

North Texas Conference

Holy Spirit

Director Edition

Summer 2018 Conference Camp Curriculum

Friday

Self-Control

Supplies: Bibles, notecards, paper, pencils/markers/pen, orange beads

For the Leader...

Self-Control is a tricky thing to talk about in any setting, much less a Church camp one. Perhaps it is just the reality of being at the back of the listing of fruits of the Spirit, but more probably it is because we all know how hard it is to control our own impulses and desires at times. Instead of trying to close camp talking about temptation and wrestling sin, we are instead choosing to focus on the more positive aspect of striving for wisdom. The wisdom literature of the Bible suffers from its fair share of neglect. So hopefully this lesson can rest between reading something new and talking about the wisdom learned throughout the week of camp.

Opening/Centering Prayer – led by Student

Supplies: none

Suggested Time - 5 min

Invite a student to open the time with the prayer below.

Lord send Your Spirit into this time and place. As we look back on our week and prepare for all the weeks to come, let us be and become our best selves. We pray all this in Christ's name. AMEN.

Activity for Introductions & Re-Introductions

Supplies: Bible

Suggested Time - 5 min

Proverbs 9:10 (CEB)

¹⁰The beginning of wisdom is the fear of the Lord;
the knowledge of the Holy One is understanding.

Read the above proverb to the group and ask everyone what they think of when they hear the word 'wisdom'. What images or kinds of people come to their mind? Encourage everyone to share if willing. You can follow up the discussion by asking what role the Holy Spirit has in understanding wisdom, especially godly wisdom.

For the Leader...

Proverbs is a major book in which we find the idea of Wisdom or Sophia in the Bible. Other books could be Psalms, Song of Songs, Job, Ecclesiastes, the Gospel of John & James.

Scripture Lesson & Discussion

Supplies: notecards, Bibles

Suggested Time - 20 min

Give the students notecards and the following proverbs from below. Have them write the proverb number on the card as well as a paraphrase for each proverb. You can give each student or groups of students only a handful to look-up and paraphrase. After all of them are written spread them out in front of the students and ask if there is any one theme that connects these proverbs. Is there any one trait these proverbs want from us? (All of these proverbs encourage exercising self-control.) After arriving at the connection ask the questions below. Please feel free to not use all the proverbs depending on group size as well as how long you might want this activity to go.

Proverbs 10:8	Proverbs 11:17	Proverbs 11:22	Proverbs 12:24
Proverbs 14:17	Proverbs 14:23	Proverbs 14:31	Proverbs 15:1
Proverbs 16:18	Proverbs 16:25	Proverbs 17:9	Proverbs 17:15
Proverbs 17:28	Proverbs 18:13	Proverbs 19:2	Proverbs 19:3
Proverbs 20:1	Proverbs 20:19	Proverbs 21:17	Proverbs 22:1
Proverbs 22:24-25	Proverbs 22:29	Proverbs 24:27	Proverbs 25:16
Proverbs 25:17	Proverbs 25:21	Proverbs 26:11	Proverbs 29:11

- What does it mean when we say to exercise self-control?
- Why is self-control important?
- Why do you think self-control is a godly thing? Why is it a fruit of the Holy Spirit?
- Which verses about self-control are meaningful to you? Why?
- Which verses are harder to relate to? Why?
- Self-control is more than trying to stay out of trouble. What are practical examples of using self-control?
- What are ways that we can practice self-control in everyday life?

For the Leader...

Senior High that want to look more at Wisdom or Sophia from a negative example could continue reading Proverbs 9:13-18.

Alternative Scripture Lesson & Discussion

Supplies: Bibles

Suggested Time - 20 min

The following is a passage of Scripture that personifies Wisdom (often called Lady Wisdom or Sophia) as a woman living in a town. Invite someone with a good speaking voice to read the following passage. Invite your group to listen for what Lady Wisdom or Sophia would be like as a real person.

Proverbs 8:1-6, 10-12, 14, 20-21; 9:1-6 (The Message)

8 ¹⁻¹¹ Do you hear Lady Wisdom calling?

Can you hear Madame Insight raising her voice?

She's taken her stand at First and Main,
at the busiest intersection.

Right in the city square
where the traffic is thickest, she shouts,

"You—I'm talking to all of you,
everyone out here on the streets!

Listen, you idiots—learn good sense!

You blockheads—shape up!

Don't miss a word of this—I'm telling you how to live well,
I'm telling you how to live at your best.

Prefer my life-disciplines over chasing after money,
and God-knowledge over a lucrative career.

For Wisdom is better than all the trappings of wealth;
nothing you could wish for holds a candle to her.

¹²⁻²¹ "I am Lady Wisdom, and I live next to Sanity;
Knowledge and Discretion live just down the street.

Good counsel and common sense are my characteristics;
I am both Insight and the Virtue to live it out.

You can find me on Righteous Road—that's where I walk—
at the intersection of Justice Avenue,

Handing out life to those who love me,
filling their arms with life—armloads of life!

³²⁻³⁶ "So, my dear friends, listen carefully;
those who embrace these my ways are most blessed.

Mark a life of discipline and live wisely;
don't squander your precious life.

Blessed the man, blessed the woman, who listens to me,
awake and ready for me each morning,
alert and responsive as I start my day's work.

When you find me, you find life, real life,
to say nothing of God's good pleasure.

But if you wrong me, you damage your very soul;
when you reject me, you're flirting with death."

9¹⁻⁶ Lady Wisdom has built and furnished her home;
it's supported by seven hewn timbers.
The banquet meal is ready to be served: lamb roasted,
wine poured out, table set with silver and flowers.
Having dismissed her serving maids,
Lady Wisdom goes to town, stands in a prominent place,
and invites everyone within sound of her voice:
"Are you confused about life, don't know what's going on?
Come with me, oh come, have dinner with me!
I've prepared a wonderful spread—fresh-baked bread,
roast lamb, carefully selected wines.
Leave your impoverished confusion and *live!*
Walk up the street to a life with meaning."

- What stands out to you from this passage?
- What images come to mind as you hear what is going on?
- Where do you see self-control in how Lady Wisdom lives?
- What are ways that we can practice self-control in everyday life?

Children's Focus:

- What do you think Lady Wisdom is like from how she is described in this passage?
- What words would you use to describe her?

Jr. High Focus:

- Imagine this Lady Wisdom showing up in your neighborhood or school. How would you react? What do you think she would be like?
- Do you think Lady Wisdom would be popular? Why or why not?

Sr. High Deep-End:

- Why is how Lady Wisdom lives important? In what ways does her self-control allow for a more fruitful life?
- What is hard about living like Lady Wisdom? Why could it be challenging?

Pick a Game

Supplies: none

Suggested Time - 10 min

If you have extra time in your session, pick a game from the back of the book or come up with one from your imagination or experience. Just be sure to include everyone from your group and not to disturb any other groups.

Calling Out God's Spirit

Supplies: paper, pencils/markers/pens

Suggested Time - 15 min

Have everyone write their name on top of a piece of paper. Pass everyone's paper around to each member of the group have them write on it ways in which they were encouraged by the person listed on the top or saw God's Spirit at work in their lives this week. Please help and remind the students to be positive and real with their written words. It might be helpful if the comments are written in pencil and reviewed by an adult counselor if there is potential for disruption and hurt in the group. Give each completed paper back to the student as a memento from camp.

Hands-on Activity: Bracelets

Supplies: orange beads

Suggested Time - 5 min

Each session, we will add a small colored bead to represent the Fruit of the Spirit that is studied. For this session add a small orange bead to represent SELF-CONTROL.

How is self-control evidence of the work of the Holy Spirit?

Bear witness to the love of God in this world, so that to those whom love is a stranger will find in you a generous friend.

Closing Prayer/Benediction – led by Adult

Supplies: none

Suggested Time - 5 min

Have everyone pray and join in the classic UMYF Benediction as printed below. There might be campers who may need to be taught it before praying.

May the Lord bless you and keep you. May the Lord make His face to shine upon you. And be gracious unto you. May the Lord lift up His countenance upon you and give you peace. AMEN!