



WEEK THREE – JANUARY 2025 – KINDER/FIRST

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

What You Do:

- Gather kids together in your group space.
- Explain that you're going to play music.
- When the music starts, invite kids to dance and move to it and freeze when the music stops.
- Start the music, and let it play for a few moments while the kids dance around.
- Randomly stop the music, encouraging kids to freeze.
- After a couple of rounds, direct the kids to move like slow or fast animals each time you call them out. Use some of the following examples:
 - sloth
 - hummingbird
 - cheetah running
 - snail
 - galloping horse
 - kangaroo hopping
 - turtle
- Play several rounds, switching up how long you play and pause the music.
- Play as long as time and interest allow.

What You Say:

“Good listening! What did you guys notice about the different animals? (*Some were slow and some were fast.*) Yes! Some were *fast* and . . . some . . . were . . . S-L-O-W. *[Transition]* In Large Group, we'll hear about when it's important to be quick and when it's important to be slow. Let's go learn more.

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

Green Light, Yellow Light

[Talk About God | Bible Story Review]

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

What You Need: Bible marked at James 1, and “Green Light, Yellow Light” Activity Page

What You Do:

- Pick a kid to open the marked Bible to James 1.
- Read verse 19 to the group.
- Explain what it means to be quick to listen, slow to speak, and slow to get angry.
 - Quick to listen: Like a cheetah, be very fast to hear what someone else is saying.
 - Slow to speak: Like a slow sloth, we can pause . . . take a deep breath . . . and think about what we want to say, BEFORE we say it.
 - Slow to get angry: Like a slow sloth, be someone who is slow to get angry. Anger is only wrong when you let it take control of you and if you act without thinking.

- Instruct the kids to line up shoulder-to-shoulder on one side of your group space.
- Stand across from the kids in your group space, leaving enough space to play a game similar to Red Light, Green Light.
- One at a time, read a scenario from the “Green Light, Yellow Light” Activity Page.
- Invite a kid to share the wise choice.
- If a kid chooses the correct answer, instruct the group to move closer to you using a movement below:
 - Everyone, quickly take _____ [number] hops forward.
 - Everyone, slowly take _____ [number] _____ baby steps forward.
 - Everyone, slowly take _____ [number] _____ giant steps forward.
- End the game when the kids reach you.

What You Say:

“When you feel angry, you have choices. You can let your anger take control OR you can make the wise choice about what to do.

“What does it look like to let anger take control? (Invite responses. Kids might say something like: yelling, throwing things, crying, saying mean things.) Why are those things not helpful? (Invite responses. Kids might say something like: I can hurt myself or others, they don’t help me be like Jesus.) What wise choices can you make instead? (Invite responses. Kids might say something like: I can take a deep breath, talk about it, move my body, etc.)

*“Yes! God has given you some GREAT ways to help your body and mind let go of anger. First, **[Bottom Line] when you’re angry, talk to God.** Tell God how you feel. Ask God to help you make wise choices. God’s Spirit lives with us and can help us to make wise choices!*

“You can also talk with a trusted adult, take deep breaths, move your body, or draw a picture of how you feel. And if you’re angry because someone is doing something you don’t like, you can say, ‘Stop. I don’t like that.’ With practice—and with God’s help—you can be quick to listen, slow to speak, and slow to get angry.”

S.L.O.W. Down

[Live for God | Application Activity]

Explore: an activity that extends learning through hands on experimentation and discovery

What You Need: “S.L.O.W. Down” Activity Pages, stuffed animals, plain paper, and coloring supplies

What You Do:

- Invite the kids to sit in a circle.
- Invite kids to share what makes them angry.
 - *[Make It Personal] (Share what made you angry when you were a kid. Maybe it was a sibling taking things without asking, a friend saying something mean, being blamed for something you didn't do, or someone calling you names.)*
- Call on kids to share what happens when they get really angry.
 - Share that sometimes feeling angry might make us want to yell, or get quiet, or cry, and so much more.
 - *[Make It Personal] (Give kids an age-appropriate example of what happens when you're angry.)*
- Tell the kids that today the group will discover some wise choices we can make when we're angry.
- Show kids the posters from the “S.L.O.W. Down” Activity Page.
- As you go through each page, teach kids the strategies.
- Once you've talked through each strategy, get the stuffed animals, plain paper, and coloring supplies.
- If you have enough space and leaders:
 - Divide your kids into four groups.
 - Set out the four posters from the “S.L.O.W. Down” Activity Page along with the items needed for that strategy.
 - Assign each group to a strategy.
 - Assign a leader to each group to walk the group through the strategy.
 - Lead all four groups to rotate through all four strategies.

What You Say:

*“We all get angry sometimes, and feeling angry is NOT wrong—even Jesus got angry! Anger can become wrong when you let it take control of you. So **[Bottom Line] when you’re angry, talk to God.** Ask God to help you S.L.O.W. down. Tell God how you feel! Take deep breaths, draw and crumple up a picture, move your body, or talk it out with a grown-up you trust. All these things can help you be quick to listen, slow to speak, and slow to get angry.”*

*As adults arrive to pick up, encourage kids to share one strategy they’ll use when they feel angry. Also, encourage them to share today’s Bottom Line: **[Bottom Line] When you’re angry, talk to God.***