



WEEK TWO – JANUARY 2019 – SECOND/THIRD

Bible Story: *Fool to Think (Slow to Anger) • Proverbs 16:32*

Bottom Line: *Think before you lose your temper*

Memory Verse: *“God’s power has given us everything we need to lead a godly life.” 2 Peter 1:3a*

Life App: *Self Control – Choosing to do what you should even when you don’t want to*

Basic Truth: *I need to make the wise choice.*

Summary: Next, we look at Proverbs 16:32, where Solomon uses the idea of a fighting warrior to help us understand that, regardless of the situation, being patient and keeping our cool is always the wise choice.

8:50–9:00 | 10:20–10:30 | 11:50–12:00 – EARLY ARRIVERS ACTIVITIES

1. Early Arriver Idea

Move: an activity that increases the oxygen in the brain and taps into the energy in the body

What You Need: Music

What You Do:

- Talk to kids about how sometimes you get excited or angry or you have too much energy and you just want to shake your arms or move your body or jump and stomp.
- Tell kids that when you say to go, they will find a space in your area where they can move their body.
- Let them know that when the music is playing, they can move their body however they want as long as they don't touch anyone or anything.
- But when the music stops and you say, "Think," they have to stop moving and put one hand on their chin and one hand on their waist in a "thinking" position.
- Demonstrate and practice the "thinking" position. Then say, "Go find your space!"
- When everyone is ready, turn the music on.
- After 30 to 60 seconds, stop the music, and call out, "Think!"
- Repeat as long as time and interest allow.
- Invite kids to place their offerings in the For Everyone box on the wall near the main entrance

2. Roar

Create: an activity that explores spiritual ideas through the process of drawing, building, and designing

What You Need: Paper plates, markers, tape, scissors, string

What You Do:

- Pass out paper plates and markers.
- Tell kids to decorate their plate to make a scary, roaring monster mask.
- Assist kids in cutting out eyeholes in their paper plates. Make sure the holes line up with where kids' eyes actually are.
- Help kids measure and cut string to tape to their mask so they can wear it if they want to.

What You Say:

"Sometimes when we get really mad, it can feel like we have a monster inside who wants to get out. We might feel hot or like our heart is beating really fast, or we might feel like shouting and screaming or yelling and throwing something. [Transition] When we feel like this, we

might be about to lose our temper, which is what we are going to hear about in Large Group today.”

Lead your group to the Large Group area.

9:10–9:45 | 10:40–11:15 | 12:10–12:45 – LARGE GROUP

OVERVIEW:

Bottom Line: *Think before you lose your temper. God can give us the strength we need to pause and think about the consequences of our actions. Rather than letting our anger get the better of us, God can help us show patience and keep the situation under control.*

9:45–10:05 | 11:15–11:35 | 12:45–1:05 SMALL GROUP

1. The Slow Lane

[Bible Story Review]

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

What You Need: Tissues & Masking Tape

What You Do:

- Place two strips of masking tape on the floor on opposite ends of the room (or about 15 feet apart)
- Invite kids to line up shoulder to shoulder on one of the lines and give each kid a tissue to place on his or her head.
- Check to make sure tissues are open and flat on kids’ heads, not folded.
- Explain to kids that the object of the game is to walk to the other line with the tissue still on their head, but while they walk, they can’t touch the tissue!
- If the tissue falls off, they have to catch it or stop and pick it up and put it back on their head (flat, not folded) before they can keep walking.

What You Say:

*“The tissues in this game fell to the floor much more slowly than if we had been using something like a book or a plate. Our Scripture today talked about being slow to anger, just like the tissue fell slowly. The slow-falling tissue gave you more time to catch it and put it back on your head, and in the same way we should take the time to slow down with our reactions. When we’re mad, if we take the time to think before we do something, we’ll be less likely to do something we might regret. **[Make It Personal]** (Talk about a time when you did something*

*in anger that you later regretted. Make sure it is age-appropriate. Share how you felt afterward and what could have prevented your actions.) If we say or do something to someone that makes them feel bad and hurts our relationship with them, we will soon regret it and feel awful. That’s a great reason to **[Bottom Line]** think before you lose your temper.”*

2. High to the Sky

[Application Activity]

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

What You Need: “High to the Sky” Activity Pages, scissors, building blocks

What You Do:

- Divide kids into pairs.
- Give each pair of kids a pile of blocks, scissors, and an Activity Page.
- Instruct kids to cut out the cards from their Activity Page, mix them up, and place them face down in a pile.
- One kid in each pair will draw a card from the stack and read it aloud to his partner.
- Then the other kid can add a block or two, according to the card’s instructions. (If they draw a “knock down the tower” card on the first round, they move on to the next card in the stack.)
- Invite kids to take turns drawing cards with their partner, reading the scenarios, and then building or knocking down their towers, until all their cards are gone.
- As you have your wrap up discussion, choose a couple of “knock down the tower” cards, and ask the group how they could react differently and positively in those situations.

What You Say:

*“Losing your temper can ruin relationships that you have spent time building up. Losing your temper can make you feel bad too because there are consequences to saying and doing hurtful things. Those consequences might even include that person not wanting to be around you anymore. What other consequences do you think might come from losing your temper? (Pause for responses.) How do you feel after you have hurt someone’s feelings? (Pause for responses.) A good way to make sure you aren’t hurting your relationships with other people by saying things that will hurt them is to **[Bottom Line]** think before you lose your temper.”*

3. Pray and Dismiss

[Prayer Activity]

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

What You Need: N/A

What You Do:

- Ask kids if it’s hard for them to slow down their bodies and their minds sometimes.

- Talk about some ways we can slow down our minds and bodies and do some of them now. You might take deep breaths, move slowly, sit with your hands in your lap, close your eyes, or pray silently.
- Pray while kids are sitting quietly.

What You Say:

*“Father, it’s hard for us to slow down. We want to do everything quickly, and we want to say what we want to say it as soon as we feel like saying it. But Your Word teaches us that we should **[Bottom Line] think before you lose your temper.** Please help us to do that this week. Remind us to slow down and not say or do things out of anger. We don’t want to hurt others, and we want to be obedient to You. Amen.”*

As adults arrive to pick up, let kids put on their monster masks from the “Roar!” activity and wear them as adults pick up. When they see their adult, they should take off the mask and tell them what it represents. Also, don’t forget to hand out this week’s content overview to each parent!