

Pre-Lesson Downloads

#50 Fruit of the Spirit – Self-Control

Find recorded lessons at – montevista.org/vistastream

Also find our online worship services at the same site

Dear Families: We will finish up our study of the Fruits of the Spirit with self-control. I feel this is an issue on which many of us need to work, myself included. I found several games online to learn about and practice self-control, but I cannot play them online. I will describe them in this packet and maybe you could play them as a family. **Please watch video to see ideas I give to make a Fruit of the Spirit book. I am not writing out the instructions. **FYI**-This is our last summer lesson. I will begin our next set of lessons on August 20th. I will be doing them a little differently. There will be 2 videos posted each week, one for younger children, preschool through 2nd grade-ish and the second for 3rd through 5th grade-ish. I will still send out only one packet, but it will contain easier and more difficult activities. You, as a family, decide which video and activities are more appropriate for your child/children.

Bible Text: The Prodigal Son - Luke 15:11-32

Then Jesus said, “There was a man who had two sons. The younger of them said to his father, ‘Father, give me the share of the property that will belong to me.’ So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating, and no one gave him anything. But when he came to himself he said, ‘How many of my father’s hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, “Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands.”’ So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. The son said to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.’ But the father said to his slaves, ‘Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!’ And they began to celebrate.

“Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, ‘Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.’ The he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, ‘Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!’ Then the father said to him, ‘Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.’”

Bible Verse: James 1:9

Be quick to listen, slow to speak, and slow to
anger.



Games - Younger children: Red Light/Green Light-Leader stands in front of children. Says Green light and turns back on group. Turns quickly to face group saying Red light. The first to gently touch the leader becomes the new leader; Mother May I-One child the leader. Other children ask in turn, "Mother may I take (a certain number of steps, hops, jumps, leaps . . .)Leader approves or disapproves. The first to gently touch the leader becomes the new leader; Freeze Dance-Teacher or adult turns on music. Children dance. Adult turns off music and children have to be perfectly still. Wait different lengths of time to turn the music back on; Each child builds a block tower or wall. Have the wait a short period of time, then they may knock it down. Repeat. Make them longer every time; Ready, Set, Wiggle-Leader tells others, "Ready, set, wiggle." All the children wiggle. When the leader says any other word that starts with W, the children have to stay still. Leader could choose a different W word to be the stop words. All the other W words mean stop. (watermelon, wig, wait, water, etc.)

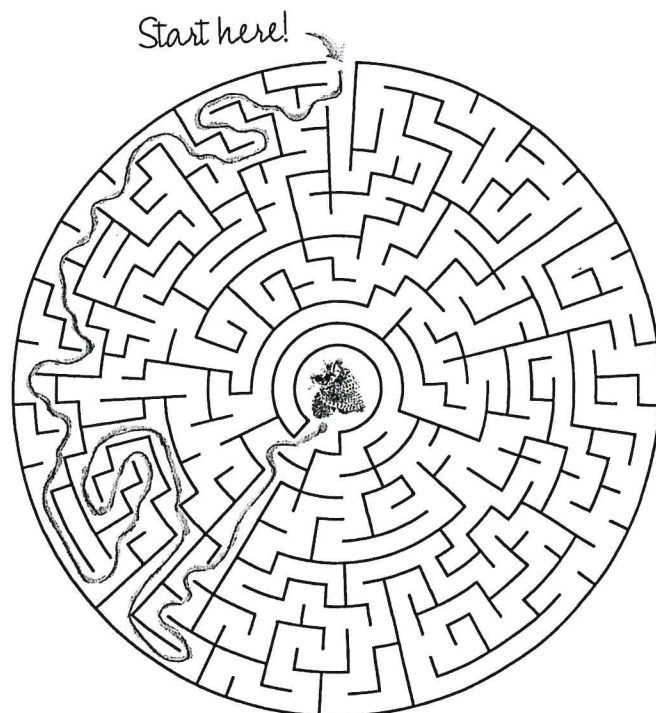
Older children: Jenga, Operation, Break the Ice, Pick up Sticks, etc. Ninja-Begin with the players standing in a circle facing one another. They should be at least two arm-lengths apart.

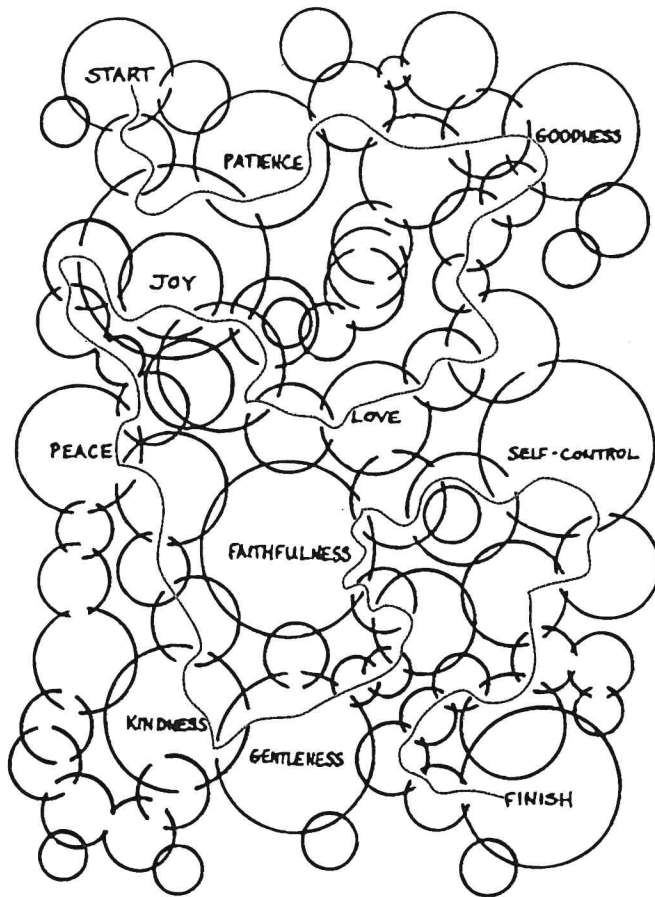
- They bow to one another and then take any martial arts pose.
- Each player must choose to hop or strike on their move.
- A strike must be aimed at the other player's hand. The defender is allowed to move that hand. If the attacker (gently) hits that hand, it becomes out of play. Once a player loses both hands they are eliminated.
- There can be only one champion, but then you're free to restart the game.

M & M challenge – Before lunch or dinner, offer your child: one M & M *before* meal OR a handful of M & M's if they eat all of a healthy meal (w/ veggies and a fruit) *afterwards*.

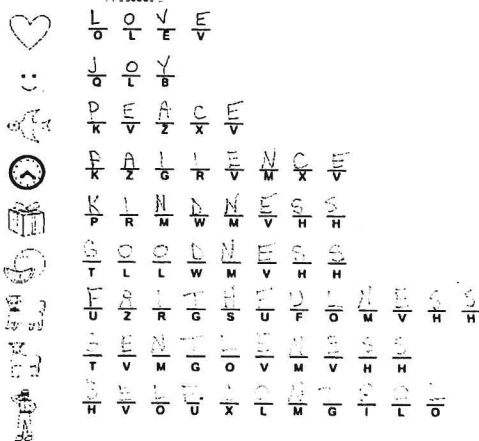
Written Puzzle Activities: *Bubble Maze *Strawberry Maze *Anagrams *Synonyms *Code

Answers to Written Puzzles:





Taken from Amazing Mazes for Kids by Steve and Becky Miller, copyright© 1998 and published



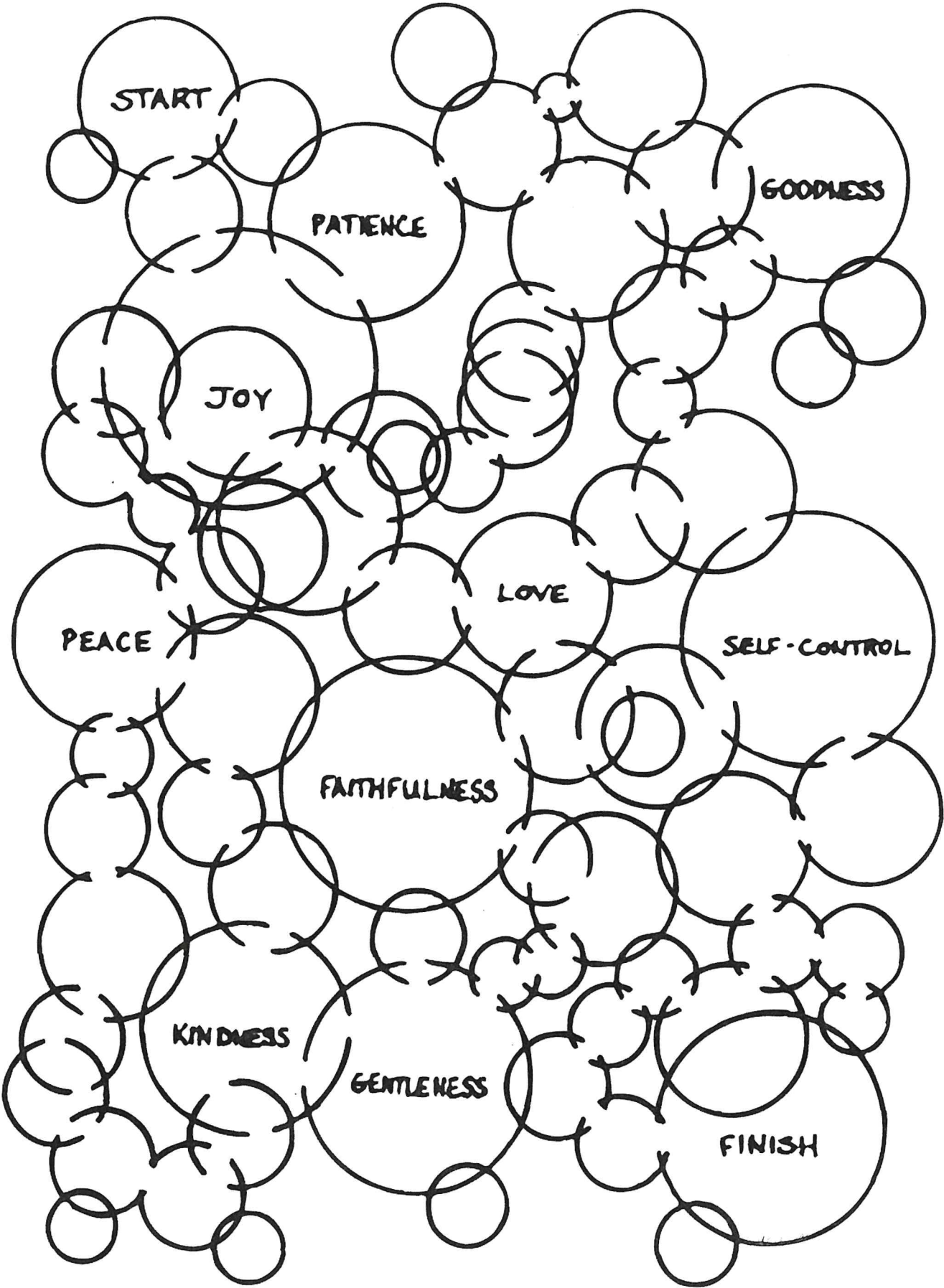
patience
kindness
gentleness
love
joy
peace
goodness
faithfulness
self-control
Holy Spirit

Fruit of the Spirit - Synonyms

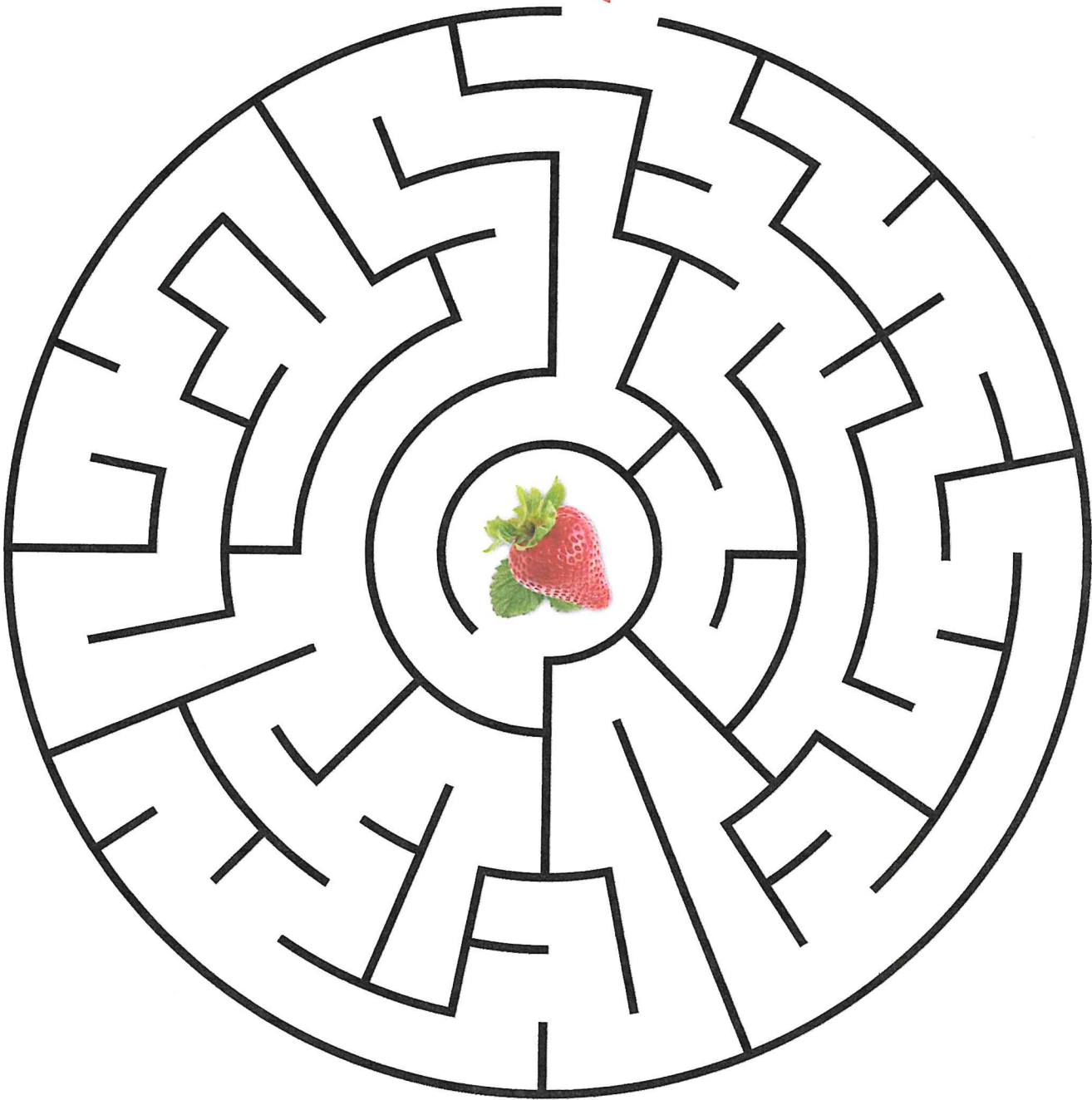
Match the Fruit of the Spirit word to its synonym.

love	calm
joy	restraint
peace	devotion
patience	delight
kindness	goodwill
goodness	self-mastery
faithfulness	integrity
gentleness	dependability
self-control	tenderness

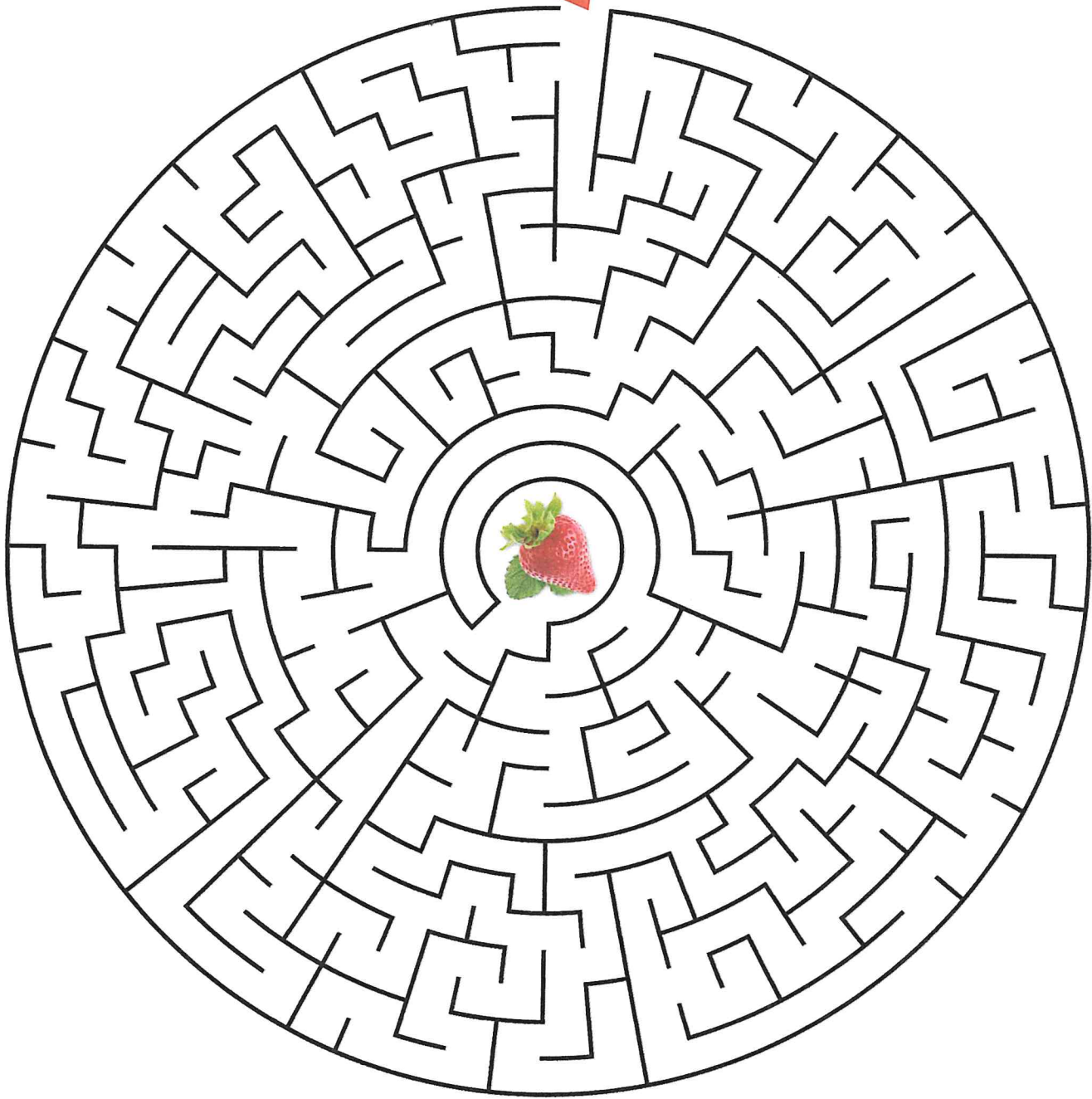
Song Lyrics: I have the . . LOVE of Jesus x2, JOY x3, PEACE that passes understanding, PATIENCE that You grow in us, KINDNESS towards others, GOODNESS of Your Spirit, FAITHFULNESS that comes from You, GENTLENESS to show Your Love, SELF-CONTROL we need to learn. . down in my heart, down in my heart to stay.



Start here!



Start here!



Unscramble the letters to find the words in our

Fruit of the Spirit Anagram



Word List:

Holy Spirit, love, joy, peace, patience, kindness,
goodness, faithfulness, gentleness, self-control

aceeinpt

deiknnss

eeegltnsst

eolv

yoj

aeepe

oossendg

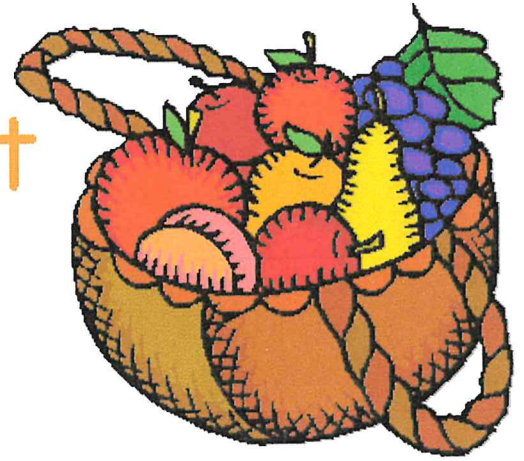
nessluffhtai

fles-ooctrl

loly iiprts

Unscramble the letters to find the words in our

Fruit of the Spirit Anagram



aceeinpt

deiknnss

eeeglunsst

eolv

yof

aeepe

oosendg

nessluffhtai

fles-oocntrl

lotty iiprts

Fruit of the Spirit - Synonyms

Match the Fruit of the Spirit word to its synonym.

love

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restraint

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devotion

patience

delight

kindness

goodwill

goodness

self-mastery

faithfulness

integrity

gentleness

dependability

self-control

tenderness



Bible Puzzle

Fruit of the Spirit List in Code

The fruit of the Spirit is listed in Galatians 5:22-23. The Holy Spirit produces these qualities in the life of each Christian. You can decode the list here.



O L E V



Q L B



K V Z X V



K Z G R V M X V



P R M W M V H H



T L L W M V H H



U Z R G S U F O M V H H



T V M G O V M V H H

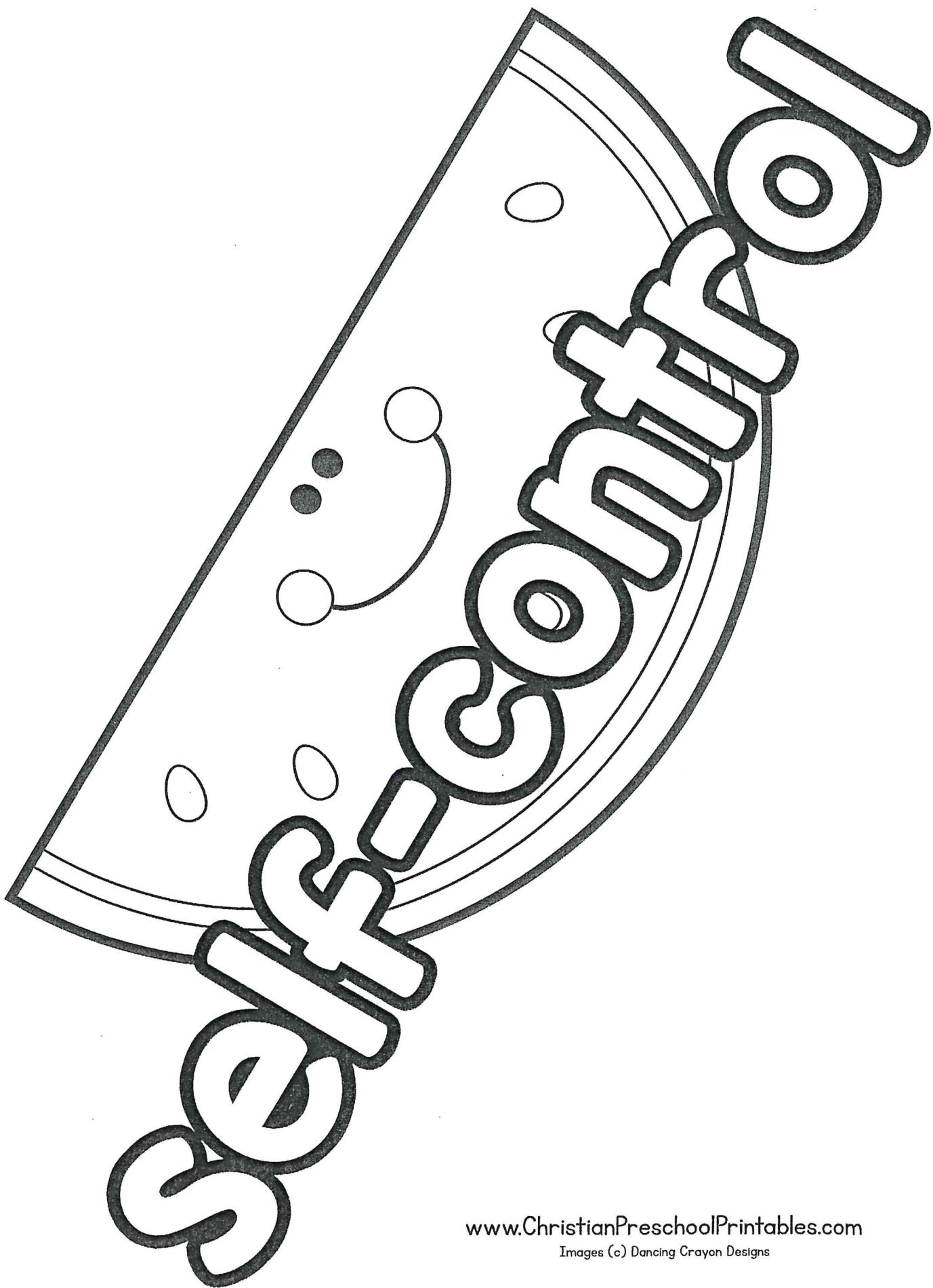


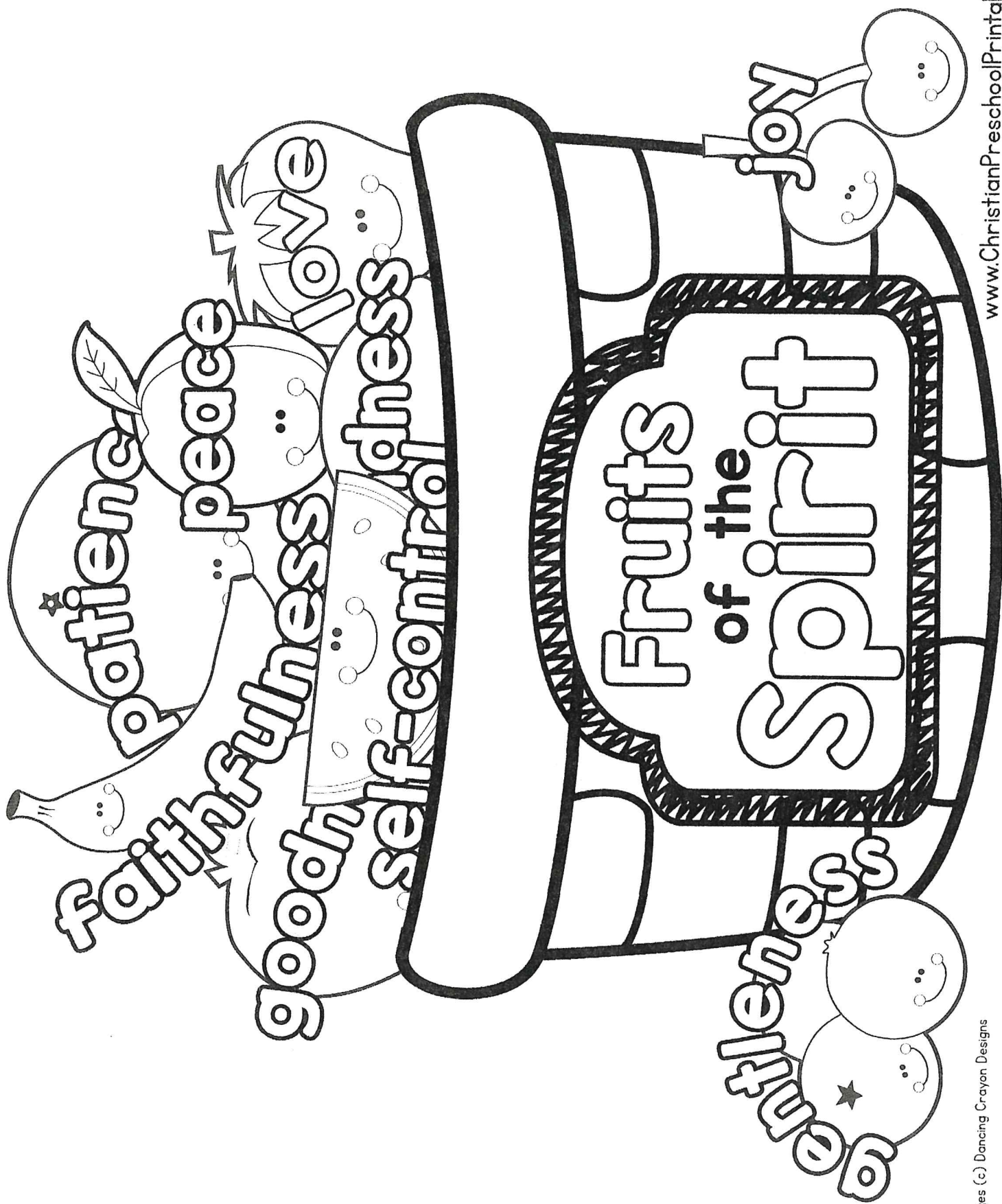
H V O U X L M G I L O

In this code, A stands for Z, Z stands for A, etc.

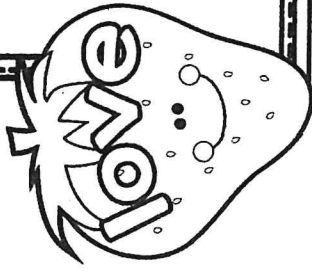
A	B	C	D	E	F	G	H	I	J	K	L	M
↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Z	Y	X	W	V	U	T	S	R	Q	P	O	N

Please Recycle



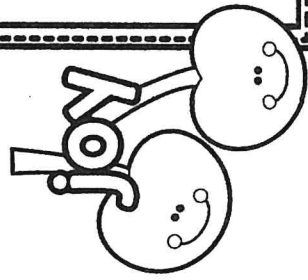


The Fruit
of the
Spirit is



Love

The Fruit
of the
Spirit is



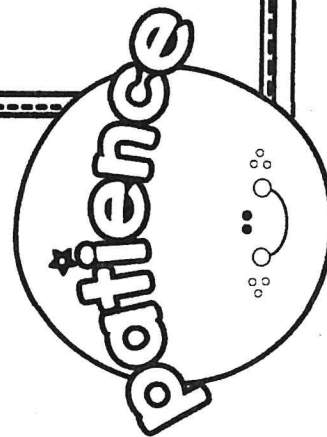
Joy

The Fruit
of the
Spirit is



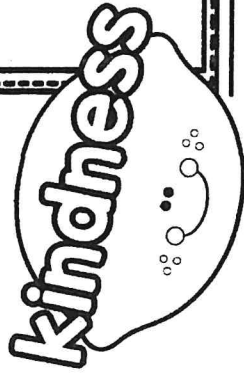
peace

The Fruit
of the
Spirit is



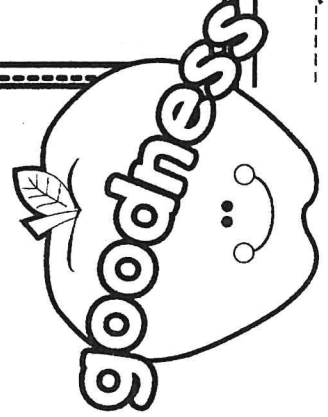
patience

The Fruit
of the
Spirit is



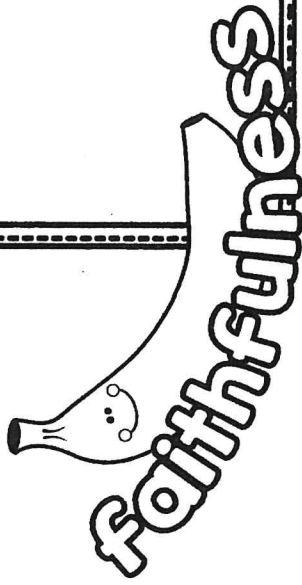
kindness

The Fruit
of the
Spirit is



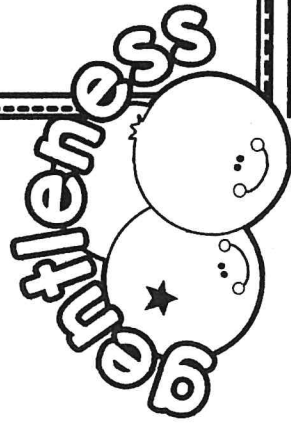
goodness

The Fruit
of the
Spirit is



faithfulness

The Fruit
of the
Spirit is



gentleness

The Fruit
of the
Spirit is

self-control

self-control

The Fruit
of the
Spirit is

