

Discussion Ideas



Choose strategies from the list below to facilitate group discussion.

Connecting Activity

Ask each person in the group to answer this question: What rules do you have to follow at home or school?

Discussion Questions

1. How does Bahati practice self-control in this story?
 - *He makes a choice not to take drugs.*
2. Why did the police officer in the story choose to be honest?
 - *To have a clear conscience.*
3. What did you learn from the boat experiment in the story? What did the pebbles represent? What did the brick represent?
 - *Pebbles (unwise decisions) add up to sink our life; a single brick (life-altering decision) can sink us.*
4. ► Think about the boat experiment in the story. In your life, what type of decisions might represent the pebbles? What limits can you set to avoid these pebbles?
 - *Lying, being unkind, breaking rules, etc.; commit to growing as a person of character; have friends of character; practice good decision making skills; seek the advice of trusted adults; etc.*
5. ► What types of decisions might represent the larger rocks? What limits can you set to avoid these big rocks?
 - *Drugs, alcohol, sex, murder, etc.; decide not to take drugs, drink alcohol; abstain from sex until marriage, be faithful in marriage; live as a person of character; stay in school; etc. .*
6. ► Many people walk around with lots of rocks in their boat. Is there any way to lighten the load? What practical things can someone do to develop a lifestyle that reflects self-control?
 - *Choose friends who want to practice self-control, make apologies where we have done wrong or hurt others, respect the rules set by adults in authority.*



Personal Growth Activity

How many pebbles are in your boat? Are you making some big rock choices that could cause you great harm? Encourage participants to find pebbles and/or big rocks that represent their own life choices. They might even write their choices on the pebbles or rocks. Then throw them away!

Spiritual Application

Read Proverbs 3:5-6. Then ask: What happens when you trust in God with all your heart? What does it mean to have straight paths in life?

Prayer Point

Lead the group in a prayer asking God for the wisdom and courage to practice self-control. Pray that group members would trust in the Lord with all their hearts and acknowledge him in all their ways.

Encouragement

Encourage participants to be the captains of their own lives—to steer their lives toward their dreams by making positive choices. You may want to share a story about how pebble or brick decisions have affected your life. End by reading the story of the flies told by Grandma in the Grandma's Wisdom section.

Grandma's Wisdom

Once a swarm of flies was attracted to a jar of honey which had been overturned in a housekeeper's room. They landed on the honey, placing their little feet in it, and ate greedily. Their feet and wings got stuck in the honey, and they could not get free. Soon they sunk down into the sticky sweet syrup and suffocated. As they were dying, they exclaimed, "O foolish creatures that we are, for the sake of a little pleasure we have destroyed ourselves". It takes courage to stay away from dangerous behavior. But you've got to weed the bad choices out of your life, even if others laugh at you!

