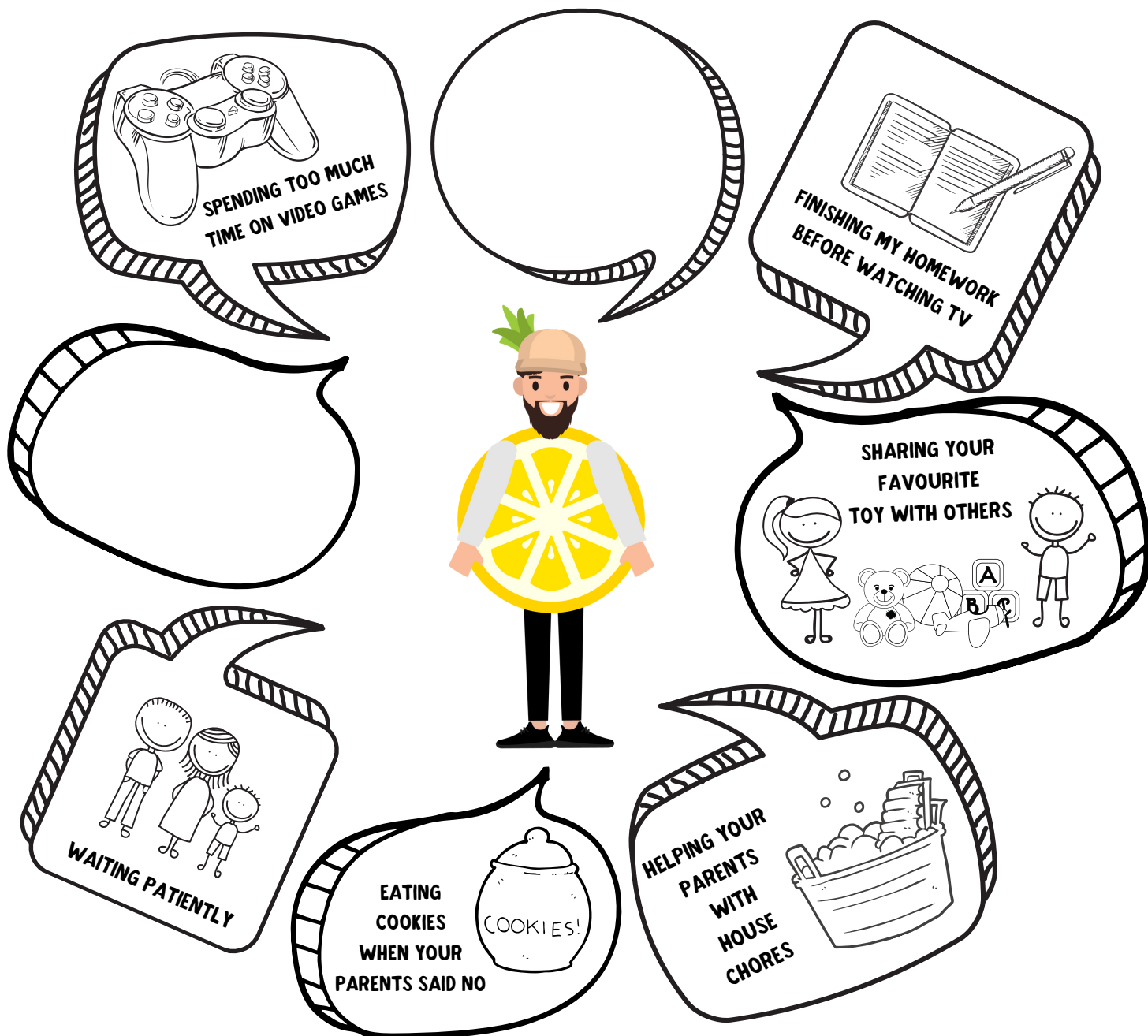


THE FRUIT CHALLENGE

PRACTICING SELF-CONTROL

WHEN WE LIVE BY THE HOLY SPIRIT, WE ARE ABLE TO HAVE SELF-CONTROL!
PUT A CROSS ON THE PICTURE THAT DOES NOT SHOW SELF-CONTROL AND COLOUR THE
PICTURE THAT SHOWS SELF-CONTROL. DISCUSS WHY. THEN, FILL IN THE REMAINING
SPEECH BUBBLES WITH HOW YOU CAN SHOW SELF-CONTROL.



THE FRUIT CHALLENGE

SAY 'NO, STOP & LISTEN' POPSICLE

TO HAVE SELF-CONTROL IS TO MAKE THE RIGHT CHOICE. IT IS DIFFICULT TO MAKE THE RIGHT CHOICE AT TIMES BECAUSE OF OUR FALLEN NATURE. BUT WHEN WE HAVE THE HOLY SPIRIT AS OUR HELPER, SELF-CONTROL BECOMES POSSIBLE!

MAKE YOUR VERY OWN SAY 'NO, STOP AND LISTEN' POPSICLE

STEPS:

- 1. COLOUR THE SIGNS WITH YOUR FAVOURITE COLOURS.**
- 2. CUT OUT THE SIGNS.**
- 3. ON THE BACK OF THE SIGN ATTACH A BIG POPSICLE STICK AND SECURE IT WITH TAPE.**
- 4. KEEP THIS IN YOUR ROOM TO REMIND YOU THAT WHENEVER YOU FEEL TEMPTED YOU CAN SAY NO, STOP AND LISTEN TO THE HOLY SPIRIT.**

GAME:

- 1. HAVE ONE PERSON BE THE SIGN HOLDER.**
- 2. PLAY MUSIC.**
- 3. THE SIGN HOLDER WILL SHOW A SIGN AND CHANGE WHENEVER THROUGH THE MUSIC.**
 - NO : GO AROUND, PUT YOUR HAND IN FRONT OF YOU AND SAY 'NO' TO SOMEONE.**
 - STOP : STAY STILL.**
 - LISTEN : FIND SOMEONE AND SHOW THEM YOUR LISTENING EARS BY PUTTING ONE HAND TO YOUR EAR.**
- 4. WHEN THE MUSIC STOPS, EVERYONE WILL NEED TO FREEZE!**
- 5. THE PERSON THAT MOVES WILL BE OUT!**
- 6. UNTIL THERE IS A WINNER!**

