

Calvary Chapel  Philadelphia



CHILDREN'S MINISTRY  
SOCCER DEVOTIONS

**10-17 year olds**

Week 8

*Gentleness and Self-Control*

# Gentleness and Self-Control

The objective is the goal or main teaching point of this week's study. If you convey one thing to your players, make it this.

Read this passage aloud to the kids, as it will be the focus of this week's study. Each week's memory verse will be in bold.

Our lessons for our older age groups are designed to be more discussion-based. This section is for the coach to read ahead of time so that he/she understands the goal of the discussion and is able to direct the conversation.

**Objective** This study will look at what temptation is and encourage the kids to use self-control when they are tempted.

## Scripture Passage:

"Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable."

1 Corinthians 9:25 (ESV)

## Coaches Guide

The last two fruits of the Spirit are gentleness and self-control, but we will focus today on the second. The name self-control explains what it is: the ability to control ourselves from doing what is wrong and make sure we do what is right. The reason we need self-control is that sin has caused us to desire what is wrong. We naturally want things that are bad, which is why it is so easy for us to sin. When our desire is for sin, it's called temptation. Self-control means saying no to temptation and yes to what God wants. Gentleness is related to self-control and has to do with controlling the way we act toward others so that we don't hurt them either physically or emotionally.

Paul uses image of an athlete to explain self-control in 1 Corinthians 9:25. Athletes face temptations to do things that are bad for them (eat unhealthy food, be lazy at practice, cut corners and cheat during the game), but the best athletes don't do these things because they want to win a prize and they know these temptation will stop them from winning. Athletes exhibit self-control when they deny their desires for junk food and cutting corners so that they can win. They do all of this for a medal or trophy that will collect dust and soon be forgotten, but we are called to use self-control for an eternal prize.

Whenever we face temptation to do something that's wrong, we have an opportunity to exercise self-control. We must choose between doing what we want and sinning or obeying God and resisting temptation.

Team discussion gives questions to ask your team in order to discuss today's topic. Use the information from the coaches guide to steer the conversation toward the biblical truth.

"On the Field" gives some in-game situations where today's lesson can be applied, while "Off the Field" gives examples from everyday life. Encourage them to do the things you listed during the game today.

These are some final notes/goals to accomplish this week. These are not meant to be read, but are instructions for the coach.

## Team Discussion

1. What are gentleness and self-control?
2. Why is it difficult to have self-control? What does the Bible call it when we want to do something that is wrong?
3. Why do you think Paul uses the example of an athlete? How do athletes use self-control?
4. What is the difference between the reward an athlete gets for self-control and our reward?
5. What are some examples of ways we can have self-control?

### On the Field

- We may be tempted to make the game all about ourselves. Control that desire and do what is best for your team, not just yourself.
- Control the words that come out of your mouth and make sure they are kind, encouraging, and truthful. Listen when your coach is talking rather than calling out.
- If a player is pushing you, don't push them back. Instead, control your frustration and keep doing your best.

### Off the Field

- At school, we show self-control by obeying our teachers. Instead of goofing off or calling out in class, we should be respectful, obedient listeners.
- When others are gossiping or making fun of others, instead of joining in, we should control ourselves and be kind.
- At home, we should obey our parents, even when they aren't watching. We also must control the temptation to fight with our brothers and sisters.

## The Game Plan

1. Review last week's memory verse, Hebrews 11:1. Give a ticket to any player who can recite it.
2. Learn and memorize 1 Corinthians 9:25 (ESV) with your team. Encourage them to practice the verse over the week.
3. There are dozens of examples of self-control both on and off the field that could be said. Spend some extra time thinking of examples today and then emphasize using self-control during the game.