (cut his hair, drink alcohol)

HOME DEVOTION LESSON

Money, Money, Money

BOTTOM LINE:

Self-control is saying no to yourself.

NEEDED:

- Piggy bank & 2 envelopes for each child
- Child's allowance (depending on the dollar amount, you will want to have small bills - example, if their allowance is \$10, you will want ten \$1 bills. This will help your child figure this out for themselves.

HERE IS WHAT YOU DO:

- This week you will work on self-control with your money.
- Bring your child's allowance, the piggy bank and the 2 envelopes.
- The piggy bank will represent money saved.
- On one envelope write "Tithe."
- On the second envelope write "Spend."
- Help them do the math so they can figure it out for themselves.
- One thing that will be valuable is the knowledge of earned money.

HERE IS WHAT YOU SAY:

- Today we are going to work on what we do with our money.
- It is important that you learn to say no with your money at a young age.
- There will be many things that you will want to buy, and there are lots of ways to get what you want and not pay right away for it.
- So learning to say no to yourself will be valuable.

HERE'S WHAT YOUR KIDS DO:

1. You have in front of you a piggy bank, a tithe envelope and a spend envelope.
2. Here is your allowance (for the sake of this lesson we will use the amount of \$10).
3. Lay out the ten \$1 bills in a row.

TITHE

The Bible talks about tithing to the Church. A tithe is 10% of our income. So your tithe on \$10 would be what? (\$1) - Put in the "tithe" envelope.

SAVE

It is good to save money for college or a car. You may say that you are too young for a car, but if you start saving, when you are old enough to drive you would have enough money for a car. So, saving is 40% of your income. How much would that be? (\$4) Put in the "piggy bank."

SPEND

You can have money to spend and that is 50% of your income. That would be how much? (50%) Put in the "spend" envelope.