

Calvary Chapel  Philadelphia



CHILDREN'S MINISTRY
SOCCER DEVOTIONS

4-9 year olds

Week 8

Gentleness and Self-Control

Gentleness and 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 look at what temptation is and encourage the kids to use self-control when they are tempted.

Scripture Passage:

"Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable."

1 Corinthians 9:25 (ESV)

In the Word

The last two fruits of the Spirit are gentleness and self-control, but our focus today will be on self-control. The meaning of self-control can be found in the name. It is the ability to control ourselves from doing the wrong things we want to do. Every time we want to talk out of turn, take something without asking, or hurt someone, but choose not to do it, that is an example of self-control. Gentleness is using self-control in the way we treat others so that we do not hurt their bodies or feelings.

We need self-control because what we want is not always the same as what God wants. Our problem is that sin twists our desires and makes us want things that are not good for us. Have you ever noticed how our minds will tell us that it's okay to do bad things and that that we should do what we want instead of what God wants? Whenever we want to say or do something that is sinful, that's called temptation. Self-control is about saying no to temptation and instead doing what is right.

In 1 Corinthians 9:25, Paul uses the example of an athlete to show us self-control. Athletes face temptation to do things that are not good for them. They may want to eat unhealthy food and be lazy before the game or cut corners and break the rules while they are playing, but the best athletes resist those temptations because they want to win the game and

In the Word (Continued)

receive a reward, and they know that giving in to temptation will keep them from winning. Athletes have to control their bodies and minds so that they can get the prize.

Every day, we face temptations. Maybe your sibling is annoying you and you want to hit them back. Maybe you want to take your friend's candy bar when no one is looking. Maybe your parents aren't around and you want to watch a TV show you know you aren't allowed to see. These are the situations when we must use self-control. If athletes are able to use self-control so that they can win a medal or trophy that will eventually collect dust or be forgotten, we should be able to do what is right in order to get a greater reward, an eternal, heavenly one.

"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

- We may be tempted to make the game all about ourselves. Control that desire and do what is best for your team, not just yourself.
- Control the words that come out of your mouth and make sure they are kind, encouraging, and truthful. Listen when your coach is talking rather than calling out.
- If a player is pushing you, don't push them back. Instead, control your frustration and keep doing your best.

Off the Field

- At school, we show self-control by obeying our teachers. Instead of goofing off or calling out in class, we should be respectful, obedient listeners.
- When others are gossiping or making fun of others, instead of joining in, we should control ourselves and be kind.
- At home, we should obey our parents, even when they aren't watching. We also must control the temptation to fight with our brothers and sisters.

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, Hebrews 11:1. Give a ticket to any player who can recite it.
2. Learn and memorize 1 Corinthians 9:25 (ESV) with your team. Encourage them to practice the verse over the week.
3. There are dozens of examples of self-control both on and off the field that could be said. Spend some extra time thinking of examples today and then emphasize using self-control during the game.