

Calvary Chapel  Philadelphia



CHILDREN'S MINISTRY  
SOCCER DEVOTIONS

**10-17 year olds**

Week 4

*Self-Control*

# Self-Control

The objective is the goal or main teaching point of this week's study. If you convey one thing to your players, make it this.

Read this passage aloud to the kids, as it will be the focus of this week's study. Each week's memory verse will be in bold.

Our lessons for our older age groups are designed to be more discussion-based. This section is for the coach to read ahead of time so that he/she understands the goal of the discussion and is able to direct the conversation.

**Objective** This study will teach the kids the importance of self-control as a defense from temptation.

## Scripture Passage:

"A person without self-control is like a city whose walls are broken through."

Proverbs 25:28 (NIRV)

## Coaches Guide

Would you want to live in a house with no walls? Of course not! Without walls, you would have no protection from bugs, wild animals, or robbers. In Bible times, walls were even more important. An entire city would have walls around it to protect against invading armies. A city without walls, or with broken walls, would be a dangerous place to live.

Proverbs 25:28 says that a city with broken walls is like a person without self-control. Self-control is the ability to resist the desire to do things that are wrong or harmful, even when you really want to. When you feel like saying something unkind, shoving someone who pushed you, or taking something that's not yours, but instead you choose to do the right thing, that's self-control.

Lack of self-control is not just foolish, it's dangerous. Just as a city with broken walls faced danger from enemies who wanted to destroy the town, we have an enemy, Satan, who is intent on destroying us. One way he tries to do that is by tempting us to do things that God says are wrong, things that hurt ourselves and others. We need self-control in order to resist these attacks and do the right thing when Satan tempts us to sin.

For many of us, it can be particularly difficult to use self-control when playing sports. In the heat of the moment, our competitiveness can get the better of us and we may say or do something we later regret. But Jesus wants us to use self-control in all situations, including sports, and so we can't allow competition to keep us from obeying the Lord.

Team discussion gives questions to ask your team in order to discuss today's topic. Use the information from the coaches guide to steer the conversation toward the biblical truth.

"On the Field" gives some in-game situations where today's lesson can be applied, while "Off the Field" gives examples from everyday life. Encourage them to do the things you listed during the game today.

These are some final notes/goals to accomplish this week. These are not meant to be read, but are instructions for the coach.

## Team Discussion

1. What is self-control? What does today's verse say a person without self-control is like? How is a person without self-control like a city with broken walls?
2. What is the danger of having no self-control?
3. What are some areas of your life that are particularly difficult for you to show self-control? Sports? With your friends? With your siblings?
4. Have you ever gotten yourself into trouble or hurt someone because of a lack of self-control?
5. How can you grow and develop self-control in your own life?

## On the Field

- When you get fouled, your natural response may be to want to foul them back, but you need to resist that urge.
- Throughout the game, there may be times that you want to yell at the ref or say something unkind to your opponents, but as we learned last week, it is important to control your tongue.
- If you find yourself getting heated in a competitive game, take a minute to step back, calm down, and pray before you do something you'll regret.

## Off the Field

- Before you say or do anything, pause to ask yourself if it is right and if it honors the Lord. Think before you act!
- In school, you may be tempted to say something that will make people laugh, but could disrupt the class or hurt someone's feelings. Choose to hold your tongue.
- When your siblings are getting on your nerves, it takes self-control to continue to do the right thing and not respond with unkindness.

## The Game Plan

1. Review last week's memory verse, Proverbs 13:3, "He who guards his mouth preserves his life, But he who opens wide his lips shall have destruction." Give a ticket to anyone who can recite it.
2. Learn and memorize Proverbs 25:28 (NIRV) with your team. Encourage them to practice the verse over the week.
3. Using self-control is particularly difficult for many of us while playing sports, so use today's game as an opportunity to practice what you're learning and use self-control.