

## **Topic:** Character – Self-Control (Lesson 408)

Note: The practical applications provided in the lesson are offered as suggestions to help the saints in their preparation. They are not meant to direct or limit the ways in which the focus of the lesson can be applied. The saints are encouraged to pray and contact the Lord to receive His burden and guidance in teaching and applying the lesson. Fellowship with other saints, and inquiring of the children themselves, may also bring out many helpful applications.

### **Elementary:**

Verse: “A fool utters all his anger, / But a wise man holds it back” (Proverbs 29:11).

Focus: To have self-control is to have control over our actions. A person with self-control does not lose his temper and hit or kick others when he gets upset.

Practical Application: If someone takes away something that is yours, says something mean to you, or is rough with you how do you react? Do you get upset, lose your temper, and react by hitting or kicking them? A person with self-control does not react like this; rather, he is able to control his actions and simply asks for the item back. Losing your temper and hitting or kicking others just leads to more trouble and frustration.

### **Intermediate:**

Verse: “Set a watch, O Jehovah, before my mouth; / Keep the door of my lips” (Psalm 141:3).

Focus: To have self-control is to have control over our feelings and words. A person with self-control chooses proper expressions and words when he or she gets upset.

Practical Application: If someone takes a toy away from you or pushes you away while you're playing, how do you react? Do you get upset and say mean things to them? Those who have self-control will stay calm, ask to get their toy back, ask not to be pushed, or perhaps tell an adult. If your mom or dad says it is time to leave after playing with a friend, do you get upset and start saying mean things to your parents? One with self-control will obey and will leave when it is time without complaining or murmuring.

### **Advanced:**

Verse: “And everyone who contends exercises self-control in all things; they then, that they may receive a corruptible crown, but we, an incorruptible” (1 Corinthians 9:25).

Focus: To have self-control is to have control over our feelings, actions, and words. A person with self-control is able to exercise restraint over his or her impulses.

Practical Application: As God's people, we exercise self-control, which may be different from those who do not know God. We not only control our feelings, words, and actions, but also control our impulses over many things. We should be able to control how much candy and dessert we eat, what we choose to watch on TV or the Internet, and what we talk to our friends about (e.g. not saying negative things about our parents, siblings, or teachers).