

Acts of Worship

Virtue: Self-control

Virtue to live by: Self-Control

Jesus helps me when I'm tempted.

Week 1

Gathering together

Focal point: Bible, cross, candle etc

Purple cloth (Season of Lent)

Introduction:

What is temptation?

What things are we tempted by? When you are tempted by something, how do you deal with it?

Word: Matthew 4:1-11

In today's Gospel reading, we learn how Jesus faced temptation but did not sin.

Then the Spirit led Jesus into the desert to be tempted by the devil. Jesus ate nothing for 40 days and nights. After this, he was very hungry. The devil came to Jesus to tempt him. The devil said, "If you are the Son of God, tell these rocks to become bread."

Jesus answered, "It is written in the Scriptures, 'A person does not live only by eating bread. But a person lives by everything the Lord says.'"

Then the devil led Jesus to the holy city of Jerusalem. He put Jesus on a very high place of the Temple. The devil said, "If you are the Son of God, jump off. It is written in the Scriptures,

'He has put his angels in charge of you.

They will catch you with their hands.

And you will not hit your foot on a rock.'

Jesus answered him, "It also says in the Scriptures, 'Do not test the Lord your God.'"

Then the devil led Jesus to the top of a very high mountain. He showed Jesus all the kingdoms of the world and all the great things that are in those kingdoms. The devil said, "If you will bow down and worship me, I will give you all these things."

Jesus said to the devil, "Go away from me, Satan! It is written in the Scriptures, 'You must worship the Lord your God. Serve only him!'"

So the devil left Jesus. And then some angels came to Jesus and helped him.

The Gospel of the Lord

Acts of Worship

Response to/Reflection on the Word

After His baptism, Jesus went to the wilderness for 40 days. While He was there, Satan came to tempt Him. Jesus showed self-control. Satan offered Him control over the whole world, but Jesus knew that God's kingdom would eventually be the only kingdom. Jesus is the perfect expression of all the fruits of the Spirit, including self-control. Jesus is kindness, goodness, love, and patience. We can look to Jesus and pray to become more like Him in every way, including self-control.

Discuss with the children that Lent is a time when we try hard to have more self-control so that we can prepare for Easter. Talk about Lenten Promises and supporting events in school for The Good Shepherd appeal.

Let us pray.

Dear Lord Jesus

Thank you for the example you have given to us about how to resist giving into temptation.

We ask that you will help us when we are tempted to do the right thing; to love, serve, and obey you.

Amen

Going Forth

This week, try to resist the temptation to do/have something that you know is wrong.

Ideas for music:

Give me Self-control, Sovereign Grace Music (YouTube)

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Because I trust God, I can use self-control.

Week 2

Gathering together

Focal point: Bible, cross, candle etc

Purple cloth (Season of Lent)

Introduction

What does 'self-control' mean? How can show self-control in our own lives at home and in school? Why is it important that we are able to show self-control?

Word: 2 Timothy 1:7

"For God gave us a spirit not of fear but of power and love and self-control."

Response to/Reflection on the Word

With the Holy Spirit inside of us, we are able to possess self-control and demonstrate the fruits of the Spirit. As a result, we can live in a way that is honourable to God.

Give the children some scenarios of where self-control would be needed in school life. Discuss what would happen if self-control was not used.

Ask the children to think about a time when they had a choice as to how to react when someone did something to them that they didn't like.

What happened? How did you react? Would you do something different now?

Let us pray

Dear Lord Jesus

Help us to show self-control in our own lives and in the life of our school.

Help us to think before we act.

Amen

Going forth

This week, think or count to 10 before you react to a situation. That way you will show self-control and make the right choice.

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Ideas for music:

In Control, Hillsong Worship (YouTube)

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I can use self-control even when it's hard.

Week 3

Gathering together

Focal point: Bible, cross, candle etc

Purple cloth (Season of Lent)

Word: 2 Peter 1: 5-7

Do your best to add goodness to your faith; to your goodness add knowledge; to your knowledge add self-control; to your self-control add endurance; to your endurance add godliness; to your godliness add affection; and to your affection add love.

Response to/Reflection on the Word

St Peter explains that we can build on our faith each day so that we become more like Jesus and live our lives by following Jesus' teachings.

Remind the children of the importance of Lent and that it is a time for us to give up things that distract us and fast from things so that we can make more room in our lives for others.

Let us pray

Dear Lord Jesus

Help us to take things one step at a time and do the little things, which make a difference to others, well.

Give us strength and self-control as we journey through Lent.

Amen

Going forth

This week make an extra effort to keep your Lenten Promises and do an act of kindness for someone at home or in school.

Ideas for music:

Father I Place into your Hands