



HOPE CONTROL: GOD'S POWER IN ME

JULY 2025
KIDS ASSEMBLY TOPIC

Kids Assembly Topic for July 2025

Title:

HOPE CONTROL: GOD'S POWER IN ME

Objectives:

At the end of the session, participants should be able to:

- Understand that the Holy Spirit gives us the strength to choose what is right
- Appreciate the value and power of self-control
- Learn to ask the Holy Spirit for help in our actions and decisions.

MOTIVATION

Activity: Watch the Marshmallow Test Video ([The Marshmallow Test | Igniter Media | Church Video](#))

Processing:

Choosing to control yourself is difficult, but when we choose self-control, we realize it's the right thing to do, and it's worth it.

EXPANDED OUTLINE



I. HEAD

“For the Spirit that God has given us does not make us timid instead His Spirit fills us with power, love and self-control.”

- 2 Timothy 1:7

God has given us the fruits of the Holy Spirit, and one of them is self-control. Self-control means choosing what’s right, even when we feel like doing something else. It’s stopping to think before we act. It’s saying “no” to bad choices and “yes” to what God wants. God knows our human struggles, that’s why He gave us His Spirit to lead and guide us toward what is good and holy. Even at a young age, we may find ourselves getting carried away by emotions, complaining, or making wrong choices. But when we choose to love and follow Jesus, the Holy Spirit lives in us and helps us grow good fruit.

We don’t have to do it all on our own - the Spirit of God gives us the strength to stay in control and become more like Him.



II. HEART

Self-control isn’t always easy, but with the help of the Holy Spirit, we can learn to make good choices every day. Even as kids, we can practice self-control in simple ways. Here are three ways we can start doing that with God’s help.

1. Pause and Pray

Sometimes we get excited, upset, or tempted to do something wrong. When that happens, stop for a moment and take a deep breath. Then say a short prayer like, “Holy Spirit, please help me choose what’s right.” Asking God for help gives us strength to stay calm and make better choices.

2. Think First

Before you speak or do something, take a second to ask yourself, “Is this what Jesus would want me to do?” Thinking first helps us avoid hurting others or doing something we might regret. The Holy Spirit can remind us of what’s right when we take time to listen in our hearts. It’s like having a quiet voice inside helping us stay on the good path.

3. Choose What's Good

Even when it's hard, we can say "no" to bad choices and "yes" to what will make God happy. Self-control means choosing to obey, share, wait, or be kind—even when we don't feel like it. The Holy Spirit gives us the power to do what's good, even when others around us aren't. Every time we choose what's right, we grow to be more like Jesus.



IV. HAND

A. Kids at Play to First Steps (3-7 years old)

Activity: Coloring Activity (see appendix A)

Material:

- Printed copy of the coloring page
- Coloring materials

B. Footsteps to Step Up (8-11 years old)

Activity: Feelings Thermometer (see appendix B for reference)

Materials:

- Bond Paper
- Pencils
- Coloring Materials

Instructions:

- Draw a thermometer shape on a large sheet of paper or poster board and color it.
- Label the different levels of the thermometer with emotions (e.g., happy, calm, frustrated, angry).
- On the side of the thermometer, draw an emoticon that shows how you're currently feeling.

TAKE AWAY

Self-control helps us grow as children of God. When we keep choosing what is right and holy, we reflect God to others. Practicing self-control now prepares us to become the person God wants us to be. And through the Holy Spirit, the world will see that self-control is possible.

RECITATION OF MFC KIDS PROMISE

1. I will imitate Jesus.

- I will pray to God and read the Bible every day.
- I will make Jesus as my role model by obeying rules and doing good in school.

2. I will be a good family member.

- I will be a good son/daughter to my parents by obeying and respecting them.
- I will be a good sister/brother to my siblings through sharing and supporting them.

3. I will be an active member of MFC Kids

- I will always attend and participate in all MFC Kids activities.
- I will share my time, talents, and treasures to others especially to my brothers and sisters in MFC Kids
- I will love, respect and be loyal to my MFC Kids family.

4. I will tell others about Jesus.

- I will love my brothers and sisters, relatives, and friends by doing good deeds every day that will reflect God's love.
- I will serve in our Parish Church.
- I will love the poor by sharing what I have with them







Appendix A




Appendix B

FEELINGS THERMOMETER

How are you feeling today?

	—	Angry	<ul style="list-style-type: none">• Count out loud to 10• Ask for help
	—	Frustrated	<ul style="list-style-type: none">• Take a break• make a fist, squeeze & release
	—	Worried	<ul style="list-style-type: none">• Hug someone• Think about a happy place
	—	Sad	<ul style="list-style-type: none">• Talk to family or friends• Cuddle a stuffed animal
	—	Calm	<ul style="list-style-type: none">• Hang out with friends• Get fresh air
	—	Happy	<ul style="list-style-type: none">• Smile and laugh• Have fun!

 **FGWRC**
FORT GARRY WOMEN'S RESOURCE CENTRE

Dear Parents/Guardians,

The rainy season has begun! And while the days may be a little cooler and cozier, they can also be filled with meaningful moments as a family. Thank you for allowing your child to join this month's Kids Assembly. We're blessed to walk alongside you in helping your child grow in faith, because no child is ever too young to know, love, and follow Jesus. This month, our topic is about the virtue of self-control. We've shared to our MFC Kids members that through the power of the Holy Spirit, they can learn to pause, think, and choose what is good and right, even when it's hard. As parents, your presence and example play a big part in helping this virtue take root in their hearts and habits. To support you in this, here are three simple and meaningful parent-child activities you can enjoy together at home.

1. Hope Thermometer Craft and Talk - Parents and children can create a "Hope Thermometer" together by drawing a thermometer and labeling it with different emotions like happy, calm, frustrated, or angry. The child can color it and draw how they're feeling on the side. As they do this, parents can guide a conversation about how feelings rise and how the Holy Spirit helps us stay calm and choose what's right. This simple craft becomes a tool for emotional awareness and a way to talk about asking God for help through prayer.

2. Role-Playing Game: "Stop, Think, and Choose!" - Through fun and simple role-playing, parents and children can act out everyday situations like being told "no," waiting, or sharing toys. After each role-play, they pause and talk about how they could respond with self-control instead of reacting out of frustration. This activity helps children recognize real-life moments where they can stop, think, and choose what's right, while also reinforcing that hope in Jesus gives them the strength to do it.

3. "Yes to God" Jar - Parents and kids can place a jar at home labeled "Yes to God," and every time the child practices self-control—like staying calm, being patient, or choosing to obey—they can write it on a small paper and drop it in the jar. At the end of the week, the family can read each note together and celebrate the child's good choices. This not only encourages the child to recognize their efforts but also connects their actions to God's help and the work of the Holy Spirit in their lives.

After doing the activities, we encourage you to post these on your social media accounts so that you can inspire other parents and families to journey with their kids. Use these hashtags - #MFCKids #ParentChildActivity #MomentsThatMatter

Thank you very much and we hope to be with your kid/s next month!

MFC Kids Team