

FOURS AND FIVES

REPLAY SHEET

_01 WHAT WE LEARNED TODAY:

This month we are learning about the Fruit of the Spirit! Each week we're focusing on a different Fruit that will help us grow into the men and women of God that we are called to be! This week we are learning about **SELF CONTROL**. Self-control is when we tell our bodies what to do (or what not to do!). First Samuel 24 tells us about David, who showed the ultimate self-control. After many years of competition and jealousy from King Saul, David had the perfect opportunity to end Saul's life. But instead, David decided to use self-control and merely cut off a piece of Saul's coat. This showed that David had the chance to kill Saul, but instead chose to save his life. Best. Self-control. Ever.

_02 MAIN POINT:

GOD HELPS ME GROW

_03 MEMORY VERSE:

“We live in the Spirit and we walk in the Spirit.”

Galatians 5:25

Motions:

We live	<i>In “L” shapes, hands going up abdomen</i>
In the Spirit	<i>Point up</i>
And we walk	<i>Marching with arms swinging</i>
In the Spirit	<i>Point up</i>
Galatians 5:25	<i>Hold hands as if holding a Bible</i>



NEW SONG KIDS