



BIG IDEA

Choosing self-control helps us love well.

THE LOOK OF LOVE | WEEK 4 OF 4

Self-Control

GOD STORY

Self-Control

Galatians 5:16–26

KEY VERSES

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Galatians 5:22–23a (NLT)

LEADER TIP

The Look of Love is a two-part series that explores how the fruit of the Spirit are expressions of love. Part 1 highlighted love, joy, peace, patience, and kindness. This second part of the series focuses on God's goodness, faithfulness, and gentleness. Encourage the students to show love through these fruit as well as through self-control.

My Story

1 | CONVERSATION STARTER (7 minutes)

Chat about the biggest meals the students have ever eaten and tie in self-control. Introduce today's Big Idea.

2 | INTRO ACTIVITY (5 minutes)

Practise self-control while crafting an increasingly wild story. Emphasize that self-control helps us in many ways, including loving well.

God Story | Life Story

3 | WEEKLY VIDEO (12 minutes)

Watch the video, which includes host, God Story, and Life Story segments. Recap and discuss the teaching.

My Story

4 | APPLICATION ACTIVITY (12 minutes*)

Describe a series of scenarios and decide how much self-control the students would need in them. Wrap up by discussing why it's loving to choose self-control.

5 | WRAP-UP ACTIVITY (10 minutes)

Read and respond to Matthew 4:1–11, then pray together.

Our Story

6 | DISMISSAL (2 minutes)

*Extend as needed and adjust timing for other activities.



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My Story

1 | Conversation Starter

SUPPLIES

- None

LEADER TIP

- Use this quick activity to welcome everyone, build community, and set the tone for your group.

INSTRUCTIONS

- Greet the students and gather them together.
- Check in quickly to see how their week is going.
- Ask:
 - Have you ever had a multiple-course meal? What was included in it? If not, what was the biggest meal you've ever eaten? How did you feel after eating it?
 - What is self-control?
 - How could self-control help you when it comes to eating a huge meal? Or buying too many things? Or acting too loudly in the wrong place? Or talking about the wrong person at the wrong time?
 - Have you ever wished you had a little more self-control? What was the situation?
- Depending on the size of your group, have the students share their stories with the people sitting closest to them or with everyone.
- Introduce today's Big Idea: **Choosing self-control helps us love well.**

2 | Intro Activity

SUPPLIES

- None

LEADER TIPS

- The more your group adds to the story, the better!
- It may be helpful to count the exaggerations to keep the students from adding too much too quickly.

INSTRUCTIONS

- Gather everyone to stand in a circle.
- Explain that the group is going to work together to tell an increasingly exaggerated story. They must use self-control, though. The story should build up slowly as each person makes small contributions toward a ridiculous tale.
- Choose someone to start by describing a simple accomplishment, such as, "I once climbed a hill."
- Direct the person on their left to one-up this story in a small way (e.g., "I once climbed a hill by walking on my hands").
- Have the next person in the circle do the same thing (e.g., "I once climbed a steep mountain by walking on my hands").
- Continue until the story becomes so exaggerated it can't be topped (e.g., "I once climbed eight steep mountains made of glass on the moon in one day by walking on my hands and carrying a basket full of hamsters with my feet!").
- When the story is finished, point out that the group's self-control helped make the storytelling more fun. Self-control can help us in many areas of life.
- Emphasize that **choosing self-control helps us love well!**



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God Story | Life Story

3 | 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.)
- Invite the students to give a quick recap of what happened in the God and Life Stories.
- Discuss:
 - What are the Key Verses for The Look of Love series? (Galatians 5:22–23a)
 - What stood out to you in today's Life Story? How about the God Story?
 - How do we help ourselves by choosing self-control? How do we help others?



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My Story

4 | Application Activity

SUPPLIES

- None

INSTRUCTIONS

- Gather everyone to stand in the middle of your group's space.
 - Explain that you're going to describe a series of scenarios. The students will move to show how difficult it would be for them to choose self-control in each situation. Designate one wall as "0" (super easy) on the scale of difficulty and the opposite wall as "10" (the most difficult thing in the world to do).
 - Read the following scenarios, pausing after each one to prompt the students to arrange themselves on the scale of difficulty:
 - You have a whole bag of your favourite kind of chips. How hard is it to show self-control?
 - You're in the middle of a tough math test and the teacher leaves the classroom. Your neighbour's test is easily visible. How hard is it to show self-control?
 - You're home alone after school. You have a huge amount of homework to do, but your friends want to come over. How hard is it to show self-control?
 - You got a new video game, and the console and TV are in your bedroom. No one would know if you played all night long. How hard is it to show self-control?
 - You're at a friend's house and their parents don't have any rules. How hard is it to show self-control?
 - A classmate writes something horrible about you online. How hard is it to show self-control?
- You hear an amazing piece of gossip about one of your teachers. How hard is it to show self-control?
 - You found your parents' stash of Christmas presents. You're dying to know if they got you what you asked for. How hard is it to show self-control?
 - Make up some of your own scenarios!
- To wrap up, discuss:
 - Does self-control come easily to you or is it difficult? Why do you think that is?
 - Why do you think self-control is one of the fruit of the Spirit?
 - Why is it loving to choose self-control?



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My Story

5 | Wrap-Up Activity

SUPPLIES

- Paper
- Pens
- Bibles

INSTRUCTIONS

- a. Give each student a piece of paper and a pen.
- b. Direct them to divide their paper into three sections.
- c. Make sure everyone has a Bible. Share them if needed.
- d. Guide everyone to look up Matthew 4:1–11.
- e. Read the passage out loud.
- f. Point out that Jesus was tempted three times.
- g. Instruct everyone to draw or write about one of the ways Jesus was tempted in each of the three sections of their paper.
- h. Read the passage again to help the students get all three.
- i. Ask them to flip over their papers and write a brief description of how Jesus responded to the devil.
- j. Pray and ask God to help the students choose self-control and love others well.
- k. If time permits, guide the students to look up Bible verses about self-control (e.g., Proverbs 16:32; Proverbs 25:28; 1 Peter 1:13; 2 Peter 1:5–8).
- l. Suggest they write down the verse references, so they can refer to them this week.

Our Story

6 | Dismissal

SUPPLIES

- Take-home cards
- Key Verses cards

INSTRUCTIONS

- a. Take a few moments to pray for the students if you have not already done so.
- b. Remind everyone about any upcoming events or relevant announcements.
- c. Make sure the students have all their take-home materials.
- d. Ensure the adult teaching is over before dismissing the students.