



4/5<sup>th</sup> Grade Lesson Packet  
Fruit of the Spirit: Self-Control

## Fruit of the Spirit: Self- Control

### Dig In to the Bible

Read: Galatians 5:23; Matthew 26:47-56; 27:32-44

Matthew 26:47-56; 27:32-44: In This Passage: Jesus is hung on a cross. Although he has the power to come down from the cross, and people taunt him to prove that he's really God by getting himself down, Jesus shows self-control and stays on the cross. Jesus knows he has to die for us, so he uses self-control.

Bible Point: Self-control is a fruit of the Spirit.

Summary Verse: "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" (Galatians 5:22-23).

### Dig Deeper

You'll Be Teaching: *Self-control is a fruit of the Spirit.* Of all the fruits of the Spirit, self-control may be the hardest for kids. From preschoolers to preteens, kids often express frustration with feeling like they're trying really hard to meet expectations, but they just can't do it. While self-control is a God-given fruit, developmentally it takes some time to mature. Show some grace as this fruit is budding in kids, and let this lesson be empowering rather than shaming.

### Dig In to Prayer

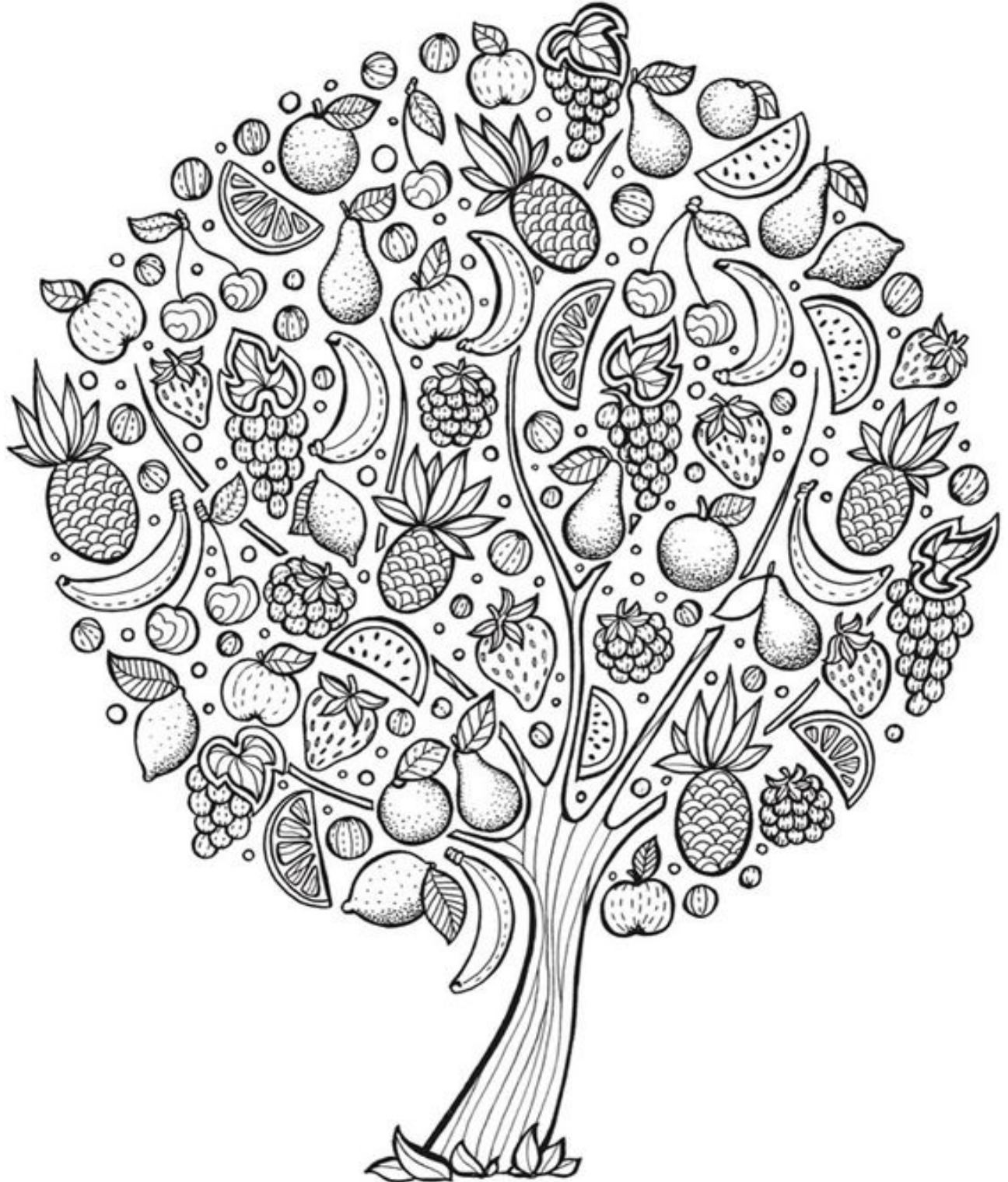
Dear God,

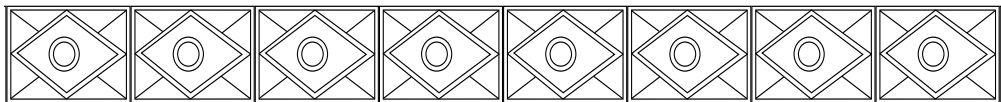
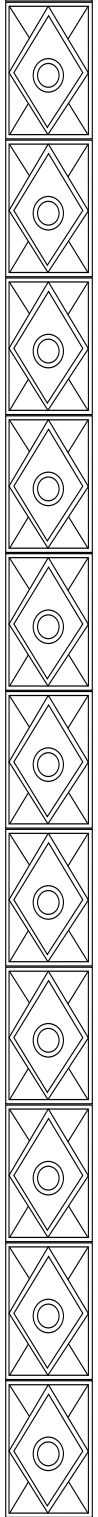
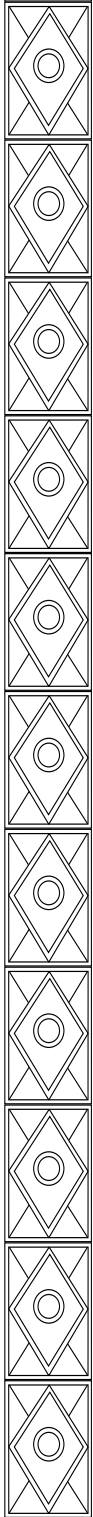
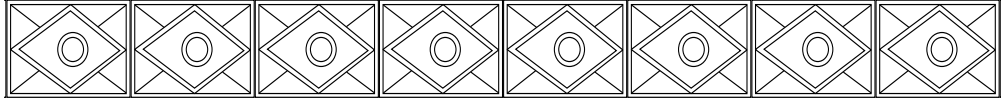
Thank you for your grace when we seem out of control. Please help us to have self-control and become mature in your truth. Thank you for giving us graceful parents who are patient with us as we practice controlling ourselves. Help us be like Jesus Lord. We love you, In Jesus' name, Amen

### Discussion Questions

1. When was self-control the hardest for you?
2. How did Jesus show self-control?
3. Why didn't Jesus prove the religious leaders wrong?
4. What can you do when you feel like you don't have self-control?
5. Self-control isn't about us trying harder but about God working through us! Take some time to ask God for help when you face situations where self-control might be hard.

Coloring/ Activity Sheets





love joy peace patience kindness goodness faithfulness gentleness self-control

# Fruit of the Spirit Certificate

Awarded to

\_\_\_\_\_

For knowing all the Fruits of the Spirit



given on

\_\_\_\_\_

signature

love joy peace patience kindness goodness faithfulness gentleness self-control

# SIMON SAYS

SIT DOWN

TURN AROUND IN A CIRCLE

JUMP UP AND DOWN

HOP ON YOUR RIGHT FOOT

HOP ON YOUR LEFT FOOT

CLAP YOUR HANDS

TOUCH YOUR KNEES

WIGGLE YOUR FINGERS

PUT ONE ARM IN THE AIR

FLAP YOUR ARMS LIKE A BIRD

SLITHER ON THE GROUND LIKE A  
SNAKE

QUACK LIKE A DUCK

RUN IN PLACE

STAND ON ONE FOOT

PUT YOUR HANDS ON YOUR HIPS

PRETEND YOU ARE A DOG

MOO LIKE A COW

WINK YOUR RIGHT EYE

PUCKER YOUR LIPS

SING AS LOUD AS YOU CAN

PAT YOUR BELLY

PUT BOTH HANDS ON YOUR HEAD

WAVE HELLO

RAISE BOTH HANDS IN THE AIR

SHAKE YOUR RIGHT ARM

SHAKE YOUR LEFT ARM

PRETEND LIKE YOU ARE SLEEPING

ROLL ON THE FLOOR

DO A SOMERSAULT

SKIP AROUND THE ROOM

GALLOP LIKE A HORSE

MEOW LIKE A CAT

HOP TO THE RIGHT

HOP TO THE LEFT

MAKE CIRCLES WITH YOUR ARMS

TOUCH YOUR EARS

STICK OUT YOUR TONGUE

DO JUMPING JACKS

DO A SILLY DANCE

DO A CARTWHEEL

SQUEAK LIKE A MOUSE

WALK LIKE A PENGUIN

SIT DOWN AND SCOOT ACROSS  
THE ROOM

WALK ON YOUR TIP TOES

MAKE A SAD FACE

MAKE A HAPPY FACE

ACT LIKE YOU ARE ICE SKATING

DO A SIT UP

TALK LIKE A ROBOT

ACT LIKE YOU ARE DRIVING A CAR

DO A PUSH UP

WIGGLE YOUR TOES

## Extra Activities

Draw a Dancing Avocado (fruit of the spirit)

<https://youtu.be/XMgD2Dg74YY>

Paul's letter on self-control

[https://youtu.be/5TUFWB\\_U3kc](https://youtu.be/5TUFWB_U3kc)