



My Story

1 | Intro Activity

SUPPLIES

- Small packages of candy for each student

INSTRUCTIONS

- Give each student a package of candy.
- Let them know they can eat it right away.
However, if they wait until it's time for small groups, they'll get a second package.
- Introduce today's Big Idea: **Choosing self-control helps us love well.**

My Story

3 | Small Groups

SUPPLIES

- Small packages of candy for each student
- Small group leader notes
- Paper
- Pen
- Bibles

INSTRUCTIONS

- Give a second package of candy to the students who waited to eat their first package.
- Highlight that self-control is a difficult thing for many of us!
- Ensure the leaders have the necessary supplies for small group time.
- Divide into small groups and follow the Hangout, Hear, and Huddle instructions in the leader notes.

God Story | Life Story

2 | Weekly Video

SUPPLIES

- Video file

INSTRUCTIONS

- Play the video. It includes:
 - Host segment
 - God Story (Self-Control, Galatians 5:16–26)
 - Life Story (Paige interviews friends about self-control and showing love for Jesus.)
- Pray before dismissing to small groups.

Our Story

4 | Wrap Up

SUPPLIES

- None

INSTRUCTIONS

- Bring everyone back into a large group.
- If there's a leader in your community who has a relevant story about how choosing self-control helped them love well, invite them to share.
- Close in prayer.
- Remind the students about any upcoming events or relevant announcements.