



PARENT-LED SUNDAY SCHOOL LESSON • 1ST-6TH GRADES

Just Hit Stop Too Much of a Good Thing

1. PRAY & PRACTICE

- **Pray**
- **Practice** class milestone. *Once they learn it, email smattar@stsa.church for a certificate and a new challenge.*
 - 1st-2nd: [Books of the Bible](#)
 - 3rd-4th: [Psalm 1](#)
 - 5th-6th: [Prayer of Thanksgiving](#)

2. INTRODUCTION

- Remind kids of this month's virtue: **Self-control—choosing to do what you should do, not what you want to do.**
- Practice Bible Verse: **"A person without self-control is like a city whose walls are broken through." Proverbs 25:28, NIRV**
- **Say,** "Sometimes we just want more and more of the good stuff in our lives—more candy, more cookies, more VIDEO GAMES! That actually reminds me of a story of one of our Orthodox Saints, Saint Augustine. He wasn't always a believer in Christ... he was really smart, well-educated, and went a long time thinking that philosophy and science proved there is no God. His mother, Saint Monica, was so sad about that. She kept telling him, and teaching him, and preaching to him about Christ... all good things... *but then she realized even though those were all GOOD things... she had to STOP. So she stopped telling him, and teaching him, and preaching to him... and you know what she did? She got on her knees and prayed.* She prayed for NINE YEARS that her son Augustine would believe in God. And you know what?! He DID – it was when She STOPPED and prayed that Augustine finally heard the words... Isn't that amazing?! All month long, we've been looking at truths from the book of Proverbs. (Hold up Bible.) This is a really cool part of the Bible because it has all kinds of wisdom about how God says we should live our lives. And there are some really cool verses in Proverbs that explain why self-control is so important."

- **Say,** ""Remember, self-control is choosing to do what you SHOULD do, not what you WANT to do. If we're honest, it's a lot easier to just do what we WANT to do. *But we also need to remember that on our own, we don't really know what's best in the first place. God does! and with His help, we can make choices that will protect us and the people we love.* So today we're looking at Proverbs, chapter 25 verse 16"
- **Have kids look up Proverbs 25:16** in your Bible. Help them use the table of contents if needed and remind them of the [Books of the Bible](#) song
- **Say,** "If you find honey, eat just enough. If you eat too much of it, you will throw up." (NIRV) Wow. Well, there it is. Saint Monica knew that if she kept telling and teaching and preaching to her son that well... he might just throw up. Instead she stopped and got on her knees... and how many years did she pray for her son? (Give them a chance to answer). That's right NINE YEARS! And Saint Augustine grew up to be one of the most important Bishops of our Church! Let's take a look at another story of a kid just like you that probably needs to take a look at Proverbs 25:16 too....

3. VIDEO

- **1st-4th Grade, play** this [VIDEO](#).
- **5th-6th Grade, play** this [VIDEO](#) and then **ask** your kids, "How do you know when to stop?"
- **Say,** ""Let's take another look at the verse: Proverbs 25:16 ""If you find honey, eat just enough. If you eat too much of it, you will throw up.' (NIRV) That's pretty simple. Pretty easy to understand. And, of course, there's nothing wrong with eating honey. Honey is delicious! But if you don't know when enough is enough, your stomach's not going to like you very much. And it's the same with a lot of different things. Saint Monica knew that if she didn't stop preaching to her son Augustine he may never turn back to God, so she stopped and got on her knees and prayed. For us – maybe we do too much of something else like video games. "It's not that video games are bad for you necessarily, but if playing video

3. VIDEO (CONTINUED)

games is all you do, day in and day out, you're going to miss out on other good things, like reading books or seeing the sun. You can eat too much, sleep too much, watch too much TV, be on your phone too much. If you don't decide when enough is enough, there will be consequences you might not see coming. So here's the one thing to remember today: **Know when to STOP.** And Saint Monica had the right idea. *If you don't think you can know on your own, ask God to help give you the power to stop.*

4. BEAT THE BOMB GAME

What you need:

- Deck of cards

What you do:

- Split the family into 2 teams and shuffle the cards.
- Place the deck in the middle of the family; one team on each side of the deck. Kids will take turns earning points for their team.
- The rules are as follows:
 - Turn over one card at a time.
 - Each person has to turn over at least two cards per turn, but then he can keep going as long as he wants.
 - The team will get however many points are totaled up from their cards. Jokers are worth 20 points. Aces are worth 10 points. All numbered cards are worth the number on them.
 - But there is a catch: Every face card is a "bomb." Anytime a bomb is turned over, it ends that team's turn and destroys all the points that team built up. (Even if it is one of the cards in the first two.)
 - Each turn ends when either the player decides to stop (and keep the points she's earned) or the player turns over a bomb. Then it's the next team's turn.
 - Kids will have to weigh the risk of keeping going in order to get more and more points versus the risk of hitting a bomb and losing the points he or she has built up. Teams can call out advice to the players to keep going or to stop, but players do not have to listen to their teammates.
 - Players for each team take turns trying to score for their team. Reshuffle the entire deck in between each person who plays.
 - Keep a tally of the points won for each team and declare a winner when you are finished.

4. BEAT THE BOMB GAME (CONTINUED)

What You Say:

Say, "In this game, it didn't matter how many points you had if you didn't stop before it was too late and the bomb took all your points. Kind of like in this game, we need to learn to stop when we have had enough. Even good things can be ruined by overindulging. What kinds of things do kids typically overindulge in? (Food, video games, extra curricular activities, TV, too much playtime with friends so homework and chores don't get finished) Learn to set limits for yourself, or ask a parent or even a wise older sibling to help you set limits so that you don't spoil good things by having too much of them. **Know when to STOP.**"

5. CAPTAIN ENUFF!

What You Need:

"Comic Book Page" Activity Page (page 3); 1 for each kid
Colored pencils

What You Do:

- Give each child a copy of the Comic Book activity page (page 3) and set out the colored pencils.
- Help them brainstorm what the villain, 2Much, does or makes too much of and how the Captain knows when to stop.
- Kids can be over-the-top and funny, but encourage them to keep some of the story details grounded in reality.
- Allow plenty of time to illustrate their stories.

6. REVIEW & PRAYER

- **Review Bottom Line:**

Know when to STOP

- **Review Verse:** "If you find honey, eat just enough. If you eat too much of it, you will throw up." Proverbs 25:16

- **Pray**

7. WORDS OF WISDOM

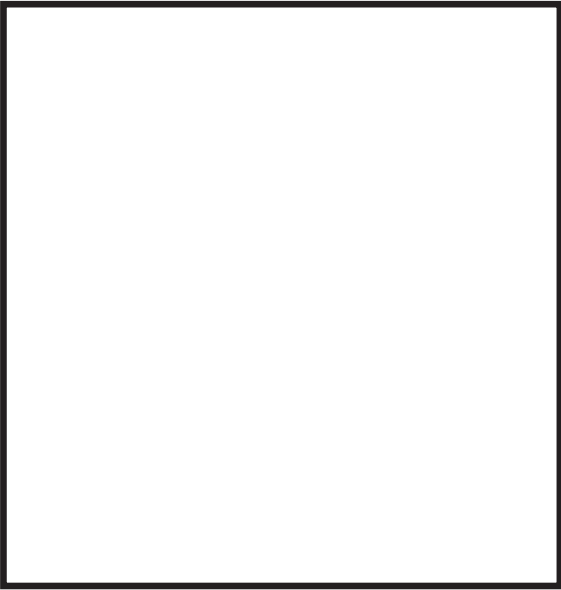
Share one inspiring quote from Words of Wisdom from St. Augustine (page 4) each day this week and discuss it with your child over dinner. There are 8 quotes because they were each too good that I couldn't narrow it down to 7 quotes.

The Adventures of

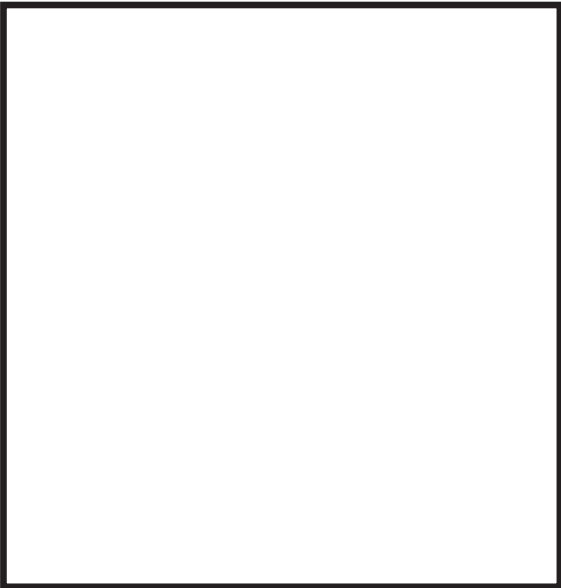
CAPTAIN ENUFF



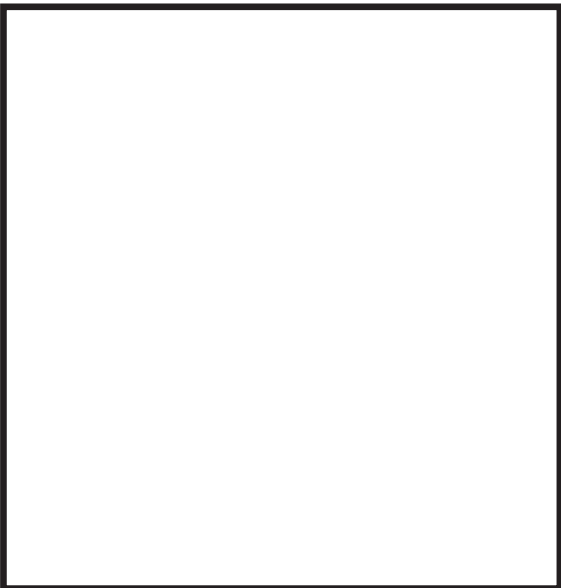
...and his arch-nemesis
2 MUCH!



I, **2 Much**, have made
more than enough of
this stuff: Much, much,
MUCH too much!
Mwahahahahah...



Oh, **2 Much**, don't
you know when to
STOP?



What to Do:

Copy on white paper or cardstock. Make one for each kid.

Comic Book Page

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Words of Wisdom from St. Augustine

Share one inspiring quote from St. Augustine each day this week and discuss it with your child. The words are deep, but with your help, they can understand them. Remember to thank God that Saint Monica knew when to STOP so that her son could turn to God and we could have these precious words today.

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- "You have made us for yourself, Oh Lord, and our hearts are restless until they find rest in you."
 - "The Bible was composed in such a way that as beginners mature, its meaning grows with them."
 - "What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like."
 - "Miracles are not contrary to nature, but only contrary to what we know about nature."
 - "Since you cannot do good to all, you are to pay special attention to those who, by the accidents of time, or place, or circumstances, are brought into closer connection with you."
 - "To fall in love with God is the greatest romance; to seek Him the greatest adventure; to find Him, the greatest human achievement."
 - "But my sin was this, that I looked for pleasure, beauty, and truth not in Him but in myself and His other creatures, and the search led me instead to pain, confusion, and error."
 - "There is no saint without a past, no sinner without a future."

LET'S GROW

Daily Guide to Help Kids Grow in God



Be like a tree
firmly planted
and fed by
streams of
water
(Ps. 1:3) and you'll GROW,
GROW, GROW!

Hi Friends! It's me, Sequoia. I'm a tree planted by streams of water so I get to grow, grow, grow. You can grow too! **Everyday that you say 'YES' to any of the THREE questions below, then you've grown in Christ and can celebrate by coloring in a notch on your growth chart.** (Only color one notch per day.) You'll be AMAZED at how much you grow in God!



**CHRIST IS RISEN!
TRULY, HE IS RISEN!**

Have you memorized your milestone already? Great!
Email smattar@stsa.church to
get your certificate
& a new challenge.

TODAY, DID YOU ...

1 PRAY?

Talk to God in the morning, before meals or at bedtime.

2 READ THE BIBLE?

Read a passage a day and you'll be ready for Sunday Liturgy.

April 27- May 1

- ☐ John 6:16-23
- ☐ Eph 2:19-3:9
- ☐ 1 John 5:10-20
- ☐ Acts 20:1-12
- ☐ John 6:35-45

May 4-8

- ☐ John 8:12-20
- ☐ Col 3:1-17
- ☐ 1 John 3:13-24
- ☐ Acts 10:37-43
- ☐ John 4:1-42

May 11-15

- ☐ John 6:57-69
- ☐ 2 Thes 2:13-3:5
- ☐ 1 John 4:7-13
- ☐ Acts 14:8-23
- ☐ John 12:35-50

May 18-22

- ☐ John 14:21-25
- ☐ Heb 10:19-38
- ☐ 1 Pet 4:6-14
- ☐ Acts 9:1-20
- ☐ John 14:1-11

May 25-29

- ☐ Mark 12:28-37
- ☐ 1 Cor 15:57-16:8
- ☐ 1 Pet 1:2-12
- ☐ Acts 20:1-16
- ☐ John 16:23-33

3 KEEP GOD'S WORD IN YOUR HEART?

Did you practice this Sunday's verse (below) or a part of your class milestone (on back)?

VERSE: "A person without self-control is like a city whose walls are broken through."

Proverbs 25:28, NIV

Milestones

1st-2nd: Books of the Bible

[Sing this song to help you!](#)

Old Testament

1. Genesis	23. Isaiah	5. Acts
2. Exodus	24. Jeremiah	6. Romans
3. Leviticus	25. Lamentations	7. 1 Corinthians
4. Numbers	26. Ezekiel	8. 2 Corinthians
5. Deuteronomy	27. Daniel	9. Galatians
6. Joshua	28. Hosea	10. Ephesians
7. Judges	29. Joel	11. Philippians
8. Ruth	30. Amos	12. Colossians
9. 1 Samuel	31. Obadiah	13. 1 Thessalonians
10. 2 Samuel	32. Jonah	14. 2 Thessalonians
11. 1 Kings	33. Micah	15. 1 Timothy
12. 2 Kings	34. Nahum	16. 2 Timothy
13. 1 Chronicles	35. Habakkuk	17. Titus
14. 2 Chronicles	36. Zephaniah	18. Philemon
15. Ezra	37. Haggai	19. Hebrews
16. Nehemiah	38. Zechariah	20. James
17. Esther	39. Malachi	21. 1 Peter
18. Job		22. 2 Peter
19. Psalms	New Testament	23. 1 John
20. Proverbs	1. Matthew	24. 2 John
21. Ecclesiastes	2. Mark	25. 3 John
22. Song of Solomon	3. Luke	26. Jude
	4. John	27. Revelation

3rd-4th: Psalm 1

[Sing this song to help you!](#)

1 Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;

2 But his delight is in the law of the Lord,
And in His law he meditates day and night.

3 He shall be like a tree planted by the rivers of water,
That brings forth its fruit in its season, whose leaf also shall not wither; And whatever he does shall prosper.

4 The ungodly are not so,
but are like the chaff which the wind drives away.

5 Therefore the ungodly shall not stand in the judgment,
nor sinners in the congregation of the righteous.

6 For the Lord knows the way of the righteous,
but the way of the ungodly shall perish.

5th-6th: Thanksgiving Prayer

Let us give thanks to the beneficent and merciful God, the Father of our Lord, God and Savior, Jesus Christ, for He has covered us, helped us, guarded us, accepted us unto Him, spared us, supported us, and brought us to this hour. Let us also ask Him, the Lord our God, the Almighty, to guard us in all peace this holy day and all the days of our life.

O Master, Lord, God the Almighty, the Father of our Lord, God and Savior, Jesus Christ, we thank

You for every condition, concerning every condition, and in every condition, for You have covered us, helped us, guarded us, accepted us unto You, spared us, supported us, and brought us to this hour.

Therefore, we ask and entreat Your goodness, O Lover of mankind, to grant us to complete this holy day, and all the days of our life, in all peace with Your fear. All envy, all temptation, all the work of Satan, the counsel of wicked men, and the rising up of enemies, hidden and manifest, take them away from us, and from all Your people, and from this holy place that is Yours.

But those things which are good and profitable do provide for us; for it is You Who have given us the authority to tread on serpents and scorpions, and upon all the power of the enemy.

And lead us not into temptation, but deliver us from evil, by the grace, compassion and love of mankind, of Your Only-Begotten Son, our Lord, God and Savior, Jesus Christ, through Whom the glory, the honor, the dominion, and the adoration are due unto You, with Him, and the Holy Spirit, the Life-Giver, Who is of one essence with You, now and at all times, and unto the ages of all ages. Amen.