

Calvary Chapel  Philadelphia



CHILDREN'S MINISTRY
SOCCER DEVOTIONS

4-9 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.

Here is where we will discuss today's passage with the players. This can be read off the page or summarized and explained in the coach's own words.

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)

In the Word

Imagine living in a house with no walls. That would be terrible! Without walls, it would be hot in the summer, cold in the winter, and there would be nothing to stop bugs, wild animals, or robbers from coming in. Walls were even more important during Bible times. People would build big walls around cities to protect themselves from enemy armies that wanted to attack. If a city had broken walls, there was nothing to stop the enemy from coming to destroy the city and take what they wanted.

In Proverbs 25:28, we read that just as ancient cities needed walls, we all need something called self-control. Self-control means saying "no" when our hearts want us to do something that is wrong, something that displeases God and could hurt ourselves or others. When you decide not to say something unkind even though it would be really funny, or not to shove back when someone pushes you, or not to take a cookie when your mom says you can't have any more, that's self-control.

If you don't have self-control, today's verse says that you are in danger, like a city with broken walls. Just as cities in Bible times needed walls because they had enemies who wanted to destroy them, we have an enemy who wants to destroy us: Satan. Satan uses temptation to try to get us to disobey God and do things that are harmful to us. He seeks to make sin seem really, really good and obeying God seem really, really bad. Without self-control, his temptations might get us to do things that displease the Lord, and those actions have major consequences.

In the Word (Continued)

So when you are tempted and want to do something you know is wrong, you have a choice to make. You can give in to temptation, which may feel good for a short time but will have consequences later, or you can use self-control, say no to sin, and obey God. It won't always be easy to do the right thing, but it's worth it. If you struggle with self-control, you can always pray and ask the Lord for help.

For many of us, sports is a place where it can be hard to use self-control. When the game is close, or the other team is winning, or the calls don't seem fair, you might be tempted to say or do something you know is wrong, something you'll regret later. In those situations, it's important to use self-control. In today's game, let's focus on using self-control and trying to please the Lord, no matter what happens.

"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.

On the Field

- When you get pushed, your natural response may be to want to push back, but you need to resist that temptation.
- 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.

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

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.