

LESSON 2
“SELF-CONTROL”
(page 1)



BIBLE CONNECTION

Genesis 4:1-15
(pages 6-7)

CHARACTER WORD

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

TEACHING OBJECTIVE

I can have self-control over my emotions and actions.

MEMORY LINK

Matthew 7:12a

“Therefore, whatever you want men to do to you, do also to them.”

(KBC Study Bible, pg. 1033)

SUPPLIES NEEDED THIS WEEK

GET CONNECTED

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

MEMORY LINK ACTIVITY

Option 1: Large craft sticks, dice

Option 2: Note cards, pen/marker

BIBLE CONNECTION

Craft sticks, painter's tape

SURF TEAM LEADER

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

MAKE-IT-STICK REVIEW GAME

Option 1: Bean bag or other objects to toss

Option 2: Resource item, masking tape

Cain Gets Angry

WHAT'S THE POINT?

Just watch the news today and you'll see how little people have self-control. Jesus clearly taught self-control, both for Himself and for others. He set the example for us to follow. He promised to give us the Holy Spirit to lead and guide us to make wise choices and have self-control, one of the fruits of the Spirit.

In our story today, we will learn that Cain lacked self-control. Instead, he allowed his anger to take control, even to the point of killing his own brother. Some students struggle with anger and the ability to maintain self-control in certain situations. Let's help students learn how they can show self-control toward others by praying and asking God to help them.



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 that mean to you?
- What does showing self-control look like?
- How can you show self-control at home?
- How can you show self-control even when you are feeling hurt or angry?



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 hearts toward God

Ever wonder if God really hears your prayers? Knowing that God hears us every time we pray builds our faith in Him. Realizing that He knows all about us and that He sees everything can bring great comfort and security. The song “God is Listening” by Group Publishing, is a great reminder of how God always knows, sees and hears. He always loves us, too. We know He loves us because He sent His Son, Jesus. The song “Jesus Loves Me Remix” by KidSpring, helps us remember God's love for us.



MEMORY LINK



2 Minutes – Teaching the Bible verse to students

8 Minutes – Activity to help them memorize the verse

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

Focus on the Bible

Who brought a Bible? Each week in Memory Link, count who remembered to bring their Bible. Encourage students to hold up their Bibles high in the air while you count. Keep a running total and try to increase the number of Bibles brought every week. You might even consider a little competition between grade levels or boys vs. girls.

Focus on Today's Memory Link

Today's Memory Link is taken from valuable words spoken by Jesus about how we should treat others. In this passage, Jesus is calling us to make a commitment to consider others as important as ourselves. Our character word today is self-control. When we have self-control we will do something even when we do not feel like it. We will be nice, even though we may not feel like it. We will be able to treat others as we would want to be treated rather than lash out at them. Even when they may do us wrong, or hurt our feelings, we can ask God to help us have self-control and treat them nicely even when we don't feel like it.

Option 1 – STACK THE DICE

Large craft stick for every student, 5 dice per surf team

This activity is to be played with students pairing up facing each other. One student will hold a tongue depressor in his mouth between his teeth. The student across from him will stack the 5 dice on the tongue depressor without them falling. While stacking the dice the student must recite the Memory Link. If the dice fall, he starts over. Once completed, the students trade places. Continue playing until all have learned the Memory Link or time is called.

Option 2 - TALK LIKE THIS

Note cards, pen/marker

Prepare

Write the following ways of speaking, one per note card: With an English accent, very timidly, like an infomercial salesperson, as slowly as possible, like your P.E. teacher, in the sweetest tone possible, like you have a mouth full of peanut butter, like you just woke up, like you have a cold, like you are bored.

Choose students in your surf team to draw a card and say the Memory Link as indicated on the card until everyone has had at least one opportunity. Encourage them to have fun and be creative!

LESSON 2 "SELF-CONTROL" (page 2)

Matthew 7:12a

"Therefore, whatever you want men to do to you, do also to them."

(KBC Study Bible pg. 1033)

Teaching Tip

In two minutes or less, explain the verse so students understand the meaning. Keep it simple by avoiding "churchy" words and explaining any words in the verse that might be unfamiliar to them. And remember Memory Link Time is not designed to be another Bible Connection Time. Your job is to offer opportunities for students to hide God's Word in their hearts. When you spend less time talking, they can spend more time playing and learning.

BIBLE CONNECTION



LESSON 2 "SELF-CONTROL" (page 3)

Teaching today's Character Word through a gospel-centered Bible story

Craft sticks, painter's tape

Set the Stage

Hold a few craft sticks in your hand, but reserve one in your pocket for the end of the story. *What are some things you might do when you feel jealous or angry? As students describe hurtful actions, break a craft stick. We've been talking about self-control. When you do not exercise self-control and do hurtful things to others, it is much like breaking the stick. Our relationship with others can be broken when we do not show self-control. How can relationships be mended? Take some tape and attempt to fix the broken sticks. Relationships can be repaired, just like I repaired these sticks, but often our sins leave scars that can only be repaired through God's forgiveness.*

Tell the Story

If you were here last week, you learned about the first people God created, Adam and Eve, and how they sinned against God. Then God punished them for their sin by banishing them from the Garden of Eden. Today's story shows how sin continued in Adam and Eve's family.

I'm going to read Genesis 4:1-15 on pages 6-7 in my KBC Study Bible. If you have a Bible you may follow along as I read. Read the story through as they follow along, then go back and talk about each section in more detail.

Cain and Abel were brothers and they each had a specific job. What were they? (Cain was a farmer; Abel kept sheep)

According to the Bible, the brothers both brought a sacrifice to God. How was Cain's sacrifice described? (He brought an offering of the fruit of the ground to the Lord.) How was Abel's sacrifice described? (It was the firstborn of his flock. It was an animal sacrifice.)

The Bible doesn't tell us that Cain brought the very best of the fruit from the ground. That showed Cain did not have respect for God because he didn't offer God his very best and the Bible says God did not accept Cain's offering.

Abel obeyed God when he sacrificed the firstborn of his flock. That showed Abel had respect for God and he offered God his very best. Therefore, God accepted Abel's sacrifice.

Why do you think the Lord respected Abel's sacrifice but not Cain's? (Discuss.) The Bible doesn't say specifically, but maybe Cain was supposed to bring an animal sacrifice to God like his brother did. All we know is that Cain got very angry and his countenance fell, he was very sad, when God told him He was not pleased with his sacrifice.

God asked Cain why he was angry and sad. God already knew the answer. God knew Cain was jealous of Abel. God even offered Cain another chance to make the right sacrifice and God would accept it. God also warned Cain. What do you think God meant when he said, "sin lies at the door"? (Cain needed to have self-control over his anger and watch out so that he didn't sin.) God told Cain he needed to have self-control over his emotions and not let his anger cause him to do something he would regret.

Teaching Tip

Every NEW Beach Club® student will receive a copy of the KBC Study Bible. Bibles may be ordered through the KBC website after your third week of club. Use these first few weeks of Beach Club® to build excitement for students who will receive a new Bible. Encourage returning students to get in the habit of bringing their Bibles every week. Show your sample copy and use it as much as possible during Beach Club®.

The Bible says Cain and Abel were talking in the field and Cain got so jealous and angry that he killed his brother Abel. Did he exercise self-control? Did he instead allow his anger to have control?

God came to Cain and asked him where his brother was. Do you think God knew what Cain had done to his brother? Of course, God knows everything! Cain acted like he didn't know what was going on. In a way, Cain was saying to God, "Wait a minute! How would I know where he is. I don't have to take care of my brother. He's not my responsibility." God asked him what he had done because Abel's blood was crying out to God from the ground.

Well, because of Cain's sin, God punished him. Cain's punishment was that the land would no longer produce anything for him, which was devastating because Cain was a farmer. Also, Cain would be left to be a vagabond, or a wanderer on the earth, for the rest of his life.

Even though Cain sinned by killing his brother, God gave Cain a promise and showed mercy toward him by sparing his life. God promised that if anyone killed Cain, they would pay seven times. God even put a mark on Cain to warn others of God's promise.

Show the craft stick that you broke and repaired earlier. Also show the unbroken craft stick that was in your pocket. When Cain made the wrong choice to not practice self-control, it obviously permanently broke his relationship with his brother, but it also broke his relationship with God. We can attempt to mend relationships, but there are always consequences and some consequences leave scars. God is the only one who can heal those scars and restore our relationships. Show the new craft stick. God has the power to do what we cannot, no matter how hard we try. He can take our broken relationships and restore them to where they are brand new!

Application

Think about the times you have not had self-control in a situation and you chose to be angry with others and treat them badly. Next time you get angry, you can tell your family how when you ask God to help you have self-control, He will help you make the right choice. You just need to stop and ask God to help you. You can choose to follow God's way or choose to follow your way. Consider the outcome of each choice. Let's choose to have self-control and treat one another the way we would want to be treated.

Gospel Connection 

We have all committed sins that hurt our relationship with God. Each time we do something that God does not like, it is called sin and it separates us from God. But just like God gave Cain an opportunity to make a better decision, God gives us the opportunity to ADMIT that we have sinned and ASK God to forgive us. Then we must BELIEVE that Jesus died and rose from the dead to pay for our sin. He took the punishment for sin that we deserve. He offers us a life with Him and a promise of eternal life in heaven when we CHOOSE to follow God. God offered Cain a way out from the wrong he had done. Jesus' sacrifice on the cross is our way out if we ADMIT, BELIEVE, and CHOOSE TO FOLLOW.

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

Gospel Tip

This is the most important part of every lesson. Be sensitive to the leadership of the Holy Spirit. Take time to clearly communicate God's plan of salvation. Use scripture. Always give students an opportunity to respond with clear instructions on how to receive Jesus and where to go for counseling. More helps on Leading a Child to Christ are available on pages 27-29 in the KBC Leadership Manual Volume 2: Beach Club® Essentials.

Bible 101 

Draw students' attention to the KBC Study Bible tip-in page, "The 10 Commandments" (before page 243). Explain that the 10 Commandments can help them know how to treat others as we would want to be treated.

SURF TEAM TIME

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



LESSON 2 "SELF-CONTROL" (page 5)

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?*
- *Knowing what Matthew 7:12a says, how could you show self-control the next time you are angry with someone?*
- *What's something new you learned today?*

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, if they brought one, and lead them to highlight today's Memory Link.

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 students to do the Weekly Challenge and bring back their Hang 10 pages next week for a time of discussion.

Let's look at Day 5 of your Hang 10. Take a look at "The 10 Commandments" in your KBC Study Bible (before page 243). If you don't have a KBC Study Bible you may use what you have at home or check one out at your local library or go online. The Ten Commandments are listed in the Old Testament Book of Exodus, chapter 20, verses 1-17. These important rules from God can help you know how important it is to have self-control and do unto others as you would have them do unto you. Which commandment will you work on today?

Pray

Give the students a few minutes to share their prayer requests or write them on index cards. Ask a volunteer to lead the surf team in prayer. Take the cards home and remember to pray for the students in your surf team this week.

God, please help me have self-control and treat others how I would want to be treated. In Jesus' name, amen.

Teaching Tip

Rewards are an effective way to motivate students. Reward systems vary and several options are listed on page 23 in the KBC Leadership Manual Volume 2: Beach Club® Essentials. Some reasons to reward students include:

Brought their Bible

Brought a friend

Said their memory verse from the week before

Returned their completed Hang 10 Page

Wore their KBC t-shirt

Positive behavior and participation

MAKE IT STICK - REVIEW GAME

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



Option 1 - CRAZY POINTS

Bean bag or other object to toss around

Instruct each surf team to stand in a circle. Ask a review question then randomly toss the bean bag to a student. If they answer correctly, award them 10,000 crazy points. If they need help, allow them to toss it to another student for help. Ask the next question and allow the student to toss the bean bag to someone else to answer the question, awarding them 10,000 crazy points if they answer correctly. Award the student or surf team with the highest points.

TIP: Be sure to ask the question first before tossing the bean bag so others won't "check out" since they know you're not going to call on them.

Option 2 - THIS OR THAT

Masking tape; resource item "This or That Questions"

Prepare

Put masking tape on the floor in a straight line long enough for everyone in your surf team to stand on the line.

The Surf Team Leader should stand at the end of the line facing their surf team. Begin with everyone standing on the line facing you. After you ask a "This or That?" question, instruct them to jump to the left side of the line if they would do the first option. Jump to the right side of the line if they would choose the second option. As you hear their answers, ask why they chose what they did. If it's not a wise choice, ask them how they think their choice is going to end up. Point out that for some situations, both – or neither – of the choices may be show self-control.

REVIEW QUESTIONS

1. What is today's Character Word? (self-control)
2. In your own words, what does "self-control" mean? (doing something even when I do not feel like it)
3. Recite Today's Memory Link. ("Therefore, whatever you want men to do to you, do also to them." Matthew 7:12a)
4. Who were the two brothers in today's Bible story? (Cain and Abel)
5. After God preferred Abel's sacrifice, how did Cain respond? (became angry)
6. What was Cain's profession? (tilled the ground, farmer)
7. What was Abel's sacrifice? (firstborn of his flock)
8. Why did Cain kill his brother Abel? (he got very angry and didn't use self-control)
9. How could Cain have responded differently when he was angry with his brother? (Answers will vary.)
10. What was Cain's punishment? (he will be a wanderer; the ground will no longer be fruitful)

Teaching Tip

You've got this! Read the instructions to the activities several times so you are familiar with the steps. Then give your Beach Club® instructions in your own words and only reference the written instructions as notes.

**“Therefore,
whatever you
want men to
do to you, do
also to them.”**

Matthew 7:12a



LESSON 2 RESOURCE: Make-It-Stick Review Game, Option 2

“This or That” Questions

1. You asked your parents if you could go to your friend’s house for the afternoon. Your parents said, “no.” A few hours later, your older brother also asked to go to a friend’s house and they told your brother, “yes.” Do you...
 - a) ask your parents why he could go but you couldn’t?
 - b) run outside and let the air out of your brother’s bike tires so he can’t go?
2. Outside a store, you see someone collecting money for a good cause. You reach into your pocket and hold the change in your hand that you planned to buy a snack with. Do you...
 - a) give it? You know someone needs it more.
 - b) give it knowing that in a few minutes you can ask your mom for more money to buy a snack with?
3. There’s only one brownie left and both you and your family member want it. Your dad cuts it in two and gives one to you and one to your sister, but you see that yours is a little larger than your sister’s. Do you...
 - a) go ahead and eat it since she doesn’t notice?
 - b) cut a corner of yours and give it to her to make it even?
4. Your teacher asks for a volunteer for a fun project but she picks your neighbor! He always gets picked no matter how hard you try to do the right thing. Do you...
 - a) immediately tell the teacher how you never get picked?
 - b) wait until the next break in class, then raise your hand to tell your teacher that next time you would like to be chosen?
5. At Beach Club, your Surf Team leader quickly gives out one piece of candy to your team. You notice that the kid next to you got TWO pieces of candy! Do you...
 - a) tell the leader how unfair it is loudly enough for everyone to hear?
 - b) tap your leader on the shoulder to point out the mistake?
6. An adult in your neighborhood regularly pays responsible kids your age to cut his grass. Your friends tell you he always pays everyone \$25 each time. After cutting his grass for the first time, he hands you a \$20 and says, “thanks, you did a good job.” Do you...
 - a) point out that he always pays \$25?
 - b) say, “you’re welcome” and make sure you agree on a price beforehand next time?
7. You and your friend Nick always go through the lunch line at school together. Nick’s aunt works in the cafeteria and always gives Nick more of his favorite food than anyone else. You want as much as Nick. Do you...
 - a) ask Nick’s aunt if you could have more?
 - b) get angry at Nick? He’s not such a great friend anyway.
8. You notice someone has been using your tablet you got for your birthday. You found it in a different place than where you left it. You think it was your brother. Do you...
 - a) find him and yell at him telling him never to touch it again?
 - b) ask him if he used it? Tell him to first ask you if he would like to use it again.