



LESSON SNAPSHOT

BOTTOM LINE:

Like David, Big Heroes exercise self-control.

OBJECTIVE:

Kids will learn the importance exercising self-control.

KEY PASSAGE:

1 Samuel 24. David Spares Saul's Life.

MEMORY VERSE:

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." - Hebrews 12:1 (NIV)

SUMMARY:

King Saul had gone mad. He was angry with David and determined to end David's life. So David was on the run from Saul. One night, David encountered Saul without Saul noticing him. David could have easily killed his pursuer. But David exercised self-control and spared the life of his king. When we have self-control, we can be heroes like David.

SIMPLE PRAYER:

Dear God,

Thank you for heroes that show us what it means to have self-control. Give us the strength to exhibit self-control in our lives.

*In Jesus' name,
Amen*



MEMORY VERSE

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." - Hebrews 12:1 (NIV)

"A huge cloud of witnesses is all around us. So let us throw off everything that stands in our way. Let us throw off any sin that holds on to us so tightly. Let us keep on running the race marked out for us." - Hebrews 12:1 (NIV)

LARGE GROUP:

As a group, see if the kids can recite the memory verse without seeing it on screen. Then put the verse on screen and read it once more together.

SMALL GROUP:

Pair the kids off and have them recite the verse to each other.



SKIT

DAMSEL IN DISTRESS: SELF-CONTROL

ITEMS NEEDED:

Black outfit (for villain)
Rope

CHARACTER BREAKDOWN: 2M, 1F

CHARACTERS:

Damsel
Villain
Potential Hero

Our Damsel is on the railroad tracks tied up with rope. The Villain stands over her.

VILLAIN: I've got you now, Damsel.

DAMSEL: Yeah, yeah. I know the drill. *(dispassionately)* Untie me at once, cruel villain.

VILLAIN: Soon the train will be here, and then there will be no one left to stop me from taking over the town.

DAMSEL: Are you sure?

VILLAIN: Am I sure that no one will be left to stop me from taking over the town? Yeah, I'm pretty sure.

DAMSEL: No. Are you sure about the train will be here soon part?

VILLAIN: Why?

SKIT

DAMSEL: Well, it seems like I've been on this train track for a good long while now. And there hasn't been a train in sight yet.

VILLAIN: Soon enough, Damsel.

DAMSEL: I haven't even heard a train whistle off in the distance. Have you?

VILLAIN: I haven't now that you mention it. Maybe I should go double check the train schedule. I'll be right back.

Villain exits.

DAMSEL: Help! Save me! Someone. Anyone. I need a hero!

Potential Hero enters. He is full of energy.

PH: Did someone call for a hero?

DAMSEL: Yes, I did.

PH: Well, have no fear your hero has arrived.

Potential Hero adopts a Superman pose. He then starts hopping around the Damsel.

PH: What happened here?

DAMSEL: I was captured by an evil villain who is bent on taking over the town. He thinks that by tying me to these train tracks, there will be no one left to stand. . . .could you stand still for a minute?

Potential Hero runs back and forth from one end of the stage to the other.

PH: Sorry. I've got a lot of nervous energy. But don't worry, I'm listening.

DAMSEL: Are you sure?

PH: Absolutely, something about captains and the rain racks.

DAMSEL: Do you mean captured and put on the train tracks.

PH: Maybe, lady. It's your story.

DAMSEL: Look, are you going to untie me or what?

SKIT

Potential Hero starts doing push ups.

PH: Absolutely. I just have a few things to do first.

DAMSEL: You know what your problem is? You have no self-control.

PH: That's what my mom always says. As soon as I get some crazy idea in my head, I have to do it right then and there. If there's something tasty to eat, I eat so much of it I get sick. And mom's mad because I never do my chores. I'm too busy acting like a wild maniac. Her words.

DAMSEL: She's right. But there's hope. You can always ask God for self-control.

PH: I can?

DAMSEL: God is good. He can give you the self-control you need.

PH: Thank you, Damsel. I'm definitely going to ask for self-control first thing.

DAMSEL: Is there something else you'd like to do first?

PH: Oh, you're right. *(yelling off)* Here I come, mamma. I'm ready to do my chores now.

Potential Hero exits.

DAMSEL: And I lose yet another one. *(yelling)* Help! Save me! I need a hero!

End.



OBJECT LESSON OR KIDS SERMON

ITEMS NEEDED:

A beautifully-wrapped birthday present

I bet you can all tell me what I have here. It's a birthday present. When is your birthday?

Give the kids an opportunity to answer.

What if I told you that this was a birthday present for you? And you could take it home with you today. BUT, you couldn't open it until your birthday. Your birthday isn't for six months? It doesn't matter, you can't open it yet.

Would you have the self-control not to open it? The gift just sitting there unopened. Practically begging to be opened. A world of possibilities inside, but you won't know what it is until you open it.

It's easy right now to say that you'd have self-control. But as the days turned into weeks and the weeks into months, the temptation would become too much. I bet most of us would open it.

It's not always easy to have self-control, but it's a virtue that we should seek. It's what the great heroes of the Bible had. It's what sets them apart. It's what makes them great.

When we pray, we should ask God for self-control. It's one of the best gifts we could ever ask for.



LARGE GROUP GAME

A PROPER RELAY RACE

ITEMS NEEDED:

Tape

INSTRUCTIONS:

Lay out three lines of tape on the ground. One end of the stage will be the start/finish line and the other end will be the turnaround line. In between the start and finish line will be a third “transition” line.

Choose six kids to compete in two teams of three. One your mark, the first kid in each team must go from the start line to the other end of the turnaround line and then back again. Once back, the kid needs to high five the next team member so they can go.

But there’s a catch! Kids can run as fast as they want when they leave the start line. But the moment they hit the transition line, they have to stop and count three full seconds before continuing. They have to do this on the way over and the way back.

Once the race is completed, inform the teams that the winners aren’t necessarily the team that finished first. Ask the audience to vote on which team did the best job of waiting the full three seconds on the transition line. The winner of the audience vote, wins the game.

VARIATION:

For younger kids, simplify the game by making it a crawling relay race with variations. The winning team will be the ones who were the most consistently down on all four during the race.

WHAT’S THE POINT?

Success in life isn’t always about finishing first. Often success is dependent on our ability to exercise self-control.



LARGE GROUP LESSON

BOTTOM LINE:

Like David, Big Heroes exercise self-control.

OBJECTIVE:

Kids will learn the importance exercising self-control.

KEY PASSAGE:

1 Samuel 24. David Spares Saul's Life.

INTRO

We all have heroes. People that we admire, look up to, want to be like. People who have done amazing things and possess amazing qualities. Those qualities are what we call virtues. Virtues like obedience, commitment, and loyalty.

Last week we talked about a hero named Ruth and her loyalty to her mother-in-law, Naomi. Today, we're going to talk about one of Ruth's descendants. Ruth had a son named Obed and he had a son named Jesse. Jesse had many sons, the youngest of which was named David.

David is one of the most famous names in all of the Bible. He was a great hero. When he was quite young, he defeated the giant Goliath. Throughout his life, he led armies into many successful battles against the Philistines. Eventually, David became king of all of Israel. David had many of the great virtues that you would want in a hero. We could talk about his strength, or his intelligence, or his courage. But we're going to focus today on David's self-control.

Today's story takes place before David had become king. The king at the time was a man named Saul. God had become displeased with Saul and so God had the high priest Samuel anoint David, indicating that he would some day be king.

Saul liked David, but he also grew to hate him. The people of Israel loved David even more than their king.

LARGE GROUP LESSON

And Saul knew that his days of being king were numbered. Saul grew crazy with anger and jealousy. So Saul decided to try to kill David. Knowing what Saul intended to do, David went into hiding.

Saul pursued David. And that brings us to one of David's most heroic actions ever – exercising self-control.

READ 1 Samuel 24.

MAIN POINT

David could have killed Saul right then and there. Saul would have never seen it coming. And it certainly would have made David's life easier. He would no longer have to fear for his life. He wouldn't have to run and hide any more. He could take his rightful place as king.

But David exercised self-control. He knew that it was God who had placed Saul on the throne. And when it was time for David to take the throne, it would be done in God's way, not David's.

For Saul's part, when he saw what David had done, his heart was moved. He saw that David's self-control had saved his life and the Bible says that Saul wept. Instead of engaging in battle – as Saul had originally planned – he returned home.

Now I'd like to be able to say that everything was right between David and Saul after that moment, but I can't. Eventually, Saul's jealousy got the better of him, and he once again pursued David to kill him. But he did not succeed. God's hand was on David. He protected him.

And when the time was right, God made David king, just as he said he would.

DRIVE IT HOME:

Self-control is one of the hardest virtues to exercise.

We don't want to have to wait until Christmas to get the latest video game. We want it now. Our mom tells us to eat just one cupcake for dessert, but we'd rather have two. Or five. When someone insults us, we want to insult them right back. It's not easy to let it go. To turn the other cheek.

Self-control isn't easy, but it's important. The Apostle Paul lists it as one of the fruits of the Holy Spirit. Self-control can save us from overeating, overindulging, and overreacting.

LARGE GROUP LESSON

It's a virtue that great heroes like David possessed. And it's a virtue that we can possess too, if we ask God to give it to us. With his help, we can be heroes that exercise self-control, just like David.

CLOSE WITH A SIMPLE PRAYER

Dear God,

Thank you for heroes that show us what it means to have self-control. Give us the strength to exhibit self-control in our lives.

*In Jesus' name,
Amen*



SMALL GROUP DISCUSSION (K-2ND)

ICEBREAKER

Have you ever eaten too much candy or dessert? What was it and how did you feel after?

MEMORY VERSE ACTIVITY

Hebrews 12:1

Pair the kids off and have them recite the verse to each other.

SMALL GROUP GAME/ACTIVITY

Give each child a pencil. Tell them they have to balance the pencil on the end of 1 finger for 10 seconds. (You could have a prize for the first one to do it) Then say: "That took a lot of self control to stay motionless long enough to balance that pencil, didn't it?"

DISCUSSION QUESTIONS

Read 1 Samuel 24.

Why did Saul go after David?

What did David do when he crept up to where Saul was in the cave?

Why didn't David kill Saul?

What was Saul's reaction when David revealed himself?

What are some ways that we can exercise self-control?

SIMPLE PRAYER

Dear God,

We want to be like the great heroes of the Bible. Help us to exercise self-control like they did.

In Jesus' name,

Amen



SMALL GROUP DISCUSSION (3-5TH)

ICEBREAKER

Have you ever eaten too much candy or dessert? What was it and how did you feel after?

MEMORY VERSE ACTIVITY

Hebrews 12:1

Pair the kids off and have them recite the verse to each other.

SMALL GROUP GAME/ACTIVITY

Give each child a pencil. Tell them they have to balance the pencil on the end of 1 finger for 10 seconds. (You could have a prize for the first one to do it) Then say: "That took a lot of self control to stay motionless long enough to balance that pencil, didn't it?"

DISCUSSION QUESTIONS

Read 1 Samuel 24.

Why did Saul go after David?

What did David do when he learned Saul was in the cave?

Why didn't David kill Saul?

Why was sparing Saul's life the right thing for David to do?

What are some ways that you can exercise self-control?

SIMPLE PRAYER

Dear God,

We want to be like the great heroes of the Bible. Help us to exercise self-control like they did.

*In Jesus' name,
Amen*



POWERPOINT REVIEW GAME

TRUE or FALSE

1. Saul went into the cave to find David.
FALSE (He went in to "relieve himself")
2. David crept up on Saul and cut off a corner of his robe.
TRUE
3. Some of David's men told David he should kill Saul.
TRUE
4. David never told Saul that he had been in the cave with him.
FALSE
5. When Saul saw that David had spared his life, he wept.
TRUE



MAKE IT STICK

5 Simple Ways You Can Make This Lesson Stick With your Kids

Bible Heroes Lesson 9

THIS WEEK'S LESSON: DAVID



IN THE CAR:

Ask your child what they learned about this week on the drive home:

Today we learned that big heroes exercise self-control. King Saul had gone mad. He was angry with David and determined to end David's life. So David was on the run. One night, David encountered Saul without Saul noticing. David could have easily killed his pursuer. But David exercised self-control and spared the life of his king. When we have self-control, we can be heroes like David.



HANGING OUT:

Make this week's lesson real:

Challenge your kids to a self-control test. Fill a bowl with eight small treats. Set the bowl out where they can get to it at any time. The goal is to exercise control, eating no more than one per day. At the end of one week, there should still be one treat left in the bowl. At the end of the week, have a discussion about self-control in light of the challenge.



AT DINNER:

Here are some great discussion starters:

- Why did Saul want to kill David?
- Why did David spare Saul's life?
- What does it mean to have self-control?



AT BEDTIME:

Quiz your child on this week's memory verse:

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." - Hebrews 12:1 (NIV)



PARENT TIME:

What you need to know: Take some time to consider where you lack self-control.

When do you have the most difficult time showing restraint and understanding with your kids? Are there certain behaviors of theirs that always seem to set you off? Seek help – from God, from friends, from a trusted counselor – to improve in these areas.

Word Scramble

Unscramble the words below and fill in the blanks.

DDVAI

___ _ _ _

UALS

___ _ _ _

THLCOE

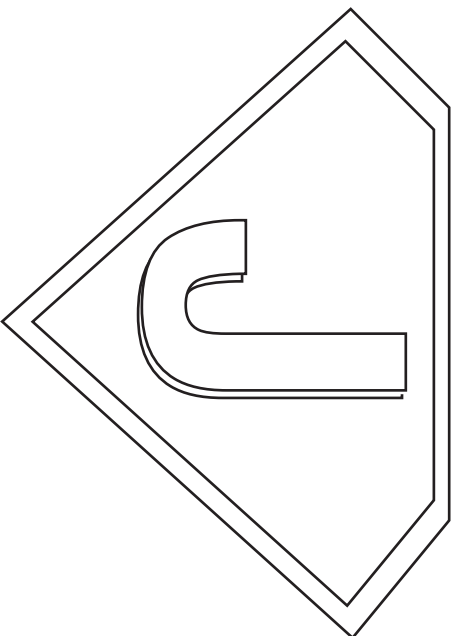
_ _ _ _ _

EWPT

___ _ _ _

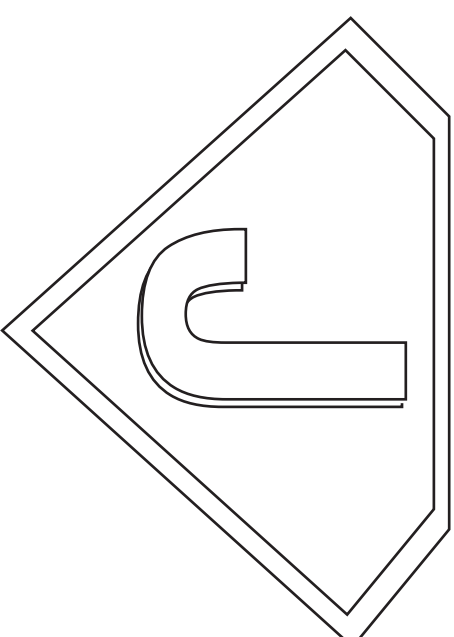
Now unscramble the words in the boxes to fill in the blanks below.

David exercised self-control when he saw Saul in the ___ _ _ _ .



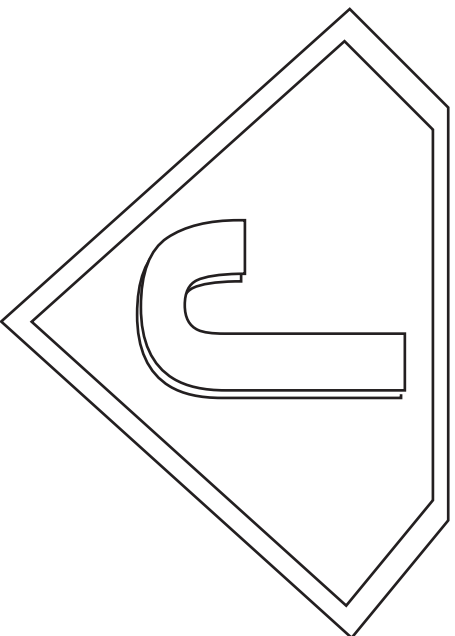
"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

- Hebrews 12:1 (NIV)



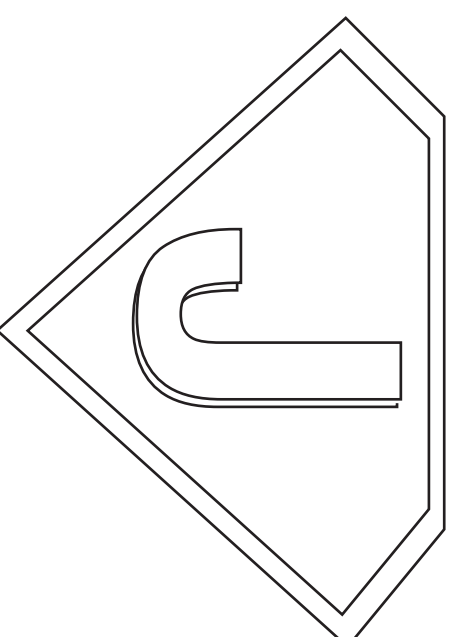
"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

- Hebrews 12:1 (NIV)



"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

- Hebrews 12:1 (NIV)



"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

- Hebrews 12:1 (NIV)