

## Object Lesson About Self-Control

*You will need the following supplies to demonstrate this object lesson:*

- A clear drinking glass
- Liquid dishwashing detergent
- 2 tbsp of baking soda
- Vinegar
- Food coloring (**Not necessary**, just to add some fun color)
- Baking pan

**Say:** Men and women have trained wild animals like elephants, tigers and even lions but it is much more difficult to tame a part of your body—the tongue! Everyone gets angry but some of don't have much self-control when we have these strong feelings. It's easy to allow anger to grow and then you blurt out something you regret later. According to **James 3:2-8**, we must not sin when we feel angry.

(Read James 3:2-8)

All of us get tripped up in many ways. Suppose someone is never wrong in what they say. Then they are perfect. They are able to keep their whole body under control.

<sup>3</sup>We put a small piece of metal in the mouth of a horse to make it obey us. We can control the whole animal with it. <sup>4</sup>And how about ships? They are very big. They are driven along by strong winds. But they are steered by a very small rudder. It makes them go where the captain wants to go. <sup>5</sup>In the same way, the tongue is a small part of a person's body. But it talks big. Think about how a small spark can set a big forest on fire. <sup>6</sup>The tongue is also a fire. The tongue is the most evil part of the body. It makes the whole body impure. It sets a person's whole way of life on fire. And the tongue itself is set on fire by hell.

<sup>7</sup>People have tamed all kinds of wild animals, birds, reptiles and sea creatures. And they still tame them. <sup>8</sup>But no one can tame the tongue. It is an evil thing that never rests. It is full of deadly poison.

Let me show you what I mean.

**Demonstrate:** Place the baking pan on the table to catch the overflowing experiment. Place the glass in the center of the pan and fill it nearly full with warm/hot water. If you like, drip two drops of food coloring in the water. Now add three to four drops of liquid detergent. Sprinkle in 2 tablespoons of baking soda. Here comes the fun part—pour in the vinegar! You'll see it bubble up!



**Say:** We are like the water. The baking soda is like our anger. The vinegar is our self control. If we don't get self-control working properly, it will cause us to do the wrong thing. God's plan is better; stop, pray and walk away!

Source: [ministry-to-children.com](http://ministry-to-children.com)