

TEACHER PROMPTER & CHEAT SHEET

Cool-Headed Champions: Patience, Gentleness, & Self-Control

Scripture: Galatians 5:22-23 & Proverbs 16:32 • Target: Ages 4–11 • 60-Second Lesson Roadmap

SERMONS4CHILDREN MEDIA SUITE

- Fullscreen Classroom TV Mode
- Vector Cutout Craft & Puppet
- 8-Up Car Ride Pocket Slips

100% Free Ministry Resource

THE BIG IDEA: True strength isn't blowing your top or pushing your way forward; God gives us the superpowers of Patience, Gentleness, and Self-Control!

MEMORY VERSE: "Better a patient person than a warrior, one with self-control than one who takes a city." (Proverbs 16:32)

THE 4 STORY BEATS (3-MINUTE VISUAL STORYTELLING)

1. The Volcano Warning: When waiting in line or when a sibling takes your toy, your feelings can want to erupt like lava!

2. The Patience Pause: Patience means choosing to wait with a happy heart instead of throwing a noisy tantrum.

3. The Gentle Touch: Gentleness is power under control--like a gentle breeze or petting a tiny kitten instead of smashing.

4. The Self-Control Wheel: Self-control puts the Holy Spirit in the driver's seat of our mouth, hands, and feet.

OBJECT LESSON HOOK: **Prop:** A shake-up glitter bottle (representing chaotic thoughts settling slowly).
What to Say: 'When we pause and let the Holy Spirit calm us down, the water clears and we can see what Jesus wants!'

TACTILE / MOVEMENT: Take three deep belly breaths together: breathe in God's peace, breathe out impatience.

DISCOVERY QUESTION: **In Class:** Read Proverbs 16:32 and discuss why holding your temper is braver than winning a wrestling match.
Sensory Hook: Feel how soft a velvet cloth or cotton ball is compared to a hard jagged rock.

CLASSROOM GAME: Freeze-Dance Self-Control: Dance wild when music plays, but freeze like stone the exact split-second music stops!

CLOSING PRAYER: "Lord Jesus, when we feel frustrated or impatient, help us hit the pause button. Give us gentle words and strong self-control. In Your holy name, Amen!"

CAR RIDE HOME: **Parent Connection Question:** "When was it hardest to have self-control this week, and how did you feel when you chose patience instead of anger?" (See accompanying 8-Up Pocket Slips for printout)