



WEEK THREE – JANUARY 2025 – SECOND/THIRD

Bible Story: *Slow To Anger* | James 1:19

Bottom Line: *When you're angry, talk to God.*

Memory Verse: *"Be strong, all you who put your hope in the LORD. Never give up."* – Psalm 31:24 (NIRV)

Basic Truth: *I can trust God no matter what*

Series Overview: With every season comes new and different challenges but also the chance to experience incredible joy. Just as seasons come and go, so do our emotions. And how we choose to handle those emotions can shape us and teach us a lot about how God cares for us. No matter what emotion we may be feeling or what we may face, because of Jesus, we can learn to trust that God knows how we feel. Jesus showed us how to face life with resilience, and because of it, we can trust God no matter what.

Bottom Line: **When you're angry, talk to God.** Have you ever gotten so angry that you said the first thing that came to your mind and instantly regretted it? Anger doesn't have to get the best of us. When we're angry we need to be cautious of how we respond and go to God with our feelings.

9:00 - 9:15| 11:00 – 11:15 | EARLY ARRIVERS ACTIVITY

Opening Small Group Activity

Play: an activity that encourages learning through following guidelines and working as a group

What You Need: Music; Ball

What You Do:

- Instruct your group to stand in a circle.
- Pick a kid to start.
- Hand the kid the foam ball.
- Start the upbeat music.
- When the music begins, instruct the kids to quickly pass the ball to the kid on their right.
- Randomly stop the music.
- Prompt the kid holding the ball when the music stops to step outside of the circle.
- Invite kids to tighten the circle up and start the music again.
- Continue playing the game until only one kid remains.
- Play another game if time and interest allow.

What You Say:

“Awesome job, everyone! You tried to get rid of the ball before the music stopped. You all passed the ball so swiftly, you would have thought it was hot! *[Transition]* Today, we’re going to talk about what we can do when our emotions get too hot to handle. Come with me!”

9:15 - 9:50 | 11:20 – 11:50 | LARGE GROUP

Large Group Overview: In Week 3, we turn to James 1:19 where James writes about how we should respond when situations begin to get a little out of hand. When we're quick to listen, slow to speak, and slow to get angry, we allow ourselves to respond well so we don't sin in our anger.

9:50 – 10:10 | 11:50 – 12:10 | SMALL GROUP

Give Me Five

[Talk About God | Bible Story Review]

Reflect: an activity that creates space for personal understanding and application

What You Need: “Give Me Five Tool” Activity Page, markers, and Bible

What You Do:

- Give each kid a hand from the “Give Me Five Tool” Activity Page.
- Set out the markers.
- Invite the kids to color the hand on the “Give Me Five Tool” Activity Page and write their name on the page while you ask the Review Questions below one at a time.
- Review Questions:
 - What does it mean to be quick to listen? What can this look like in our everyday life?
 - What does it mean to be slow to speak? What can this look like in our everyday life?
 - What does it mean to be slow to get angry? What can this look like in our everyday life?
 - Feeling anger is NOT wrong! What did Paul say in Ephesians 4:26 about anger? (*Read Ephesians 4:26 from the Bible.*)

- What can we do when we feel anger rising up?
- One at a time, read the five Cs on the “Give Me Five Tool” Activity Page.
- Challenge, conflict, change, comfort, and commit.
- Come up with an age-appropriate scenario kids can relate to.
- For example: You find out you don’t get to go to your friend’s birthday party because it’s the same day as your family barbecue.
- Talk through how to use the five Cs with the example you came up with.
- Begin with your hand in a fist.
- Invite kids to make a fist and follow along.
- Model how to put a finger up as you talk about each of the five Cs. (Your pointer finger, then two fingers, then three, then four, then finally, your thumb.)
- Invite kids to model your hand motion as you walk through the example.

What You Say:

“When we’re angry, it can be difficult to share how we’re feeling. Or sometimes, we can say things we don’t really mean. The ‘Give Me Five’ hand helps us think about why we’re angry and talk to God about it! It can help us calm down, so we can be slow to get angry.

*“Discovering how to respond to our anger is not just about calming down—it’s about building resilience! Resilience is all about getting back up when something gets you down. You will get to take this home and give it a try the next time you feel anger rising up. This hand will remind us, **[Bottom Line] when you’re angry, talk to God.**”*

Retracing Steps

[Hear from God | Memory Verse Activity]

Play: an activity that encourages learning through following guidelines and working as a group

What You Need: Bibles, index cards, markers, and a timer

What You Do:

- Make sure each kid has a Bible.
- Together, look up this month’s Memory Verse, Psalm 31:24, following the Bible Navigation Tips below.
 - ***Finding verses with 2nd and 3rd graders:*** Guide them to open their Bibles to the front and find the table of contents. (Hold up a Bible opened to the table of contents to show the kids what the page looks like.) When the kids find the table of contents, lead them to find Psalms in the list under “New Testament.” When the kids find Psalms, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Psalms. Help the kids find the page. When they find Psalms, explain that the big numbers on the page are the chapter numbers. Help them find chapter 31. Explain that the small numbers are verse numbers. Help them find verse 24 in chapter 31.
- Read the verse out loud several times together.
- Divide your group into two teams—“Team 1” and “Team 2.”
- Instruct each team to keep a Bible open to Psalm 31:24.
- Give each team index cards and markers.
- Direct each team to write the Memory Verse on index cards, one word on each card.
- Instruct the teams to sit in a circle with their team, shuffle their verse cards, and put the shuffled stack of cards in the middle of the circle.
- Set the timer for two minutes.
- Inform the kids that they’ll have two minutes to unscramble the verse and put the cards in order.
 - Encourage teams to use the Bibles for help.
- When you say “Go!”, start the timer, and direct the teams to begin unscrambling the verse cards to place the verse in order.
- For a challenge, play another round. This time, set the timer for 60 seconds.
- Once you are finished playing, gather your group together to discuss.

What You Say:

“Way to go, friends! You all worked together to unscramble our Memory Verse! It can be easier to give up when we’re frustrated or angry. But, we can have

resilience—like our verse reminds us! Resilience is all about getting back up when something gets you down.

*“Memorizing this verse reminds us that God is with us no matter how we are feeling. It reminds us that we can be strong and put our hope in God! Remember, **[Bottom Line] when you’re angry, talk to God.** Take some deep breaths and ask God for peace. You got this!”*

As adults arrive to pick up, instruct the kids to show off their “Give Me Five Tool” Activity Page. Encourage kids and their adults to practice this coping skill together this week when they feel like anger is arising. Remind kids as they leave that there is a right way to be angry. We can slow down and talk to God to guide us in aiming our anger in the right direction.