7. Think Before You Act

The Course

Key Verse: 1 Corinthians 10:31 – How can I please God?
1 Corinthians 10:31; Ephesians 4:22-24; 6:1-2, Philippians 2:14

The Goals

As a result of this lesson the children will:
1. Know there are good and bad habits.
2. Want to please God by forming good habits.
3. Develop good habits and not bad ones.

The Equipment Room

For the following lesson you will need:
1. Visuals #1-3b [As PowerPoint]
2. Toothbrush
3. A shoe [With laces]
4. Advanced preparation needed for ➤1 Extra Action, ➤3 Large Group, and ➤9a-9b Challengers Only Adaptations.

The Warm-up

Activity: Have a paper with ten different habits on it [brushed your teeth, had your quiet time at least five days this week, combed your hair, did your homework, played a video game, read a book, etc.] Make copies of the paper and give a copy to each person as they enter. Have them get signatures of other Olympians and coaches that did these habits during the week. The person with the most signatures wins!

Scripture Memory Review Game: Divide the children into two teams. Space the teams a distance apart as room permits. Give each team a balloon. Children will bat the balloon in the air as they say the verse. If they balloon touches the ground, they need to start the verse over from the beginning.

Opening Ceremonies

Songs: Run the Race, My All [See Olympian CD Tracks #1 and 7.] This Little Light of Mine; O-B-E-D-I-E-N-C-E

Bible Lesson Review: Write point values on small pieces of paper. Place the papers inside ten balloons and then blow the balloons up. Scatter the balloons near you on the floor. Divide the group into two teams and alternate questions. If the child answers correctly, they get 2000 points for their team and they may choose a balloon to pop for additional points. If they get it wrong, they may get help from their team. If they get it right with help, they will receive 1000 points and an opportunity to choose a balloon. If no one gets it right, tell them the answer, and ask the next question. The team with the most points wins.
The Coach’s Corner

Can anyone tell me what a habit is? [Allow a few of the children to answer.] A habit is something we do continuously as part of a routine like brushing our teeth or tying our shoes. How many of you know how to tie your shoes? [Take the shoe and tie the laces.] It is hard when you first learn how to put the loop in the right place and make a knot. Once you learn how, you stop thinking about doing it. I have some habits. [Take out the toothbrush and display Visual #1.] Every morning and every night, I brush my teeth. I don’t even have to think about how to do it, I just do it. It’s a habit for me. What are some habits that you have? [Allow the children to answer. If they have trouble thinking of examples, you can make suggestions such as watching Saturday morning cartoons, making their bed, or playing computer games.] But sometimes we can form bad habits too. When we form good, godly habits, God is pleased. [Display Visual #2a.] When we habitually do and say things that do not please God then we have formed bad habits which are sin. [Display Visual #2b.]

Let’s listen to a couple of scenarios. Think about the habit of obeying or disobeying your parents.

**Scenario #1:** Every Saturday, Jody had the chore of cleaning his bedroom. Jody was playing a video game when his mom instructed him to put the controller down and clean his room. He hated to clean his room. He sat down on his bed and looked at the mess. He was still sitting there pouting thirty minutes later when his mom came to see if he was finished. His mom’s smile soon turned to a frown when she saw that the job still was not done. [Display Visual #3a.]

**Scenario #2:** Every Saturday, Gage had the chore of cleaning his bedroom. Right after breakfast his mom reminded him to clean his bedroom. Right away, he went to his room and started to pick up the clothes on the floor. He got the dust rag and vacuum cleaner. He had just finishing vacuuming when his mom came to see how he was doing. [Display Visual #3b.] His mom was pleased to see that the job was already done. [Display Visuals #2c-2d.]

Look what the Bible says about obeying your parents. [Read Ephesians 6:1-2.] Which scenario showed obedience? God is pleased when we make a habit of obeying our parents right away with a good attitude. He gave us parents to help train, guide, and direct us in the way we should go.

I’m going to read two more scenarios. I want you to tell me which one shows a good habit and which one shows a bad habit.

**Scenario #1:** It was Personal Training Time in Olympians. Coach Doug asked everyone to open their Quiet Times and share something God had taught them this week. Some of the children shared how God had taught them to be thankful and how they had worked on being thankful during the week. Others shared how God had answered prayers this week. Coach Doug also shared how thankful he was for each one in his Personal Training group for their faithfulness in having their quiet time consistently each day.

**Scenario #2:** It was Personal Training Time in Olympians. Coach Doug asked everyone to open their Quiet Times and share something God had taught them this week. Terry said, “I didn’t have time to have my quiet time. I was too busy and had lots of homework.”

“You had time to play the Wii for three hours every night, Terry, so don’t say you didn’t have time,” replied his sister. “My friends came over to play the Wii but you wouldn’t even let us have a turn.”

“I’m just too busy with things I want to do to spend time reading the Bible. Besides I hate to read.” Terry replied.

Others in the group started to complain and say that it took too much of their time to have a quiet time. Coach Doug reminded them that if they would have taken time to have their quiet time they would have learned from God’s Word how to be thankful. He shared some verses about thankfulness from Quiet Time...
passages for that week. He also shared how God had helped him during the week be thankful for situations that had happened at work.

Is reading your Bible and having your quiet time a good or bad habit? [Display Visuals #2e-2f] Reading your Bible is a good habit that we want you to develop in Olympians. Part of your quiet time is opening your Bible, reading the verses, and then doing the activity for the day to help reinforce what you have learned. Maybe you have trouble reading and need someone to help you read the verses. That’s okay. Who could help you with your Bible reading? [Allow children to respond. Suggestions would be a parent, grandparent, sibling, an Olympian coach, or another Olympian.] A good habit requires discipline. You need to set aside a certain time during the day when you will sit down with your Bible and Quiet Time. After awhile, it becomes a habit and you will routinely look forward to spending time with God each day through reading your Bible and completing your Quiet Time.

Listen to a couple more scenarios.

Scenario #1: Dan was told by his mom to do his homework. Dan complained, “But Mom, I don’t want to do my homework. Jacob’s dad doesn’t make him do his homework.” His mom replied, “I don’t care what Jacob’s dad does, you are not doing anything else until your homework is done to my satisfaction.” Daniel stomped up the stairs and banged his door. He did his homework but complained the whole time he did it. Was he obeying and honoring his mom? [Allow children to respond. You may want to ask why or why not?]

Scenario #2: Dan was told by his mom to do his homework. This was not his favorite thing to do but he knew that if he did a good job and did it quickly that his mom would be pleased. He worked diligently and then let his mom check his homework. His mom praised him for doing a good job.

Which scenario shows a good habit? [Display Visuals #2g-2h. Dan was diligent about doing his homework with a good attitude even though it wasn’t his favorite thing to do. The Bible tells us in Philippians 2:14 to do things without complaining and arguing. When we complain and argue, it is a bad habit and we are disobeying God. Instead of complaining we should do what we are told with a good attitude.

So how do we replace our bad habits with good habits? [Read Ephesians 4:22-24. When we put off our old habits, we need to put on good and godly habits into our lives. [Read 1 Corinthians 10:31.] Jesus wants us to please Him in everything that we do. (8) (9b)

Running the Race

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<th>Mostly Unchurched Children</th>
<th>Mostly Churched Children</th>
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<td>There is something very important about habits that you need to understand. Good habits don't make us good enough to go to Heaven. If you have never received Jesus as your personal Savior, then you are not a child of Jesus. Even if you work really hard to form good habits, and do many good things, you still cannot get into Heaven. There is only one way to get into God's Heaven. It is not by being good, going to church, or praying. It is by believing. What do we need to believe? The first thing we need to believe is that we are all sinners. God’s Word says in Romans 3:23, “For all have sinned, and come short of the glory of God.” We are all sinners. Can anyone tell me what sin is? [Allow the children to respond. Explain that sin is anything we think, say, or do that doesn’t please God. Be sure to give examples they can personally apply to their lives.] Everyone in this room has sinned. Because of</td>
<td>God wants you to develop good and godly habits in our lives. It takes at least thirty days to form a new habit, so don’t get discouraged. Maybe you need to form the habit of having a quiet time every day, memorizing your Olympian verses, or serving through Christian service. Maybe you have already formed those habits but you need to work on obeying your parents or having a happy heart when you are told to do something. Do you obey right away with a happy heart or do you grumble and complain? If you do ask God to forgive you and help you to obey with a happy heart. Remember that good, godly habits are not what gets us into heaven. It is by believing that you are a sinner, God is holy, Jesus died on the cross to pay the penalty for you sin, that He died and rose again. If you have never received Jesus as your Savior and would like to know more about how to ask Jesus into</td>
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our sin, we cannot get to Heaven on our own. Romans 6:23 says, “...the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.” What are wages? [Allow the children to respond. Explain that the payment we deserve for our sins is death—physical death.] But God the Father loved us so much that He sent His Son, the Lord Jesus Christ, to pay the price for our sin. Jesus died on the cross to make a way for us to go to Heaven someday. The good news is that Jesus didn’t stay dead; He came back to life three days later. Jesus is now in Heaven preparing a place for you and me.

If you believe this, you can receive Jesus Christ right now and become a child of God. God’s Word tells us in John 1:12, “But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name.”

I need everyone to bow your head and close your eyes. Have you ever asked Jesus to save you from your sins? Do you know for sure you are on your way to Heaven? If your answer is yes, please raise your hand. [Wait for response.] Thank you, you can put your hand down.

Some of you did not raise your hand and I appreciate your honesty. I have a question for you. Would you like Jesus to come into your life and save you from your sins? If you do, raise your hand. [Wait for response. Even if no one raises their hand, continue.] Thank you. [Tell the children who have raised their hand that they can put them down.]

Right now, you can pray this prayer with me. You will not be talking to me; you will be talking to God. It is not the prayer that saves you, it is telling God what you believe about Him.

You can tell God something like this: “Dear God, I know that I am a sinner. [Pause] I believe that your Son, Jesus Christ, died for me and rose from the dead. [Pause] I am asking Jesus to save me from my sins right now. [Pause] Thank you, Lord Jesus. Amen.”

Please continue to keep your head bowed. Did you ask Jesus to come into your life just now? If so, let me know by raising your hand? [Wait for response.] If you raised your hand, look up here at me? [The Bible Coach should look each person in the eye and ask, “Did you really mean it when you asked Jesus to save you? That’s great!”] I need each of you who are looking at me right now to come up front and stand next to me.
At this point, have a coach lead the new believers to a place where follow-up can begin.

God wants you to develop good and godly habits in our lives. It takes at least thirty days to form a new habit, so don't get discouraged. Maybe you need to form the habit of having a quiet time every day, memorizing your Olympian verses, or serving through Christian service. Maybe you have already formed those habits but you need to work on obeying your parents or having a happy heart when you are told to do something. Do you obey right away with a happy heart or do you grumble and complain? If you do ask God to forgive you and help you to obey with a happy heart.

[Close in prayer.]

### Personal Training Time

1. What are some bad habits that we can have?
2. How can we form good and godly habits?
3. What is one godly habit you can begin forming this week?

### The Big O’vent

**Balloon Partner Relay** [See Big O’vent Mega CD, page 48.] Let's work together to form good, godly habits this week. I hope you started a good habit during the Big O’vent by cheering for your team!

### Closing Ceremonies

Remember to work on developing your good, godly habit this week. Be sure to let your Personal Training Coach know how you did when we come together next week!

### Lesson Adaptation Explanations

- **1 Extra Action**: Pick four older children to act out the different scenarios.
- **3 Large Group**: Give the various scenarios to the older children and let them act out the scenarios with a coach playing the part of the parent.
- **8 Champions Only**: Have the children look at Galatians 5:22-23, find the meaning of each fruit of the Spirit, and discuss how they can apply it to their lives to form better habits.
- **9a Challengers Only**: Use the following puppet skit.

  **Bible Coach**: But sometimes we can form bad habits too. When we form good, godly habits, God is pleased. [Beeper enters.]

  **Beeper**: I'm sure God is pleased with all of my habits.

  **Coach**: What are some of your habits, Beeper?
Beeper: I get up every morning, make my bed, comb my hair, and pick-up my room just like my mom tells me to do. [Pipsqueak enters.]

Pipsqueak: Stop, Beeper. I’ve been to your house. The only time you make your bed and comb your hair is when your mom tells you to. I’ve seen you pick-up your room. You shoved all the stuff under your bed.

Beeper: Well it looked clean didn’t it? Besides, my mom never looks under my bed.

Pipsqueak: Pushing your clothes under the bed isn’t a good habit. It is a bad habit. Besides it is not obeying your mom. Is it, Coach?

Coach: Let’s look at what the Bible says about obeying your parents. [Read Ephesians 6:1-2.] God is pleased when we obey our parents. He gave us parents to help train, guide, and direct us in the way that we should go. Do you think that shoving stuff under your bed is obeying your parents, Beeper?

Beeper: I guess not. Maybe shoving stuff under my bed is a bad habit, but I have other good habits. I bring my Quiet Time to Olympians each week. That is a good habit.

Pipsqueak: Bringing it to Olympians is a good habit but Beeper you never open your Quiet Time throughout the week. You are always trying to trick me into giving you my Quiet Time so you can copy the answers before we get to Olympians.

Beeper: Well, if I want to get one of those Olympian medals, I need to have my book filled in.

Pipsqueak: But Coach, isn’t spending time with God the purpose of having a quiet time each day, not to just get a medal?

Coach: Yes, it is, Pipsqueak. Reading your Bible is another good habit that we want you to develop in Olympians. Part of your Quiet Time is opening your Bible, reading the verses, and then doing the activity for the day to help reinforce what you have learned. Maybe you have trouble reading and need someone to help you read the verses. That is okay. Who could help you with your Bible reading? [Allow children to respond. Suggestions would be a parent, grandparent, sibling, an Olympian coach, or another Olympian.] A good habit requires discipline. It may mean planning a certain time of the day when you will sit down with your Bible and Quiet Time. After awhile, spending time with God each day becomes a habit so you will routinely read your Bible and have your Quiet Time.

Beeper: Those are good ideas. Maybe I need to set a time to have my quiet time each day.

Pipsqueak: I’ll help you, Beeper. Maybe I can come over after school each day and we could have our quiet time together.

Beeper: That will be great, Pipsqueak.

Coach: It’s wonderful that you both want to spend time with God. The other habit we want to talk about is to have a good attitude.

Beeper: I have a good attitude all the time. I never complain because I am always happy.

Pipsqueak: That’s great, Beeper. By the way, did you do your homework yet?
Beeper: No, I didn't do my homework. In fact, I don't think it is fair that Mr. Earl gave us so much homework. I'm going to text the rest of the class and ask them not to do it. We should all protest and complain to keep him from giving us so much homework.

Pipsqueak: Beeper, are you complaining?

Beeper: But Pipsqueak, it is not fair.

Pipsqueak: Beeper, you are complaining and Mr. Earl didn't give us that much homework. He only gave us five math problems and asked us to study our spelling words. It took me less than ten minutes to do my homework. Beeper, you need to stop the bad habit of complaining, have a good attitude, and just do it. So, let's go say goodbye and I'll help you finish your homework. Say goodbye, Beeper.

Beeper: Goodbye, Beeper. [Beeper Exits.]

Pipsqueak: Goodbye. [Pipsqueak Exits.]

Bible Coach: The Bible tells us in Philippians 2:14 to do things without complaining and arguing. When we complain and argue, we are disobeying God.

We should replace our bad habits with good habits [Read Ephesians 4:22-24]. When we put off our old habits we need to put good, godly habits into our lives. [Read 1 Corinthians 10:31.] Jesus wants us to please Him in everything we do.

[Continue at Running the Race.]

> 9b Challengers Only: Make ears, hands, feet, and eyes out of construction paper or cardboard. [Make sure there are enough body parts so that each child has a set of either ears, hands, feet, or eyes.] Have the children sing "O, Be Careful." When you come to the different body parts in the song, the children with a picture of that body part should stand and hold up their picture, then sit down again quickly until the next time that word is sung.
Pleasing God

Sinning

Obeying Your Parents

Disobeying Your Parents

Reading Your Bible

Not Reading Your Bible

Doing Things with a Good Attitude

Complaining