



WEEK
THREE
JANUARY 2022

SMALL GROUP
PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO MOVE

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



OPENING ACTIVITY

WHAT YOU NEED: Tennis balls

WHAT YOU DO:

- Give each kid a tennis ball.
- Lead kids in the following steps:
 - Stand on one leg, then raise and bend your other leg so that your thigh is parallel to the floor.
 - Hold the tennis ball in the hand that's on the same side of your body as the leg that is raised.
 - Toss the ball up, over the raised leg, and quickly move the same hand to reach under the raised leg to catch the ball.
- Challenge kids to practice on the other leg if they master the first one.

TODAY'S BIBLE STORY

Bad Blood

David Spares Saul's Life
1 Samuel 24

TODAY'S KEY QUESTION

What makes you angry?

TODAY'S BOTTOM LINE

Don't be controlled
by your anger.

WHAT YOU SAY:

"A game like this can be very frustrating. It's a challenge to not get angry and quit. Ever feel that way about other things? We all find ourselves in situations that make us angry. Sometimes we get mad at ourselves when we can't do something we're trying hard to do. Other times, we might find ourselves upset and angry with someone who annoys, hurts, or bullies us. **[Transition] In today's Bible story, someone had a chance to get even with an enemy who was making his life miserable. Let's find out what he did.**"

Lead your group to the Large Group area.

MONTHLY MEMORY VERSE

"God's power has given
us everything we need
to lead a godly life."
2 Peter 1:3a, NIV

MONTHLY 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.



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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO IMAGINE

an activity that promotes empathy and facilitates concrete application through role-play and reenactment



TAKE A SNAPSHOT

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

- Remind kids that even though we get angry at times, we shouldn't let our anger get out of control.

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- Ask:
 - Most of the time, we get angry because we don't get our way. Think about the situations that make you most angry. What triggers that feeling or sets you off?
- Invite kids to use some of their experiences and understanding of anger to tell an ongoing story.
- Explain that you'll begin the story by saying, "If we get our homework done, we'll go to the party."
- They will take turns adding to the story by repeating the last part of the previous sentence then adding a new part.
- Follow the "if . . . we'll . . ." pattern for each turn. Here's an example of how it might go.
 - Leader: If we get our homework done, we'll go to the party.
 - Kid 1: If we go to the party, we'll see our friends.
 - Kid 2: If we see our friends, we'll play a game.
 - Kid 3: If we play a game, someone will lose and get upset.
 - Kid 4: If someone gets upset, we'll have to stop the game.
- Keep the pattern going with the goal of building to a climax in which someone in the story gets angry.
- Let the story run its course and then move into an ending that either brings the consequences of losing control, or of a solution that leads to a happy ending.
- If kids get carried away with the plot instead of moving in the direction of an ending, interject a sentence that helps turn the story around.
- If time allows, repeat with another scenario or let kids come up with their own.



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PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO CONNECT

an activity that invites kids to share and collaborate with others while growing their understanding



DISCUSSION QUESTIONS

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

Ask:

- What is it about anger that makes it so hard to control?
- What situations make you angry? Why?
- Give an example of when you kept your cool and it was not easy. What did you do to remind yourself to have self-control?
- What are some things you can do to help you remember to stop and think before losing your temper?

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space for personal processing and application



MAKE IT PERSONAL WITH PRAYER
[PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

- Before you pray, remind kids that God is so patient with us and will give us what we need to control our anger.
 - God knows we struggle at times with self-control and keeping our cool, and understands us.
 - Through God’s power we can respond to situations with calm and self-control, in order to honor God and show love to others.
- Lead the kids in a responsive prayer. When you pause, they should all say, “Hit pause before I lose it.”

WHAT YOU SAY:

“Dear God, please help me when I am frustrated at school to . . .”
 “And when that one kid keeps bugging me, help me to . . .”
 “When my parents make me mad, help me to . . .”
 “If my team loses a game, and I feel upset with the kid who messed up, help me to . . .”
 “Remind me to do the wise thing and . . .”
 “Because that’s what following You is all about. Amen.”

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