SELF CONTROL

Program Target: To help youth recognize the value of self-control.

What to do:

Set up four "stations" around your meeting room, placing poster board, magazines and newspapers, glue, markers and scissors at each. Label each according to the "Areas of Self-Control" listed below. Divide your group into four smaller groups and send each to one of the stations where they'll find the following instructions:

1: Food	**2: Entertainment**	**3. Drugs/Alcohol**	**4. Education**
Use words and pictures from the magazines to create a collage illustrating why it's important to exercise self control in this area of your life. As you work, discuss: 1. What kinds of problems do people have exercising self-control with food? 2. What kinds of messages do we get from society and the media about food? 3. What does God's Word have to say about it? 4. How does a lack of self-control in this area affect our lives? 5. What are some tips to help people be more self-controlled in this area?	Use words and pictures from the magazines to create a collage illustrating why it's important to exercise self control in this area of your life. As you work, discuss: 1. Is it really necessary to have self-control over what kinds of entertainment we choose? 2. How does the entertainment we choose affect us? 3. What does the Bible have to say about our choice of entertainment? 4. What are some principles Christian youth can apply to help them exercise self-control in this area of our lives?	Use words and pictures from the magazines to create a collage illustrating why it's important to exercise self control in this area of your life. As you work, discuss: 1. What kinds of problems arise when people don't exercise self-control in this area? 2. What kinds of messages do we get from society and the media about drugs and alcohol? What messages do we get from church? Parents? Friends? 3. What does God's Word have to say on this topic? 4. Does self-control in this area mean "just saying no" or exercising moderation?	Use words and pictures from the magazines to create a collage illustrating why it's important to exercise self control in this area of your life. As you work, discuss: 1. Why does it take self control to get an education? 2. What are some of the messages we get from others that might keep us from exercising self-control in this area? 3. Why is it so important to be self-controlled about our education? 4. How can the Bible help us in this area?

Allow about 40 minutes for this activity, then bring the groups back together to present their collages, and talk through the discussion questions together.

Preparation Time:

Get a large selection of current and recent magazines (a variety of types: sports, women's magazines, teen magazines, etc), newspapers and catalogues. You may want to recruit youth group members in advance to bring in magazines to make sure you have enough.
Provide poster board, scissors, markers and glue.

If you have more than 24 young people attending your meeting, set up 8 stations instead of 4,

with two stations for each category. Divide into 8 smaller groups rather than 4 larger ones, which will give everyone more opportunity to be involved. If your total group of young people attending your meeting is very small (less than 12), drop one or more of the categories and set up only 2 or 3 stations instead of 4.

Bible Text:

"By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter. He chose to be mistreated along with the people of God rather than to enjoy the pleasures of sin for a short time" (Hebrews 11:24-25, NIV).

Vesper or Closing Thought:

We live in a culture that tells us: "Life is short; grab what you want right away!" We don't often hear the message of patience, delayed gratification, self-denial. Yet these are the principles not just of Christian living but of all successful living: learning to use self-control to put off short-term pleasure in pursuit of long-term goals. Help youth to focus on the "big picture" – not on rules and regulations, but on what they want to accomplish in life through God's power, and what kind of self-control they'll need to achieve those goals.