

David's self-control


Bible verses:

1 Samuel 19:1-18

Saul plans to kill David


Aim:

To see the danger of jealousy


Today's fruit:

Self-control



In today's session we see the damage that jealousy can do.

Despite serving King Saul loyally and defeating his enemies, David found himself in a dangerous position. Saul was filled with jealousy and wanted David killed. As we learn more about our fruit for today, self-control, we can get rid of destructive jealousy and rely on God to help us make positive choices.

Each child will need:

- Sunflower seeds, soil, water, containers or small plant pots and a sticker/label to decorate
- A large yellow paper sunflower petal for each child, pens/pencils and Blu-tak
- *Explore It ideas* handout

You will need:

- Today's fruit sign: *Self-control*
- To know how to plant sunflowers: gardenersworld.com
- To create a large paper sunflower – display just the centre and stalk – and have the words 'self-control' in the centre of the flower



Start it

There are lots of sunflower-based activities in today's session, so we shall start with a sunflower quiz. Ask the children to watch the clip carefully and see if they can answer the questions.

Video

5 facts about sunflowers by IVY TV for Kids (2:22)

Ask:

1. What is unusual about the name sunflower?
It is one of the few plants with the word 'flower' in the name.
2. What is the centre of a sunflower made of?
Lots of smaller flowers.
3. What part of the sunflower can we eat?
The seeds.
4. Which country has the sunflower as its national flower?
Ukraine.
5. Name one of the things that the sunflower symbolises.
Faith, happiness, long life and good luck.

Ask:

There was one fascinating fact about sunflowers that the clip did not mention. What do you think it might be?

Say:

Sunflowers start the day facing east and then follow the sun through the sky to the west. During the night they return to their starting position so that they can follow the sun again the next day. As we think about our fruit of the Spirit for today, self-control, it might help if we imagine the sunflower keeping its focus on the sun, just like we need to keep our focus on God.



Sing it

Say:

Our song for today reminds us that God keeps his promises.

Song

'Promises worship video' by Crossroads Kids (2:52)

Say:

Let's share our memory verse together.

Memory verse:

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 *ICB*)



Tell it

Say:

Last week we saw God choose David as the next King of Israel. David became part of the royal court and was brilliant at calming King Saul when he was in a depression or having a temper tantrum.

Ask:

When Saul was angry, what did David do to calm him down?

Say:

Saul's good relationship with David didn't last very long. Let's watch the clip to catch up on the story so far.

Video

David serves Saul (1 Samuel 24) by Saddleback Kids

Watch: 0:00 to 1:05. 'Saul hated David because he thought he would try to kill him and take the throne from his family.'

Ask:

- Why was Saul so jealous of David?
- What did the crowds do that made his jealousy worse?

Say:

Saul became more and more jealous and ordered his son Jonathan and all his servants to kill David. But Jonathan and David were close friends, so Jonathan tried to find a way to put a stop to his dad's jealous behaviour.

Read:

'Saul told his son Jonathan and all his servants to kill David. But Jonathan cared very much for David. So he warned David, "My father Saul is looking for a chance to kill you. Watch out in the morning. Hide in a secret place. I will go out and stand with my father in the field where you are hiding. I'll talk to him about you. Then I'll let you know what I find out.'

'Jonathan talked to Saul his father. He said good things about David. Jonathan said, "You are the king. Don't do wrong to your servant David. He did nothing wrong to you. What he did has helped you greatly. David risked his life when he killed Goliath the Philistine. The Lord won a great victory for all Israel. You saw it, and you were happy. Why would you do wrong against David? He's innocent. There's no reason to kill him!"'

'Saul listened to Jonathan. Then he made this promise: "As surely as the Lord lives, David won't be put to death.''

‘So Jonathan called to David. He told David everything that had been said. And he brought David to Saul. So David was with Saul as before.

‘When war broke out again, David went out to fight the Philistines. He defeated them, and they ran away from him.’

(1 Samuel 19:1-7 *ICB*)

Say:

Jealousy can sometimes play tricks on our mind. People who were our friends suddenly become our enemies simply because we want what they have.

Ask:

How did Jonathan deal with Saul’s jealousy?

Say:

Jonathan told Saul the truth about David. He pointed out all the good things about David and how he had always been loyal to Saul. Sometimes when we feel jealous of someone else, it can help to take a step back and think about whether our thoughts match the truth.

Ask:

- What happened right at the end of the Bible reading we just listened to?
- Do you think David’s victory over the Philistines made Saul feel more or less jealous?

Say:

That’s right! Saul let jealousy take hold of him again. The Bible tells us what happened next.

Read:

‘But once again an evil spirit from the Lord entered Saul. He was sitting in his house, and he had his spear in his hand. David was playing the harp. Saul tried to pin David to the wall with his spear. But David moved away from him. So Saul’s spear went into the wall. And David ran away that night.

‘Saul sent men to David’s house. They watched it, wanting to kill him in the morning. But Michal, David’s wife, warned him. She said, “Tonight you must run away to save your own life. If you don’t, you will be killed tomorrow morning.” Then she let David down out of a window. So he ran away and escaped. Then Michal took an idol and laid it on the bed. She covered it with clothes and put goats’ hair at its head.

‘Saul sent messengers to take David prisoner. But Michal said, “He is sick.”

‘The men went and told Saul, but he sent them back to see David. He told them, “Bring him to me on his bed so I can kill him.”

‘But when the messengers entered David’s house, they found it was just an idol on the bed. Its hair was goats’ hair.

‘Saul said to Michal, “Why did you trick me this way? You let my enemy go. He has run away!”

‘Michal answered Saul, “David told me if I did not help him escape, he would kill me.”

‘After David had escaped from Saul, he went to Samuel at Ramah. He told Samuel everything Saul had done to him. Then David and Samuel went to Naioth and stayed there.’

(1 Samuel 19:9-18 *ICB*)

Say:

When we are facing challenging circumstances like David’s, it is important that we have someone that we can turn to who we can trust.

Ask:

Who would you turn to if you found yourself in a bad situation? Who can you trust?

Say:

Saul’s story reminds us of the dangers of jealousy and how it can change our thinking in such a negative way. Our fruit for today is ‘self-control’.

Ask:

How would you describe self-control?

Say:

Self-control is when we are able to control our thoughts and actions. Instead of rushing to act on our feelings, we are able to stop, understand our emotions and think carefully before we act.

Display the *Self-control* sign.

Ask:

- Try and retell today’s Bible story, but this time imagine that Saul kept a handle on his jealousy and showed self-control.
- How is the story different?

Action it

Video

Fruit of the Spirit: Self-control (God’s Story) by Crossroads Kids’ Club (3:23)

Ask:

What does it mean to show self-control as a Christian?

Say:

The clip reminded us that self-control doesn’t develop overnight. It takes time as we keep asking the Holy Spirit to help us make the right choices. Today we are going to start growing a ‘Self-control sunflower’ that will remind us to keep asking God to help us grow our self-control.

Sunflowers

The following link provides information about how to plant sunflowers: [gardenersworld.com](https://www.gardenersworld.com)

Show the children how to plant sunflower seeds in a small pot. They can decorate the container with a label '(insert name's) self-control sunflower'.

Discuss with the children what the seed will need to grow, and each time they look after their plant, encourage them to ask God for the gift of self-control. Encourage them to keep the group updated as their sunflowers grow.

Pray it

Display your large sunflower, just the centre with the words 'self-control' in the middle, and the stalk. Give each child a large yellow sunflower petal to write a prayer on.

Discuss with the children the areas where they find it difficult to show self-control. You can refer back to Saul's inability to control his jealousy. Discuss how God can help us to grow self-control in many different areas of our lives. As the music plays, encourage the children to write prayers asking God for self-control and then stick them to the sunflower. Share the prayers together when the music finishes.

Listen

'Give me self-control' by Sovereign Grace Music (3:00)

Explore it

Remember to send home the *Explore It ideas* for children and families.



Explore It is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)

David's self-control

Here are some ideas for you to explore at home.



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Aim:

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Pray

In our prayer time this week we listened to a song all about self-control. Listen carefully to the words and use them to help think of times in your life where you need to show more self-control. Each time you check on your 'Self-control sunflower' spend time asking God to help you in that area of your life. Ask Jesus to make you more like him.

'Give me self-control' by Sovereign Grace Music



Create

Try and create these amazing paper sunflowers. They are quite tricky, so ask someone at home to help you. As you make the sunflowers, share what you discovered in your Explore It session and why you have planted a 'self-control sunflower'.

Beautiful paper sunflower making tutorial by Tapu's Craft (10:27)



Song for the week

'Promises worship video' by Crossroads Kids (2:52)



Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

David's self-control



Bible verses:

1 Samuel 19:9-18



Aim:

To understand that David showed self-control, even when King Saul was jealous of him



Today's fruit:

Self-control



Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 *ICB*)



Start it

God wants us to control what we say and do, instead of rushing without understanding. Do you ever do that?



Tell it

Share a child-friendly version of 1 Samuel 19:9-18.

Sit in a circle and ask the group to share together:

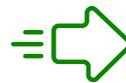
- What type of things do we have to wait for and how does waiting feel?
- How do you show it when you feel angry? How do you get calm again?
- What kind action have you done for somebody else?
- How does a plant grow? What helps our bodies to grow?
- When might we feel jealous of somebody else?



Sing It

'Great big God!' Vineyard Kids, Vineyard Worship UK and Ireland (2:51)

'Jesus song' by Saddleback Kids (2:45) This song tells us about the amazing things Jesus did.



Action it

Games and activities to reinforce the Bible passage:

- Growing in self-control might take time - pretend you are a slowly-growing plant starting as a seed and ending as a tree
- David escaped from King Saul - choose a 'King Saul' that everyone has to run from, becoming statues if they are tagged
- Mime being angry, then try and show how you would calm down again (perhaps count down from five together and breathe deeply)