

one with  
*virtue*

**Lesson Plan  
for Kids**  
(12 and under)



## Noah Stands Against Gluttony

Noah was a boy who loved snacks, video games, and late-night movie marathons. After school, he would toss his backpack on the floor, grab a bag of chips, and sink into the couch with a controller in his hand. At first, it felt harmless and fun. He told himself he deserved it after a long day.

Noah still went to church and said his prayers at night, but they were often rushed. He found it harder to focus on homework or help around the house. Instead of stopping when he had enough, he kept reaching for more. Without realizing it, Noah was letting the **vice of gluttony** take root in his heart. Gluttony isn't just eating too much—it's refusing to stop.

For Noah, gluttony sounded like a quiet excuse. It said, "Just one more game." "Just one more snack." "Just one more episode." Each "one more" felt small, but together they added up. What began as enjoyment slowly became dependence.



**Source Teaching:** Scan the QR code to access this source teaching as well as additional resources such as related Scripture, quotes, and more.  
Or, visit [horseandchariot.com/the-vice-of-gluttony](https://horseandchariot.com/the-vice-of-gluttony)

He started sneaking extra cookies when no one was looking. He stayed up later than he should, even when he felt tired the next day. When his mom asked him to turn off the screen, he groaned and argued. He wasn't in control anymore—his cravings were.

Soon, Noah felt the consequences. He was sluggish at basketball practice and unfocused in class. His coach noticed he seemed tired and distracted. Even when he ate a lot or played for hours, he didn't feel satisfied. He felt full—but strangely empty.

Gluttony had tricked him. It promised comfort, but it dulled his joy. It filled his stomach and schedule but starved his spirit. Instead of turning to God for strength and purpose, Noah kept reaching for more of what only entertained him.

By the middle of the season, Noah felt frustrated with himself. He couldn't understand why he felt restless all the time. His room was messy, his grades had slipped, and he didn't feel close to God. The more he consumed, the less fulfilled he felt.

One evening, after staying up too late again, Noah sat alone in his room. He stared at the empty snack wrappers on his desk and the glowing screen in front of him. He knew deep down that something wasn't right. He missed the energy and focus he once had.

Noah realized that food, games, and shows weren't bad—but he had misused them. He had let delight turn into dependence. He knelt beside his bed and prayed, "God, help me control my cravings. I don't want my appetite to be my master. Help me find satisfaction in You."

The next day, when he reached for another snack, he paused. He decided to eat one portion and stop. That evening, he set a timer for his screen time and turned it off when it rang. It wasn't easy. His cravings protested. But he was learning the **virtue of temperance**—the strength to control his cravings.

He even chose one afternoon to skip snacks altogether and offer that hunger as a small prayer. When he felt the ache, he whispered, "You, Lord, are my portion." Instead of hiding his struggles, he told his dad he was trying to build better habits. The **virtue of accountability** helped him stay honest.

Little by little, Noah felt lighter. He had more energy at practice and clearer thoughts in class. He still enjoyed snacks and games, but they no longer ruled him. He discovered that moderation brought more joy than excess ever had.

Noah learned that gluttony makes you a servant to your cravings, but temperance sets you free. When he let Christ be his true satisfaction, his hunger found its proper place. And in that freedom, he discovered the strength and peace that come from living a virtuous life.

## Simple Reflection Questions (5 Minutes)

Ask the kids these three questions to get them thinking:

- 1. The "Feeling" Question:** How did Noah feel after eating too much or playing too long? *(Answers: Sluggish, tired, restless, unfocused, empty)*
- 2. The "Warning" Question:** What were the warning signs that gluttony was taking root in Noah's heart? *(Answers: sneaking snacks, arguing about screen time, etc.)*
- 3. The "Grace" Question:** What changed when Noah chose moderation and self-control instead of excess?

## The "One More vs. Enough" Exercise (4 Minutes)

This is a physical way to show the difference between Gluttony and Temperance.

**Step 1 (The Endless Wanting):** Hold up a small bowl of pretend snacks. Pretend to grab one handful... then another... then another. Say: "Gluttony says, 'Just one more.' It doesn't know when to stop." Ask: "Does this ever really make us satisfied?"

**Step 2 (The Strength to Stop):** Now pretend to take one portion and stop. Say: "Temperance is the strength to say, 'That's enough.' It's not about never enjoying things. It's about not letting them control you." Explain: "Stopping takes strength."

## The "Help Me Choose Enough" Prayer (2 Minutes)

Have the kids close their eyes and repeat after you:

Dear God,

- Thank You for the good things You give me.
- Help me not to want too much.
- Teach me to say, 'That's enough.'
- Give me self-control and discipline.
- Help me find my true satisfaction in You.

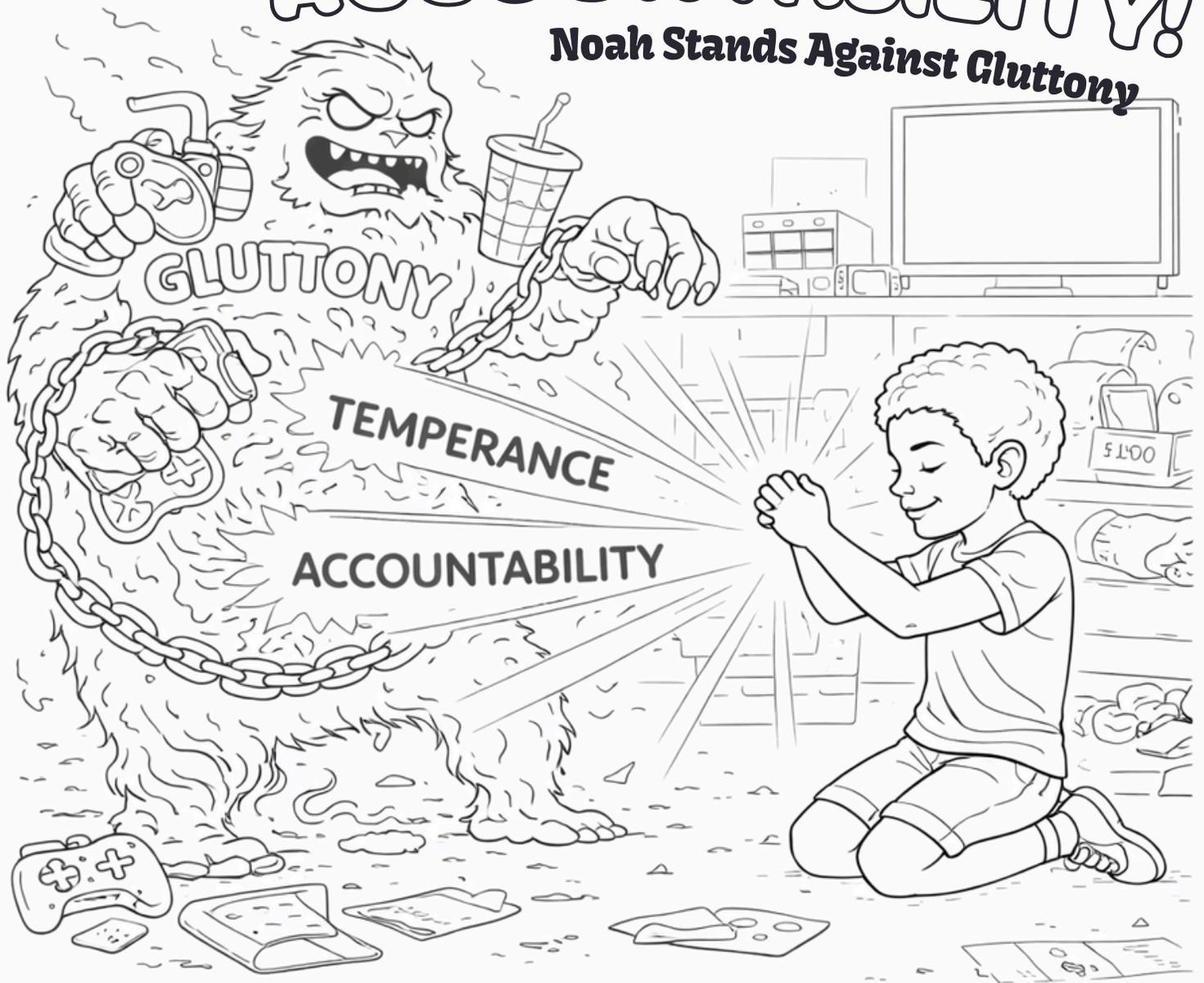
Amen.

## Fun Extras:

- **Coloring Page:** Give the kids time to color and fill in the page on the back
- **Virtue over Gluttony:** Talk through the examples at the bottom of the coloring page. Try to relate them to real-life situations you've encountered recently. This is a great way to connect the lesson to everyday life and gently challenge growth.

# CHOOSE TEMPERANCE & ACCOUNTABILITY!

**Noah Stands Against Gluttony**



**Circle what it looks like to choose virtue over gluttony.**

- Sneaking extra treats when no one is looking — or — Asking permission before taking more
- Stopping when you're full, "That's enough." — or — Eating until you feel sick, "My tummy hurts."
- Always wanting more screen time — or — Being thankful for what you've been given
- Waiting patiently for your turn — or — Interrupting when you want more attention
- Hiding wrappers so you don't get in trouble — or — Telling the truth about what you did
- Letting cravings control your choices — or — Choosing what is healthy and wise