

# City SG - July 27-28, 2019

**Bible Story:** More Than Words (Taming of the Tongue) • James 3:3-10

**Bottom Line:** God gives you the power to have self-control.

**Memory Verse:** *God began a good work in you. And I am sure that he will carry it on until it is completed. That will be on the day Christ Jesus returns.* Philippians 1:6, NIV

## 1. Freeze Dance (**LARGE GROUP ACTIVITY**)

**What You Need:** Upbeat music from CITY Computer

**What You Do:**

- Tell kids they will be playing a game of “Freeze Dance,” where they’ll dance to the music until you stop it, when they must freeze in whatever position they’re in until you start the music again.
- Play the music, and stop it every 20-30 seconds. When you stop it, encourage kids to stay in their exact position. It’s up to you if you want kids to be “out” if they move or if you just want to let everyone keep playing.

**What You Say:**

“Wow! It really took a lot of self-control to keep your body still when we froze, didn’t it?

**[Transition]** Let’s continue our Small Group, where we’ll continue talking about a specific part of our bodies that needs self-control.”

## 2. Stop and Tame Your Tongue

**What You Need:** “Stop Scenario Cards”

**What You Do:**

- Teach kids the title line to “Stop! in the Name of Love” by The Supremes. (If you’re not familiar with the song, check it out on iTunes® or YouTube®.)
- Tell them they’ll be coming up with their own versions of that song in response to scenarios.
- Tell a kid to pick a scenario card and read the scenario aloud.
- For the first one, you can suggest lyrics, such as: “Stop and tame your tongue before you hurt someone. Think it over.” Or “Stop and count to three, and then say you’re sorry. Think it over.”
- Repeat with the rest of the cards. Encourage kids to come up with different variations of the lyrics in response to each scenario.

**What You Say:**

“That was so much fun! You definitely need to sing those lyrics to your parents and grandparents when you leave here today. They will LOVE it. And I love that you’re learning more about having self-control. We all know it’s not easy, but it is definitely possible, because **[Bottom Line]** God gives you the power to have self-control.”

### **3. Ping-Pong Spoon Relay**

**What You Need:** Ping Pong Balls (4 per group), Plastic Spoons (12 per group)

#### **What You Do:**

- Divide the group into two equal teams.
  - If you have an unequal number of kids, the team with the lesser number will need to designate someone to go twice.
- Give each child a plastic spoon.
- Line up the teams, and give the 1<sup>st</sup> child in each line a ping-pong ball.
- One child at a time from each team will place the ping-pong ball on their spoon and go from one end of your area, to the other, without dropping the ping-pong ball off their spoon.
  - If the ball falls, kids may pick it up and continue.
  - Children will go up and down in the area you've designated, then pass the ping-pong ball to the next child in line.
- The first team to get all their players through the relay, is the winner!

#### **What You Say:**

"That was hilarious! Good thing we don't have to hold a ping-pong ball on a spoon everywhere we go! But we do need to be mindful of the words we say, and keep them under control!"

### **4. Memory Verse Scramble**

**What You Need:** Bibles, Memory Verse Cards from Week 1 (2 sets per group)

#### **What You Do:**

- Look up Philippians 1:6 and review it together as a group.
- Divide your group into 2 teams.
- Give each team a set of "Memory Verse Phrases".
- Scatter the phrases on the floor/rug face down.
- On your "GO!" teams will compete to put the verse in order.
- Play as many rounds as time/interest allows.

**BEFORE DISMISSAL: AT "COMMUNION CALL"**

**HAND OUT "GOD TIME" CARDS TO EACH CHILD AND ALLOW THEM TIME TO BEGIN  
WORKING ON THE WEEKLY ACTIVITY**

**IF CHILDREN BRING THEM BACK THE FOLLOWING WEEK, THEY RECEIVE A PRIZE!**