Opening session by OL Leader (guest speaker or clergy) in main Zoom group:

20 minutes

**Opening Question:**

*(Leader should ask the group)*

How would you fill in this blank: “Self-Control is --------.”

Have campers answer this question on paper or a notebook.

**Teaching**:

To have self-control we must be honest with ourselves about our weaknesses. We are not perfect, and there are some things that keep us from being with God all the time. Think about fasting. We all get hungry, and we all need to eat to nourish our bodies. However, when we are able to say no to the desire to eat too much or too richly, it takes our focus off of an object (food) and onto relationships (God and other people). Self-control helps us to be present with the people in front of us and to love (sacrifice for) them.

Self-control is a lessening of ourselves to make room for the other. When we are able to do that, to turn away from the call of this world and to over-indulge ourselves, we open ourselves up for God to come into our lives, to be present with us. In moments of temptation or weakness, we can call upon the saints and upon Christ to help us remember our calling to righteousness and the goodness of self-control. The transformation we will see is a life that is good and pleasing.

Panagia is the ultimate example of a person with self control, because she was able to successfully avoid sin and to align her will with God’s will. She is able to help us in times where we struggle to have self-control.

We are each created by God with freedom. Having freedom means, at one level, we can do whatever we want. However, God wants us to be free from sin, free to love, and that comes when we choose to use our gifts, talents, and time to serve others. This does not mean we do not take care of ourselves, but it does mean we do not think about ourselves all the time. In the end, having self control so we can take care of others will actually make us happy because we will be more like God!

**Scripture**:

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” (Romans 12:1-2)

**Teaching 2:**

Self-control is all about emptying ourselves to let the other in. This goes hand-in-hand with love. When we make room for others we can do for them, be with them, give them our time and through this we show our love. It is easy to keep our eyes on our phones or computers and not be present. It takes self-control to put those away so we can be present with others.

**Wrap-up**

Provide the breakout questions to the entire group. Provide the instructions to the breakout activity.

*Note: Campers and Staff are moved from main Zoom room to their Breakout rooms*

**Discussion Questions** (for breakout groups):

* What are some of your strengths?
* What are some of your weaknesses?
* What is the importance of having self-control?
* How can we be more aware of ourselves?

**Devotional (Cabin Talk):**

* What is freedom?
* How are we called to use our freedom?
* How can we be free and give our will up to God?
	+ “Thy kingdom come, Thy will be done.”
* What happens when we or others misuse our freedom?