



Good morning parents!

Thank you to those who were able to join the walk yesterday. We hope you and your kids had a good time being out in nature.

This week we will be talking about the last Fruit of the Spirit: Self-Control. Sometimes we forget that self-control is actually not driven by our own will power, but it is God who grows in us an ability to be disciplined and frees us to follow Jesus more closely. As parents you have an amazing opportunity to teach your kids how to tap into and grow in self-control by modeling and talking about how they can grow in their relationship with God. We hope that our Kids Branch @ Home series has given you some tools to do just that. May God continue to give you wisdom as you talk about these Fruits of the Spirit and give you joy as you see God growing them in your children's lives.

We find it a great joy to serve your family and to walk alongside you. Please remember that we are here if you are in need of prayer or support. Don't hesitate to reach out!

Kids Branch

Kelly (kelly@tob.ca) and Anne (anne@tob.ca)

Note: In addition to our Kids Branch @ Home lineups we have other opportunities for you and your kids to connect and grow this fall.

- Our next event will be a December Craft morning. More details to come.
- Teach and practice generosity as a family by participating in **Angel Tree Christmas**. Angel Tree Christmas is a program run by Prison Fellowship Canada. This program gives us the opportunity to show love and kindness to children who have an incarcerated parent. For the past three years the offering collected in Kids Branch went to help purchasing gifts for children on behalf of their incarcerated parent. This year we are asking families to consider purchasing a gift for a child. This year we are sponsoring 8 children. Each gift is to cost no more than \$35. If your family would like to purchase a gift for this project, please email ANNE@TOB.CA.
- Continue learning about the Fruit of the Spirit throughout the week by watching "Night Owls & Early Bird: The Fruit" on RightNow Media. Don't have a RightNow Media account? Then [sign up](#) for free today.

Kids Branch @ Home Video Option - This includes worship and the Bible lesson

- <https://youtu.be/pBNbT8Kgehk>

Kids Branch @ Home Parent Led Option

Worship Suggestions

During worship encourage your kids to sing, follow along with the actions, have a dance party or just listen and think about what the words say who Jesus is and who we are to him. All of these are ways that we can express our joy and love for God.

- Play "One Way" - <https://youtu.be/MNe4HCO4SuQ>
- Play "Light of the World" - <https://youtu.be/el302Av7vSI>

Bible Story Suggestions – Jesus Demonstrates Self-Control

Read the story of Zacchaeus (Luke 19:1-10)

Elementary & Preschool Activities

- Try out this [game](#) and [object lesson](#) (as shown in the video)

Family Activity

Practice self-control with this fun family activity.

- Play the Quiet Game—see who can be quiet the longest.
- If the game ends quickly, play again and have everyone try to beat the previous game's time.
- After the game, talk about what made it hard not to talk in the game.
- Share about situations where it's hard for you not to do what you want to do.

Pray Together

Thank Jesus demonstrating self-control. Ask God to help your kids demonstrate self-control this week.

Join the church in prayer @ 7 PM every day. Find the specific prayer request and scripture on TOB's Instagram or Facebook story. If you or your kids would like to film yourselves reading the scripture verse and praying, please email us.

Memorize Scripture

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!” (Galatians 5:22-23)