



WEEK THREE – JANUARY 2025 – PRETEEN

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

Key Question: *What do you do when you feel angry?*

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: **What do you do when you feel angry?** Think back to the last time you felt really angry. Did you pitch a fit or ice someone out? When we let anger fester, it can cause us to act outside of our character or be different people than who we typically are. We hope this question helps preteens begin to think through good ways they can respond to anger without taking it out on others and hurting them in the process.

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: prepared white poster board, “Lightning Bolt” Activity Page, tape, blindfold

What You Do:

- Welcome kids as they arrive with a high-five or fist bump.
- Invite any kids who brought an offering to place it in the FATW bag.
- Use tape to hang the poster board cloud on the wall in your group space (or choose a kid in your group to hold it up).
- Ask kids to form a line several feet away from the cloud and explain you will play a game of “Pin the Lightning Bolt on the Cloud.”
- Secure the blindfold over the eyes of the first kid in line.
- Attach a piece of tape to a lightning bolt from the “Lightning Bolt” Activity Page and hand it to the kid.
- Spin them around three times and tell them to give their best try at attaching the lightning bolt to the bottom of the cloud.
- Repeat until everyone gets a turn. If interest allows, give each kid another turn.

What You Say:

“Today, we’ll discover who can help you and me from falling apart when we feel angry. Let’s go to Large Group to hear 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

Take a Snapshot

[Live for God | Application Activity]

Imagine: an activity that promotes empathy and facilitates biblical application through role-play and reenactment

What You Need: “Anger Tools Responses” and “Anger Tools Scenarios” Activity Pages

What You Do:

- Invite kids to sit in a circle in your group space.
- Spread the response cards from the “Anger Tools Responses” Activity Page face up in the center of the circle so that everyone can see them.
- Choose a kid to go first and hand them one of the scenario cards from the “Anger Tools Scenarios” Activity Page.
- Ask that kid to read the scenario card out loud for the group.
- Then direct that kid to look at all the cards on the floor and choose one that reflects how they would respond.
- Give that kid a moment to explain why they chose that response.
- Invite the group to practice the response together.
 - For example, if the response is to take three deep breaths, lead the group in taking three deep breaths together.

- Continue around the circle, repeating the process with each kid until everyone gets a turn or all of the scenario cards have been read.
- Ask the following questions for discussion:
- Which was your favorite way to calm down? Why?
- Why is it sometimes difficult to slow our anger?
- Is it wrong to feel angry?
- Remind kids that it's not wrong to feel anger. It's what we choose to do with our anger that matters! We have all felt angry, and sometimes it's helpful to have tools to help us manage those big feelings!
- Encourage the kids to use these tools when they are experiencing feelings of frustration or anger.
- Remind kids that God has also given us the Bible to encourage us and guide us to make wise choices. The Bible is God's word, and it's true, so we can trust God no matter what. We can talk to God whenever we feel angry!

Make It Personal With Prayer

[Pray to God | Prayer Activity]

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

What You Need: Resilience Journal 3” Activity Page, pens or pencils, coloring supplies, hole punch, extra Resilience journals from previous weeks

What You Do:

- Invite kids to sit in a circle in your group space.
- Give any kids who weren't present the weeks prior an extra resilience journal.
- Hand every kid a copy of the “Resilience Journal 3” Activity Page and a pen or pencil.
- Any kids who were present last week and still have their journals will only need journal 3.
- Place the coloring supplies, hole punch, and stickers (optional) in the center of the circle!

- Explain to kids one way we can talk to God is by writing down how we're feeling.
- Let the kids know even though we aren't actually talking, when we write things down, God knows what we write and cares about how we feel.
- Show kids how to take turns punching holes in the activity page.
- Model how to untie the binding string, open the journal, and place the new page with the other pages.
- Then, tell the kids to thread the string through the holes again, tying a bow to secure the pages.
- Give kids a few minutes of quiet time to use coloring supplies to decorate and write on the new page.
- During this time, add copies of the new page to the extra journals. Keep on hand for kids that may come later in the month.
 - *Based on the dynamics of your group, choose whether it works best to have kids leave their journals at church as they add more pages, or for them to take their journals home. If they take their journals with them, they can simply add pages from each of the weeks to their journals at home.*
- Say a prayer for the entire group.