

# SELF-DISCIPLINE

## BIG IDEA

Self-discipline is upholding and continuing a consistent and well-ordered life through godly obedience, regardless of how we feel. .

## KEY VERSES

2 Timothy 1:7

## MEMORY VERSE

2 Timothy 1:7

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

## • PREPARATION & MATERIALS •

### BIBLE LESSON

- no materials needed for this lesson

### GAME

- rope or tape to create a large tic tac toe grid
- roll of colored duck tape

### CRAFT

- Small canvas bags (Oriental Trading Post), 1 per kid
- Flat glass beads in two colors, five per kid
- Black embroidery thread (optional)
- Embroidery needle (optional)
- Fabric marker (optional)

### WORKSHEETS

- Photocopies of Coloring Sheet (1 per child)



# SELF-DISCIPLINE

## LESSON

## lesson 20

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A long time ago there was a old wrinkle faced man and an old wrinkle faced woman. They lived in an old cottage on a little field. One day the old woman was sweeping so hard that the front door of the old cottage fell down!

It scared her and she ran out to the field to tell her husband. "The house is falling down! Now we have no place to live!"

The old man was optimistic and said, "Don't worry about that. Grab your coat and we'll go out and seek our fortune. So she grabbed her coat and he put the door on his head and they started walking. They walked all day and in the evening they found a forest with many trees.

"Here's a good spot to sleep for the night," said the old man. He climbed the tree and laid the door across some tall branches. Then they both lay down for the night. Soon it was completely dark and they were both fast asleep.

Suddenly a noise woke the old man. He slid to the edge of the door and peeked down. He saw three men sitting on the ground huddled around a lantern. "Here are ten gold pieces for you, Jack. And here are ten pieces for you, Bill. I'll keep the rest myself."

The old man, full of fear yelled out, "Robbers!" When he jumped up he accidentally kicked the door from its branches and it came crashing down with the little old lady still on top.

The robbers were so scared they ran off into the dark woods. "Are you hurt?" The old man asked his wife. "No. But it's strange that the door would tumble down all of a sudden. Hey, look at his nice lantern. How wonderful to have some light!"

The old man picked up the lantern and noticed many shiny circles on the ground. "Gold coins!" He cried. "Gold coins!"

"We've found our fortune!" Said the old lady. "We are so lucky."

"Lucky indeed," agreed the old man.

"Here's what we should do," said the old lady, "You must take this gold into town and buy a milk cow. Then we'll have milk, and butter, and cheese which we can eat and sell. We'll never be poor again."

"That's a good plan," said the old man. And he headed to town to find a cow.

The old man walked up and down the main street of the town looking for a town. At last he met a farmer who was leading a pretty and fat cow.

"If I had that cow," said the old man, "I would be the happiest man in the world."

"She's an excellent cow," said the farmer, "What will you give me for her?"

"I'll give you fifty gold coins for her," replied the old man.

"Deal," said the farmer.

The old man smiled as he walked his new cow down the street. "I am the luckiest man in the world. Everybody is noticing me and my wonderful cow." He thought to himself.

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A few blocks later the old man heard beautiful music. It was coming from a man playing bagpipes. He stopped and listened, "Oh, this is the sweetest music I've ever heard!" He observed how little children followed him wherever he went to listen to his tunes. They even gave him pennies!"

"Oh, if only I had those bagpipes. I'd be the happiest man in the world."

"I'll sell them to you," said the piper.

"Well, I don't have any money, but I could trade you for this cow."

"Deal!" Said the bagpipe man, and they made the trade.

The old man continued walking up the street while attempting to play the bagpipes. But no matter how hard he tried, he could not make music come out of the pipes. He only got sorry sounding squeaks. The children didn't throw pennies to him, instead they laughed and ran away.

The old man was sad, he regretted selling the cow. And as the day grew late his hands got colder and colder. He happened to see a man with warm gloves.

"If only I had warm gloves like that," said the old man, "I would be the happiest man in the world."

"How much will you give me?" Asked the man with the gloves.

"I don't have any money, but I could trade you these bagpipes for them."

"Deal!" Said the man with the gloves. And they made the trade.

The old man put the gloves on and soon his hands were warm and cozy. He felt very lucky....until he reached the hill below his home. The road was steep and rocky and he was tired.

Just then he met a man who had a walking stick which he used to help him climb the hill.

"Excuse me," said the old man, "If I could have a stick like that I would be the happiest man in the world."

"Sure. What will you give me for it?" asked the man.

"I don't have any money, but I could trade you for these gloves."

"Deal!" said the man. And so the trade was made and the old man started up the hill feeling very lucky.

At the top of the hill the old man stopped and began to think of all the good luck he had that day, then he heard a cackling sound. He looked up and saw a parrot in a tree.

"You're a very unlucky man! You went out to seek your fortune and found it. Then you traded it for a cow, then the cow for bagpipes, then the bagpipes for gloves, then the gloves for a stick which you may have found in the wood if you looked around. You are so, so unlucky."

The old man grew so angry at the parrot that he threw the stick at him. The bird flew away

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still cackling and the stick got stuck in the top of the tree.

The old man sauntered up the hill slowly, he had a lot to think about. His wife met him in the road.

“Where is the cow?”

The sad old man told her all about his day. She had a lot to say to him about his decisions, but that’s their business, not ours.

In the end she said, “Well, we’re no worse off than we were yesterday. Let’s go home and take care of our little old cottage.

So the old man put the door on his head and trudged home.

### LESSON OPTIONS

- *Present the story as a simple skit with a narrator reading the story and several team members acting it out*
- *Ask 3-4 of the simpler discussion questions.*

## DISCUSSION QUESTIONS

Were the old man and old woman unhappy at the beginning of the story?

What caused them to leave their home and seek their fortune?

What do you think about their decision to purchase a milk cow?

What caused the old man to keep trading?

What is self-discipline?

At what point in the story should the old man have used self-discipline?

Can you share a story of when you should have used self-discipline?

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## CRAFT • GAME

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### • CRAFT •

#### OBJECTIVE: TIC TAC TOE GAME

Kids will make a portable tic tac toe game

#### MATERIALS BROUGHT BY TEAM

- Small canvas bags (Oriental Trading Post), 1 per kid
- Flat glass beads in two colors, five per kid
- Black embroidery thread (optional)
- Embroidery needle (optional)
- Fabric marker (optional)

#### DIRECTIONS

- With pencil lightly draw a tic tac toe grid
- With embroidery thread and needle use the running stitch on top of the pencil marks
- OR use fabric marker to create the grid
- Place 10 flat glass beads in the bag, 5 of each color

#### EXAMPLES



### • GAME •

#### OBJECTIVE: HUMAN TIC TAC TOE

Teams try to make the best moves to win a game of human tic tac toe

#### MATERIALS BROUGHT BY TEAM

- rope or tape to create a large tic tac toe grid
- roll of colored duck tape

#### GAME PLAY

- Lay out a tic tac toe grid using rope or tape
- Divide kids into teams of 5
- Set two teams against one another in a game (place a piece of colored duck tape on one team)
- Teams play until there is a winner. A new team plays against the winner.
- If there is a tie then two new teams play

#### SIMPLIFIED GAME OPTIONS

- Create several game grids for large groups
- Mission team play with little kids and coach them through the game

