

LESSON 12
"SELF-CONTROL"
(page 1)



BIBLE CONNECTION

Daniel 1:1-21 (pages 930-931)

CHARACTER WORD

Self-Control - Doing something even when I do not feel like it

TEACHING OBJECTIVE

With God's help, I can have self-control to avoid things that will harm my body.

MEMORY LINK

Psalm 119:11

"Your word I have hidden in my heart, that I might not sin against You."

(KBC Study Bible, page 643)

SUPPLIES NEEDED THIS WEEK

GET CONNECTED

Memory Link cards, Hang 10 pages, index cards, pens, highlighters

MEMORY LINK ACTIVITY

Option 1: Paper, bag or envelope

Option 2: Ping-pong balls

BIBLE CONNECTION

Resource item, plate, cookies

SURF TEAM TIME

Memory Link cards, Hang 10 pages, index cards, pens, highlighters

MAKE-IT-STICK REVIEW GAME

Option 1: Styrofoam cups

Option 2: Hula hoops

Daniel Chooses God's Way

WHAT'S THE POINT?

Self-control is essential to our spiritual growth and our service to the Lord. But self-control does not just happen. We can practice self-control every time we make good choices even when we don't want to.

Psalm 19:14 says, "Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer." That was Daniel's concern. Daniel did not want to defile his body. Daniel showed self-control by staying true to God's commands and trusting God with the outcome.

We don't know exactly why Daniel chose not to eat the king's food in today's story. We do know, however, that the book of Daniel is focused on teaching us to trust God. We can count on Him. He will always come through. We can show self-control and honor God.

GET CONNECTED

Building relationships in surf teams; introducing today's lesson



Memory Link cards, Hang 10 pages, index cards, pens, highlighters

Use the following conversation prompts to get to know the students in your surf team and to introduce today's lesson.

- *Today's character word is self-control. What does it mean to have self-control?*
- *How do you show self-control in school? At home? With your friends?*
- *Share a time when you failed to show self-control.*
- *Why do you think self-control is important to your life?*



Guide students to locate and mark today's Bible Connection and Memory Link in their Bibles, if they brought one, so they can find the pages quickly as directed in the session.

WORSHIP TIME

Pointing students' hearts toward God



When you transition to worship time, consider making a transitional statement to help students gain the proper perspective. Communicate the importance of worship and encourage them to focus on God and to think about the words they are singing. One of the best ways to communicate the importance of worship is to model it. Encourage all of your leaders to participate and model what worship looks like.

Consider these song choices: "Your Word in My Heart" (Psalm 119:9-11), by Seeds Family Worship; "Self-Control" (Proverbs 25:28), by Lantern Music

MEMORY LINK

2 Minutes – Teaching the Bible verse to students
8 Minutes – Activity to help them memorize the verse



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No supplies needed

Focus on the Bible

Psalms is the largest book in the Old Testament (and the Bible too)! Psalms is a book devoted to praising and worshipping God. It was written by many people known and unknown, such as King David and a man named Asaph.

Many psalms ask for God’s presence during times of sadness and in times of trouble. Other psalms encourage us to find pleasure in God’s Word and tells us about the character of God. There are even verses throughout Psalms that teach us about how God’s Word can help us learn self-control.

Focus on today’s Memory Link

Today’s Memory Link comes from Psalm 119. Psalm 119 is the longest chapter in the Bible with 176 verses. The Psalmist, that is what we call a person who wrote a psalm, praises God for His word: His law and instruction to live by. The Psalmist declares to God that when he thinks about God’s word it helps him control his actions. When you learn God’s word, you hide God’s word in your heart and mind. Whenever God’s word is hiding in your mind and heart, you can think about God’s goodness in times of trouble and seek His help to have self-control. Knowing God’s word helps you resist doing the things you may want to do but should not. And it can help you do the things you should when you don’t feel like it.

Option 1 - PUZZLE ROUND-UP

Large sheet of paper for each surf team, bag or envelope

Prepare: On a large sheet of paper, write today’s Memory Link. Cut it into at least ten puzzle pieces (various sizes and shapes). Place pieces in a bag or envelope.

Surf Team Leader empties pieces into middle of circle and students work together to complete the puzzle, then say the verse together. Compete with other teams or with a timer. Repeat as time allows.

Option 2 - PING-PONG BOUNCE/TOSS

Ping-pong ball for each surf team

Bounce a ping-pong ball to a student in your surf team as you say the first 2 words of the Memory Link. Ask that student to bounce the ball to another person while saying the next 2 words of the verse. Continue until all the words to the verse and reference have been repeated. Play multiple rounds allowing everyone to participate.

Psalm 119:11

“Your word I have hidden in my heart, that I might not sin against You.”

(KBC Study Bible, page 643)

Teaching Tip

Always use your KBC Study Bible to read the Memory Link verse (even if you have it printed on a poster or using a projector. Show students how to find it in their Bibles, too. Emphasize every week that these words are God’s truths.

BIBLE CONNECTION

Teaching today's character word through gospel-centered Bible story



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Resource item, plate, cookies

Set the Stage

Who can tell me what our character word is today? (self-control) What does self-control mean? (Doing something even when I do not feel like it.) Who wants a cookie? Place the plate of cookies in the middle of one group of students. Speak directly to that group. I want you to practice self-control during the story. Do not eat the cookies!

Tell the Story

Guide students to open their KBC Study Bibles to Daniel 1 (page 930). Today we have some helpers who will tell our story from the book of Daniel. This book is in the Old Testament and the main character is none other than Daniel himself. Let's find out what is going on!

It was in the third year of King Jehoiakim's reign when the Babylonians surrounded and took over the city of Jerusalem. The Babylonians took articles from the house of God and put them into the house of a false god. The King of Babylon instructed some of the young, well-educated Jewish men to come live and serve him in Babylon. These young men were taught the local language and literature in the king's palace and were assigned to eat and drink a royal portion every day for three years. Among these were four young men, Daniel, Hananiah, Mishael, and Azariah.

Daniel (speaking to himself): I must not choose the king's food and drink. I must not defile my body, but I must serve the Lord.

Daniel (speaking to the chief over the men): If I were to eat and drink from the king's table, I would defile myself. May I not defile myself!

Bible Connection Leader: Defile means to ruin or spoil. The Bible says that God gave Daniel favor and compassion in the sight of the chief. This means that God took care of Daniel.

Ashpenaz: I fear the king, who has chosen your food and drink. Why should he see you looking worse than the young men who are your age? If that happens, I am afraid the king will put me to death.

Daniel: Test your servants for 10 days and let them give us vegetables to eat and water to drink. Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king's privileged foods; and as you see fit, so deal with your servants.

Ashpenaz: I will test you for 10 days.

Bible Connection Leader: So, Ashpenaz allowed Daniel and his friends to eat the foods that Daniel asked to eat. At the end of the 10 days, Daniel, Hananiah, Mishael, and Azariah looked better and fatter than all the other young men who ate the king's food. So, Ashpenaz took away the king's food and continued to give them vegetables.

As You Prepare

Be sure to have 3 copies of the script with you (resource item). Invite 3 volunteers to read the script as Daniel, Ashpenaz and the servant. Give them a copy of the script that they will read during the Bible Connection time.

Teaching Tip

Remember, when asking students to read a script for the Bible Connection, give each student the script when they arrive at Beach Club. Share some instructions about when to come to the front to help you with the story. Be sure to ask students who are strong readers, willing to speak up loudly, and will not be a distraction.

As for these four young men, God gave them knowledge and skill. Our Bible says that Daniel even had understanding in dreams and visions. At the end of the 3 years of training in the king’s court, the chief servant brought all the young men before King Nebuchadnezzar. Among them none was better than Daniel, Hananiah, Mishael, and Azariah. In every matter, the king called on these four to help him. They were 10 times better than all the king’s magicians and astrologers in the whole country.

Daniel showed self-control by staying true to God’s commands and trusting God with the outcome. With God’s help, you can have self-control to avoid things that will harm you.

Application

Speak to the group of students with the plate of cookies. *Cookie group, did you have self-control? Did you eat any of the cookies while the story was told?* If they ate the cookies, contrast Daniel’s actions to their actions. If they did not eat the cookies, congratulate them on their self-control. Use discretion in your decision to allow the cookie group to eat the cookies. Perhaps, bring enough cookies for every student.

Gospel Connection

God wants you to have self-control! Just like Daniel, who trusted his God and did not follow the king’s false god, you too can have self-control! ADMIT to God that you have sinned against Him and ASK for forgiveness. Next, BELIEVE that Jesus died and rose from the dead. CONFESS that Jesus is the only way to God and then CHOOSE TO FOLLOW Him, making Him your Forever Friend. When you invite Jesus to be your Savior and Lord, He will help you have self-control.

Close in prayer.

Invite students wanting to know more about praying to ask Jesus to be their Forever Friend to move to the designated counseling area to meet with a leader one on one. Be sure to have all the decision supplies available.

Teaching Tip

Set aside time each week to prepare for the next Beach Club session. Don’t let your busy schedule keep you from providing a game or activity from the lesson. Take your supply list with you when you attend church so you can borrow resources or supplies from church. Keep your lesson with you as you run errands. You may find time to read the lesson while you wait in a line or as you go through your day.

Gospel Tip

Share the story of how you accepted Jesus as Lord of your life. When sharing a testimony with students, keep it simple and very brief – a few sentences. Focus on how you knew it was time to receive Christ. Tell them where you were and what you did right after. Tell them that it is important to remember the time you chose to follow Jesus and share your story with others.

SURF TEAM TIME

Connecting with students in small groups; applying today's Bible Connection and Character Word



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Memory Link cards, Hang 10 pages, Index cards, pens, highlighters

Today's Bible Lesson

- Before you begin, ask if there are any students who would like to talk with the Bible Connection Leader about praying to ask Jesus to become their Forever Friend. If so, let them go to the designated area.
- *What questions do you have about today's story?*
- *How did Daniel and his friends show self-control? (They chose not to eat the king's food)*
- *What did God do for Daniel and his friends? (God gave them favor, and they flourished above their peers who gave into the king's demands)*
- *How can you follow Daniel's example and show self-control at school and home?*

Use the Bible

Give each student a Memory Link card. Review today's Memory Link and Character Word. Guide them to use cards to mark today's story in their KBC Study Bibles and highlight today's Memory Link if they have not already done so.

Hang 10 Pages

Give each student a Hang 10 Page. Challenge them to hang out with God 10 minutes each day by praying and reading the Bible, using the Hang 10 page as a guide. Encourage them to bring back their Hang 10 pages next week.

On Day 3 of your Hang 10 page you are encouraged to find and read "Digging In" on page 934 in your KBC Study Bible. Daniel's friends continued to trust God even when it was hard. God continued to take care of them. He will take care of you, too.

Pray

Set out index cards and pencils. Encourage students to write their prayer requests on the cards. Try to pray for every written request during Surf Team Time or pray individually with a particular student as you can. Take the cards home and remember to pray for the students in your surf team during the week.

God, when I am tempted by desires that harm me, help me have self-control. I want to trust You just as Daniel trusted You. In Jesus' name, amen.

Teaching Tip

Large group teaching times involve all of the volunteers in Beach Club! Surf Team Leaders should sit with their team so that they can assist students who need help focusing on the lesson or locating the Bible passages. While this certainly helps with crowd control and behavior, it indicates to the students that everyone (including adults) want to know more about God!

MAKE IT STICK - REVIEW GAME

Playing a game to review today's Bible Connection and Character Word



Option 1 - SMASH THE CUP

Styrofoam cups

Form two teams into single lines. Invite volunteers from each team to play. The first players from each team may stand facing each other at a table or they may sit facing each other on the floor. Players will keep their hands behind their backs. Place a Styrofoam cup upside down in front of each student. Ask a review question. The first player to reach out and crush their cup has a turn to answer the question and earn a point for their team. If the player does not give the correct answer, his opponent has an opportunity to "steal." The player who answers correctly stays at the table while the other player returns to their team and another one comes to the table. Continue until all questions are answered. Tally the points and declare a winner.

Option 2 - ALL THROUGH THE HOOP

Hula hoop for each surf team

Guide your surf team to hold hands forming a circle. Ask two students to let go of their grip long enough for them to place their hands through a hula hoop before rejoining hands. The group will pass the hula hoop clockwise from person to person by stepping into the hoop, bringing it up and over their head and moving it to the next person. The team task is to pass the hoop around the circle. The Review Game Leader will randomly stop play and ask a review question, which will be answered by the ones with a hoop around their bodies at that time. Continue until all questions are answered. The surf team who moves the hoop completely around the circle the most times is declared the winner.

REVIEW QUESTIONS

- In what book of the Bible is today's story found? (Daniel)*
- Recite today's Memory Link. ("Your word I have hidden in my heart, that I might not sin against You." Psalm 119:11)*
- Name at least two characters in today's Bible story. (Daniel, Hananiah, Mishael, Azariah, Ashpenaz)*
- To what city were Daniel and his friends taken? (Babylon)*
- How did Daniel show self-control? (by not eating food from the king's table)*
- What test did Daniel suggest to Ashpenaz? (to be given water and vegetables for 10 days)*
- How did Ashpenaz respond to Daniel's request? (he feared the king, but accepted the test)*
- Which people in the story do you think showed self-control? (Daniel and his friends)*
- What did God do for Daniel and his friends because of their self-control? (He gave them healthier bodies and more wisdom than all the other king's servants.)*
- How can you show self-control this week? (Answers will vary.)*

Teaching Tip

Post pictures of your Beach Club on social media. Let your friends know how important Beach Club is to you. It's a great way to remind your friends to pray for you and the students each week. Include your own church's name and location city. If you add @KiDsBeachClub it will be easier for other KBC leaders and corporate staff to find your pictures and stories.



***“Your word I have
hidden in my
heart, that I
might not sin
against You.”***

Psalm 119:11

KBC Study Bible, page 643