

Parenting with PURPOSE

MISSION DISCOVERY OF GRACE



Unit 4.6: Discovery of Gentleness and Self-Control

We discover gentleness and self-control when we pursue godly goals, control our attitudes and actions and enjoy peace and unity with other believers.

Memory Verse: 1 Timothy 6:11

Lesson Objectives:

- GOD'S GRACE AND LOVE PRODUCES GENTLENESS AND SELF-CONTROL. Understand that gentleness helps them display a gentle and humble attitude, even when others are against them.
- GOD'S GRACE HELPS US CONTROL OUR ATTITUDE. Recognize that self-control allows them to follow God's plan for their lives instead of pursuing their own passions and desires.
- GOD'S GRACE HELPS US CONTROL OUR ACTIONS. Contrast gentleness and self-control with anger.
- UNITY AND PEACE WITH OTHER BELIEVERS PROVIDES GENTLENESS AND SELF-CONTROL. Identify areas of their lives in which they need to display gentleness or self-control.



Talk about it:

3rd & 4th Graders

- Why is it important to be gentle and self-controlled?
- What did Jesus and Stephen teach us about gentleness and self-control?
- What do self-control and gentleness look like in a person your age?

5th & 6th Graders

- When a friend treats you unkindly, is your natural reaction to be unkind and seek revenge? If so, how can you work on that?
- What parts of your life could use more gentleness or self-control?
- What choices can you make to pursue gentleness and self-control?

Encouragement for you:

There is no such thing as a perfect parent. Only Jesus is perfect. You will make mistakes along the way as you lead your child. That is a reality of being human and not God. However, how you react in those moments can make a difference in your child's spiritual journey. If we let it, our humanness can get in the way of what God wants us to do and who He wants us to be. But when we allow the Holy Spirit to control our lives, He can take our imperfections and mistakes and make something beautiful out of them.

T&T Announcements

Family Activity: What Would You Do?

What You'll Need:
Nothing

STEP 1: Give kids the following scenario:

Imagine you have not eaten in five days. Someone puts your favorite food in front of you, but he or she tells you that if you can sit in front of the delicious food for four hours without touching it, you can have anything you want for every meal for the rest of the week. But if you eat it right away, it's the only meal that you get to eat for the next five days!

STEP 2: Ask, "What would you do?"

STEP 3: Ask the following questions:

- Why would it be difficult to wait to eat for four hours?
- What would be the benefits of waiting to eat?
- How would you feel if you chose to wait to eat and had to sit there for four hours?

STEP 4: Share these key concepts:

- It is easy to become impatient and pursue something that sounds good in the present instead of waiting for something better in the future.
- Practicing self-control is never easy. It often requires us to let go of something that seems good to us and wait for something better.
- God's Word teaches us how to have gentleness and self-control.
- God wants us to pursue righteousness, godliness, faith, love, steadfastness and gentleness (1 Timothy 6:11).
- A gentle person does not allow people to treat him or her poorly; instead, that person chooses a humble and gentle attitude that does not seek revenge when treated poorly (Matthew 5:43-44).
- Having self-control means denying what our sinful nature may want to do. Instead, we choose to put God's desires or another person's needs before our own (Luke 10:27).
- One of the benefits of gentleness and self-control is the unity and peace we have with other followers of Jesus. When we choose to be gentle and self-controlled, we are an example and an encouragement to those around us (Ephesians 4:1-3).

STEP 5: Pray, asking the Holy Spirit to help you and your kids understand the importance of discovering gentleness and self-control.