



JANUARY THEME

OPERATING SYSTEM

Update the Way You React

BIBLE STORY

Proverbs 25:16

Too Much | Too Much of a Good Thing

BOTTOM LINE

Know when to stop

MEMORY VERSE

“God’s power has given us everything we need to lead a godly life.”

2 Peter 1:3a, NIV

LIFE APP

Self-Control | Choosing to do what you should even when you don’t want to

BASIC TRUTH

I need to make the wise choice...and with God’s help I can!

FOR LEADERS ONLY

GOD VIEW: the connection between **SELF-CONTROL** and God’s character, as shown through God’s big story.

Key Question: How do you know when to stop? We don’t always know it’s time to stop until it’s too late. We pray that our families become more self-aware about the times when they need to trust God to help them stop.

We close out the month with another one of Solomon’s vivid word pictures in **Proverbs 25:16** and find out what happens when we indulge and eat too much. But this proverb isn’t just about how much we eat. Families will learn that too much of anything, even if it’s a good thing, can have serious consequences.

Bottom Line: Know when to stop. Knowing when to stop isn’t always easy. A lot of times it’s a neighbor, relative, parent or teacher, boss or friend who helps us know it’s time to stop what we’re doing and take a break. We hope that families start to see that stopping something—even if it’s fun—can be the wisest choice. We also want families to know they don’t need to do this on their own. God will help them know when to stop.

SOCIAL: PROVIDING TIME FOR FUN INTERACTION

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today’s story.

Before kids arrive, **PRAY** for each group member by name. Ask God to show kids areas of their lives where they need to know when to stop. Pray that kids would understand that too much of a good thing can actually be a bad thing. Pray that they would know that God wants good things for us, and that God will help us use self-control to keep a healthy balance of the good things in our lives.

••EARLY ARRIVER IDEA

Made to Connect | An activity that invites kids to share with others and build on their understanding

What You Need: “Ice Cream Cone” coloring page, crayons

What You Do:

- Hand out “Ice Cream Cone” coloring pages and crayons
- As kids color, ask them to tell each other stories about times when they ate too much. Give them ideas like, “Have you ever been at a birthday party and eaten too much cake and ice cream? What happened?” or “Do you bake cookies at Christmas time? Ever eat too many of them? How did you feel after?”
- If their stories get too descriptive and gross, feel free to rein them in!



●● **TOO MUCH OF A GOOD THING**

Made to Imagine | An activity that promotes empathy and facilitates biblical application through role-play and reenactment

What You Need: “Too Much of a Good Thing” activity pages, markers

What You Do:

- Pass out a “Too Much of a Good Thing” activity page to each kid.
- Talk with kids about how the things in the left-hand column are good things, but what would happen if you had too much of them?
- Encourage kids to draw a picture in the square on the right showing what would happen if you had too much of one of the things on the left.

What You Say: “Those are some pretty good drawings! You have definitely made me want to eat less candy, turn off the video games, not adopt too many pets, and stay out of the sun. Sheesh! **[Transition] Today in Sunday CM worship/WOW family worship, we’ll hear/ we heard even more about why too much of a good thing is not always a good thing.”**

[Sunday Leaders: Lead your group to the Family Room for Children’s Ministry worship. Wednesday Leaders: Continue with the study.]

GROUPS: CREATING A SAFE PLACE TO CONNECT

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

●● **JUST ENOUGH** [Talk about God | Bible Story Review | Application Activity]

Made to Explore | An activity that extends learning through hands on experimentation and discovery

What You Need: Dixie cup, bag of beads

What You Do:

- Set the Dixie cup in the middle of your small group table. Fill it about half full with beads.
- Explain that kids will take turns adding a bead to the Dixie cup. The goal is to fill the Dixie cup with beads just enough so that it’s completely full but doesn’t spill over. The goal is to know when to stop.
- Hand out the remaining beads to your group members. One by one, they should add a bead to the cup.
- Encourage the group to keep going, even as the cup gets really, really full.
- If the beads spill over the top, don’t act like it’s a negative thing. Just thank the group for participating in the activity.

What You Say: “It was hard to **[Bottom Line] know when to stop** in that activity, wasn’t it? You wanted to fill the cup, but you didn’t want to fill it too much, or it would spill over. When we don’t **[Bottom Line] know when to stop** in life, it can have much worse consequences than just spilling a few beads. We can get hurt, or others can get hurt.” **[Make It Personal] (Tell kids an age-appropriate story about a time you went too far and didn’t know when to stop. Maybe you ate too much and got sick. Or maybe you spent more money than you should have on Christmas gifts for your family and friends. Explain why you didn’t stop, and make sure kids know what the consequences were for you and for other people.)**

●● **ALL THE COLORS** [Live for God | Application Activity]

Made to Explore | An activity that extends learning through hands on experimentation and discovery

What You Need: Copy paper, crayons



What You Do:

- Hand out a piece of copy paper to each kid. Set out the crayons where everybody can share them.
- Ask kids to pick a crayon and use it to draw a shape on their copy paper. They should color in the shape with the crayon they chose.
- Ask kids to pick a different colored crayon.
- Instruct kids to color over the original shape and completely cover it with the new color.
- Repeat the process with two other colors, completely covering the shape with each new color.

What You Say: “Whoa! Those shapes aren’t looking as nice as they should, even with all the pretty colors you chose. At first they looked kind of cool with the two colors mixing together, but by the time we got to the fourth color it was just too much. Sometimes when we do too much of something, it can turn into a bad thing instead of the good thing we were hoping for it to be. For instance, when we talk too much in school we might get in trouble, or when we dribble the ball too much in basketball our teammates might get mad at us for not sharing. What other times can you think of when we might do too much of something? (*Pause for responses.*) Those are all really good ideas, and all are really good examples of why we need to **[Bottom Line] know when to stop.**”

•• **PLEASE, CAN I?** [Hear from God | Memory Verse Activity]

Made to Reflect | An activity that creates space for personal understanding and application

What You Need: “Stop Sign Template” and “Can I? Scenarios” activity pages, markers, scissors, Bibles

What You Do:

- As a group, look up 2 Peter 1:3a, or let a couple kids recite it from memory.
- Hand out a “Stop Sign Template” activity page to each kid. Set out the scissors where everybody can share them.
- Ask kids cut out the stop sign shape from the activity page.
- Then instruct them to write the memory verse on their stop sign.
- When everyone has the verse written on their stop sign, read the list of scenarios from the “Can I? Scenarios” page.
- Tell kids that after you read each scenario, they should hold up their stop sign for “too much of a good thing” and keep the sign down for the “right amount of a good thing.”

What You Say: “You guys are pretty ruthless when it comes to telling me when I should stop doing something! In my opinion, though, that’s a good thing. We should always **[Bottom Line] know when to stop**, and if we don’t, we usually have someone in our life who can help us know when it’s time to stop. Another way we can know when to stop is by reading our Bibles and listening to the wisdom God has for us there. God wants to give us good things, and God wants us to know when we’ve reached our limit or had too much of a good thing.”

PRAY AND SEND [Pray to God | Prayer Activity]

Made to Reflect | An activity that creates space for personal understanding and application

What You Need: “Stop Signs” from the “Please Can I?” activity, GodTime Cards

What You Do:

- Ask the group for a few examples of things that are fun or good for us but only in moderation.
- Then ask them how they know when they’ve had too much of a good thing.
- Remind them that God wants what’s best for us. God wants to help us enjoy the things we have, and in order to do that, we have to have self-control.

