

Hi Everyone

I hope that you are all well.

This will be our last Sunday Club at Home until September. I think that we all need a bit of a holiday.

Today we are going to finish exploring the Fruits of the Spirit and the last one is Self-Control. I wonder if you sometime struggle to control your behaviour, or your temper or even your emotions.

Let's see what we can do to help you explore.

### **Video for everyone**

<https://www.bing.com/videos/search?q=video+of+fruits+of+the+spirit+-+self+control&docid=608037854499050491&mid=696D6BC5889883CBA703696D6BC5889883CBA703&view=detail&FORM=VIRE>

Bible story about Self Control

<https://www.bing.com/videos/search?q=video+of+bible+story+about+self+control+&&view=detail&mid=176C5CF5C2CAB434800B176C5CF5C2CAB434800B&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dvideo%2520of%2520bible%2520story%2520about%2520self%2520control%2520%26qs%3Dn%26form%3DQBVR%26sp%3D-1%26ghc%3D1%26pq%3Dvideo%2520of%2520bible%2520story%2520about%2520self%2520control%2520%26sc%3D0-40%26sk%3D%26cvid%3D7A0D03DA4781479FB9AC2397427E2219>

You can try the sweet test:

You will need a bag of your favourite sweets. Put them on the table in front of you and see if you can leave them for 1 minute for every year of your life e.g. 3 yrs – 3 minutes

I wonder if you found that hard?

I wonder - did you give in?



I wonder  
if you  
won the  
sweets?

Someti  
mes  
when we



get angry  
we don't  
want to  
give in, but  
if we stop  
and think.  
Then do  
what God  
wants us to  
do, we will  
be able to  
say sorry

and stop getting angry.

## Songs

### God's love is big

<https://www.bing.com/videos/search?q=god%27s+love+is+big+song&view=detail&mid=45FDBF3AE34BB5F557A345FDBF3AE34BB5F557A3&FORM=VIRE>

### Nothing's to big

<https://www.bing.com/videos/search?q=nothings+to+big+song+&view=detail&mid=C8CED693009913C8FC4AC8CED693009913C8FC4A&FORM=VIRE>

## Prayers

Why not do some of your favourite prayers that we have done over the past months.

One of my favourite prayers is the bubble prayers – why not try them.

It's simple, get a bottle of bubbles go outside and blow a bubble and say your prayer in your head or aloud.

Here is a simple prayer for Self-Control:

**Stop** what I'm doing.

**Think** about how my actions, thoughts, and words will impact others.

**Pray** for help to help us do what God wants us to do.

## Activities

### Bubbles Games

Grab a bottle of bubbles and head outside.

1. Let your kids know that you are going to blow bubbles. Tell them that the first time that you blow them they can pop as many as they want.
2. After a little while of letting them pop to their heart's content, stop blowing bubbles and tell them that the rules have changed a bit for this next round of blowing bubbles. Let them know that this time you're going to blow bubbles but they can't pop any.
3. Talk about it: After you're all finished talk about how when they really wanted to pop the bubbles but they chose not to, that was

choosing self-control. If they popped the bubbles the 2nd time around you can talk about how that wasn't choosing self-control.

Apple Donuts

Special treat



**Supplies:** Apples, Knife (to slice apples), Apple Corer (or frosting tip to make a hole in the centre), toppings (yogurt, peanut butter, granola, fruit, etc.)

#### • Instructions:

1. Wash, Core (optional), and thinly slice your apples. If you don't have an apple corer you can use a frosting tip or small circle cookie cutter to make a hole in the centre of each apple slice.
2. Add your 'frosting' (peanut butter, yogurt, etc.).
3. Add toppings (granola, fresh fruit, sprinkles, etc.).
4. Enjoy!

### Spinner



If your parents have an old CD that they no longer want you can do this craft

### **You will need**

An old CD

Permanent markers in different colours

### **What to do**

Decorate the CD with the markers making swirling patterns

### **How to use**

Spin the CD and watch the patterns then watch it slow down, think about how God wants us to slow down and listen to him and how by slowing down it helps us with our self- control.