

International Conversation Cafe

Foxtrot English: Self Control

Game: Line up. Divide into groups of 6-10 people. When a category is read, everyone must line up in a certain order. When the line is arranged, everyone sits down. The first team down wins. Here are some categories; birthdays, shoe size, number of siblings, hair length, age, height, distance from home to school, number of movies seen in the last month, age, years in school, etc.

Idioms: Read the idiom, definition, and examples. Make up your own example sentence.

presence of mind- to be aware of what to do in an emergency. *When they girl fainted, he had the presence of mind to call for help.*

will power – to do what is difficult or when you do not feel like it. *She had the will power to say no to drugs.*

nerves – used to describe irritation. *The loud music got on my mother's nerves.*

Bible Story: Self Control

Life is full of choices. Will I do my best in school today? Will I get in a fight with someone who doesn't like me? Will I cheat on my test? Will I drink alcohol, use drugs, or have sex?

Some choices in life, like alcohol, drugs, and sex seem like they will make life better immediately or give more fun. In reality, these choices lead to a lot of trouble. A wise man once wrote in the book of Proverbs, "There is a way which seems right to a man, but in the end it leads to death."
What are some of the problems these choices bring?

Some choices lead to success. Here is a lesson we learn from nature about choices from Proverbs 6.

You people who don't want to work, think about the ant!
Consider its ways and be wise!
It has no commander.
It has no leader or ruler.
But it stores up its food in summer.
It gathers its food at harvest time.

How does the ant prepare for the future? What is the writer reminding us to do?

You lazy people, how long will you lie there?
When will you get up from your sleep?
You might sleep a little or take a little nap.
You might even fold your hands and rest.
Then you would be poor, as if someone had robbed you.
You would have little, as if someone had stolen from you.

What is the main message the author wants us to remember?

What is the result of not preparing for the future?

What would you like to be doing in ten years?

What are some important choices you make to prepare for your future; each day, each year?

It is not easy to have self-control, especially when we feel alone. God has given Jesus who knows how we feel. He can help us do the right thing.

We have a great high priest. He has gone up into heaven. He is Jesus the Son of God. So let us hold firmly to what we say we believe. We have a high priest who can feel it when we are weak and hurting. We have a high priest who has been tempted in every way, just as we are. But he did not sin. So let us boldly approach God's throne of grace. Then we will receive mercy. We will find grace to help us when we need it.

Define new words.

Use your own words to describe what Jesus is like.

How is Jesus like us?

How is Jesus different from us?

What can we do when we need help to do the right thing?

Songs: Your Word is a Light Psalm 119:105

Music and arrangement by Steve Green <http://www.stevegreenministries.org>

Your word, (echo) your word Your word, (echo) your word. Is a lamp to my feet.

Repeat

And a light

(echo) and a light to my path

Your word,

Your word,

Is a lamp to my feet.

(echo) your word (echo) your word

https://www.youtube.com/watch?v=ZKdINXv_MXk

