



Week 9 – Self Control

Bible Story: Jesus Resists Temptation (Matthew 4:1-11)

Main Idea: We don't have to let our feelings control us—the Holy Spirit helps us make good choices.

Jesus' Example: When Jesus was tempted, He didn't give in. With the Holy Spirit, we can say “no” to sin and “yes” to God.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series. <https://linktr.ee/fruit.of.the.spirit.lesson>



Week 9 – Supply List

Introduction Game – Freeze & Go

- ☐ A whistle, bell, or any sound-making device (optional, can also use voice commands)

Object Lesson – The Full Jar

- ☐ A clear jar or glass
- ☐ Water
- ☐ Small objects (like coins, marbles, or beads)

Craft Activity – Stone of Strength

- ☐ Small smooth stones or pebbles (one per child)
- ☐ Paint (various colors)
- ☐ Paintbrushes
- ☐ Newspaper or table covering
- ☐ Paper towels for cleanup

Printed Student Handouts (one per child) Provided Below

- ☐ Word Find Worksheet
- ☐ Coloring Page
- ☐ Parent Connect Take Home Sheet



Introduction Game – Freeze & Go

SUPPLIES NEEDED:

- ☐ A whistle, bell, or any sound-making device (optional, can also use voice commands)

TEACHER: Today, we're learning about self-control. Self-control means making good choices and doing what's right, even when it's hard. Has anyone ever had a time when they wanted to do something, but they knew they shouldn't? Maybe you wanted to grab the last cookie, but you knew it was for someone else? Self-control helps us make the right decision.

And the best part? We don't have to do it on our own! With God's help, we can make good choices. Let's play a game to practice self-control.

Game: Freeze & Go

Instructions:

- ☐ When I say "Go," you can walk around the room—don't run, just walk.
- ☐ But when I say "Freeze!" or blow the whistle, you must stop and freeze right where you are. Don't move a muscle until I say "Go" again!
- ☐ We'll keep playing for a few minutes, and you'll need to show self-control by stopping whenever you hear the signal. Ready?

TEACHER (After the game): You all did a great job showing self-control by stopping when I said "Freeze!" Just like in the game, self-control helps us make good choices in life. And remember, we don't have to do it alone. With God's help, we can make good choices. Let's keep practicing that self-control this week!



Object Lesson – The Full Jar

SUPPLIES NEEDED:

- ☐ A clear jar or glass
- ☐ Water
- ☐ Small objects (like coins, marbles, or beads)

TEACHER: Today, we're learning about self-control. Self-control means making good choices and holding back when it's necessary. To help us understand this better, I have an activity for us called The Full Jar.

1. Look at this jar (hold up the jar). I've filled it almost all the way to the top with water. It's just like our lives—sometimes, we're really close to making choices that spill over and cause problems.
2. Now, I'm going to ask you to drop one of these small objects into the jar, very carefully, without spilling any water. If you're not careful, the water will spill over. This is a lot like life. If we don't use self-control, things can "overflow" and lead to mistakes.

Let's take turns, and as we do, think about how important it is to control our actions and words, just like we're controlling how much water is in this jar.

What did we learn? It wasn't always easy to keep the water from spilling, right? But when we're careful and use self-control, we can avoid making a mess. In life, it's the same. With God's help, we can make good choices, and those choices help us avoid problems or hurting others.

Let's say it together: With God's help, we can make good choices.



Jesus Resisting Temptation



Bible Story – Jesus Resisting Temptation

After this lesson, students will be able to:

- ☐ Summarize the main events in the story of Jesus' temptation in the wilderness.
- ☐ Identify the central message that self-control comes with trusting God and making good choices.
- ☐ Describe how Jesus responded to major challenges and temptations.
- ☐ Make connections between the story and their own experiences.

Bible Story: Jesus Resisting Temptation in the Wilderness

Main Idea: With God's help, we can make good choices.

Approximate teaching time: 25–30 minutes

TEACHER: Let me tell you a quick story. Have you ever been really, really hungry? Maybe you skipped breakfast, and by lunchtime, all you could think about was food. Now, imagine being hungry for 40 days! That's what happened to Jesus when He went into the wilderness. He didn't eat anything, and guess what? While He was there, He was tempted by the devil to make some bad choices. But do you think Jesus gave in to temptation? No! He used self-control because He trusted God.

Today, we're going to hear about how Jesus made good choices when He was tempted. And just like Jesus, with God's help, we can make good choices too.

Bible Background: The story of Jesus' temptation is found in the book of Matthew, chapter 4. After Jesus was baptized, He was led by the Holy Spirit into the wilderness

to fast and pray. He didn't eat for 40 days! During that time, the devil came to tempt Him. This story shows us how even Jesus faced difficult decisions, but He trusted God to help Him make the right choices.

READ: Matthew 4:1-4

After fasting for 40 days, Jesus was very hungry. The devil came to Him and dared him to turn rocks into bread, but Jesus didn't give in. Jesus used self-control and trusted God, even though He was hungry.

Have you ever been tempted to do something wrong just because it seemed easier or more fun? How do you think Jesus felt when He was so hungry, but still made the right choice?

READ: Matthew 4:5-7

Then, the devil took Jesus to the highest point of the temple and told him to jump off and angels would save him. Jesus didn't take the easy way out. He knew that trusting God didn't mean doing dangerous things on purpose.

Have you ever wanted to prove something to someone just because they dared you? How do you think Jesus showed self-control here?

READ: Matthew 4:8-11

Finally, the devil showed Jesus all the kingdoms of the world. Jesus stayed strong. He trusted God's plan and refused to take shortcuts.

How do you think Jesus felt when He said no to all these temptations? Do you think it was easy for Him to make the right choices?

READ: Proverbs 25:28

This verse helps us see how important self-control is. It keeps us strong and helps us make good choices, just like Jesus did.

Summary: Today, we learned about how Jesus showed self-control when He was tempted in the wilderness. Even though He was tired, hungry, and tempted by the devil, He made good choices because He trusted God. And we can do the same! When we're faced with temptations, we can ask God to help us stay strong and make the right decisions.

GOSPEL CONNECTION: Just like Jesus used self-control and trusted God, we can trust Him to help us make good choices. Jesus didn't just come to show us how to live—He came to save us. He died on the cross so that we could be forgiven for the times we don't make good choices. And because of that, we can ask Him for help whenever we face temptations or challenges. God's love for us never changes, and He will always help us choose what's right.



Discussion Questions & Prayer

TEACHER: Great job, everyone! You all listened so well to today's story about Jesus showing self-control in the wilderness. Remember, the main idea we talked about is that with God's help, we can make good choices, just like Jesus did when He was tempted.

Now, let's talk about a few questions together.

1. How do you think Jesus felt when He was tempted after being hungry for 40 days? Was it easy for Him to say no?
2. Can you think of a time when you had to use self-control to make a good choice, even when it was hard?
3. What are some ways we can ask God to help us when we're feeling tempted to make a wrong choice?

Prayer Requests: Thank you for sharing! Before we end, does anyone have something they'd like us to pray for? It could be something happening at school, at home, or anything else you'd like to talk to God about.

Let's close our eyes and pray together.

Dear God, thank You for showing us how Jesus used self-control when He was tempted. Please help us to make good choices, even when it's hard, and to always trust You. We lift up the prayer requests that were shared today, and we know that You care about each one. Thank You for loving us and helping us every day. In Jesus' name, we pray, Amen.



Jesus Resisting Temptation



Word Search Puzzle

BREAD - CHOICES - CONTROL - DEVIL - FASTING - GOOD

JESUS - KINGDOM - PRAY - STONE - STRONG - TEMPT - TRUST

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



Word Search Answers

BREAD - CHOICES - CONTROL - DEVIL - FASTING - GOOD

JESUS - KINGDOM - PRAY - STONE - STRONG - TEMPT - TRUST



Craft Activity – Stone of Strength

SUPPLIES NEEDED:

- ☐ Small smooth stones or pebbles (one per child)
- ☐ Paint (various colors)
- ☐ Paintbrushes
- ☐ Newspaper or table covering
- ☐ Paper towels for cleanup



TEACHER: Today, we're learning how Jesus showed self-control when He was tempted in the wilderness. He didn't turn the stone into bread, even though He was really hungry. Jesus made the right choice because He trusted God.

We're going to make our own Stone of Strength to remind us of Jesus' strength in saying no to temptation and making the right choices. Just like Jesus stayed strong, we can be strong too, and make good choices in our lives.

Instructions:

1. First, pick a stone that you like. This stone represents how we can stay strong in the face of temptations, just like Jesus did.
2. Now, you can paint your stone with whatever colors or patterns you like. Maybe you want to paint something that reminds you of strength—like a shield, a cross, or even just bright, happy colors.
3. After you finish painting, let it dry for a few minutes. As it dries, remember that this stone will help remind you that with God's help, we can make good choices just like Jesus did.





Parent Connect – Week 9 – Self-Control

Scan this QR code to access free Bible story videos, kids' worship songs, and printables to continue learning at home.

Bible Story: Jesus Resisting Temptation (Matthew 4:1-11)

This week, your child learned that self-control isn't just about trying harder—it's about trusting God's strength to help us make good choices. When Jesus was tempted in the wilderness, He didn't give in, because He trusted in God's truth.

God doesn't expect us to be perfect, but His Spirit helps us have self-control—choosing what is right, even when it's difficult. We don't have to let our feelings or temptations rule over us, because God is always there to help.

This was week 9 of 9 in our curriculum series, The Fruit of the Spirit. We want to celebrate your faithfulness in leading your child's spiritual growth. We are grateful to have been part of this journey with you!

