



Date: _____
Year 3, Lesson 54 (Spring)

Does Anger Have a Hold on You?

Primary Scripture: Ephesians 4:26-27, 32; Luke 6:28-29

Key Verse: Ephesians 4:26, "Be angry without sinning. Don't go to bed angry."

How does this address a need in our kids' lives?

We want to teach kids that God isn't against anger, he is against us sinning in anger. Conflict and dissention are a part of life, even in the family of Christ. When conflict arises, it needs to be addressed but it need not be a negative, open confrontation. The Bible says we shouldn't let the sun set on our anger. God set aside his anger through Christ's sacrifice. In this we are free, so we are not to hold anger against another.

How does Jesus fill this need?

Jesus for us: Through his love for us, Jesus bore the wrath of God's anger due for our sin.

Jesus in us: Through the Holy Spirit we can be lifted from our anger and, instead, be filled with the joy and blessing God has for us.

Jesus through us: As we extend patience, forgiveness and love toward others, we spread the love of Jesus to believers and unbelievers alike.

Stamp of Excellence:

Remind the kids what excellent worship looks like. We are in God's presence to honor him. Put on your best manners. This might include wearing your name tag, participating eagerly at all times, listening when the leader is talking, raising your hand to speak, not distracting others, playing the learning game with cooperation, singing enthusiastically, and praying reverently. Offer rewards or positive reinforcement to those who worship with excellence.



Worship

Invocation:

Let kids bring forward the worship symbols, such as the cross, candles, Bible, and offering plate. Invite God's presence and call by name Father, Son, and Holy Spirit.

Attention Grabber:

Capture the children's attention and help them focus on the worship theme for the day.

Supplies: "Angry" page (see appendix)

Angry Alice/Albert

In advance, tape the "angry phrase" (see appendix) to the floor. Also, prior to Kids Church beginning, choose a member of the audience who is good at facial expressions and acting. Explain the Attention Grabber to the volunteer and demonstrate the body movements and accompanying phrase. During the dialogue you will cue the child to say the "angry" phrase by lightly touching her on the shoulder. Whenever the phrase is used, she should clench her fists.

This dialog uses a girl volunteer. For a boy volunteer, replace Alice with Albert and female pronouns with male.

Presenter:

Girls and boys, today I want to introduce you to Angry Alice. As you can tell, Angry Alice is not having a good day. Just look at her face. I don't know what could have made her so angry. She must carry a lot of anger around with her.

After each phrase, cue the volunteer to clench her fists and pause so she can act it out.

See her glare...hear her growl...notice her clenched fists.

And do you know what Angry Alice has to say?

Angry Alice: I'm so angry and I'm not going to forget it.

Presenter:

Do you know some of the things that make Angry Alice so angry? I bet you do.

Ask the audience for examples of things that may have caused Alice to be angry, such as: "Her brother got the toy from the cereal box this morning." "She had to wear what her mother picked out for church today." "She got in trouble because her room was a mess."

Presenter:

How did you know? Angry Alice, what do you have to say?

Cue the volunteer to say the angry phrase after each example from the other kids.

Presenter:

You can tell Angry Alice is holding onto her anger. Because of that, her anger is holding onto her and makes her a very bitter and unhappy person. Are any of you holding onto anger?

Today we will see how God can help lift that anger off of us so that it doesn't hold us anymore.

Instead of clenched fists, we will open our hands and hearts to the Lord. We want him to take care of our anger. Let's pray for that now as we prepare to worship.

Open Angry Alice's hands and pray.

Dear Lord, lift this anger from us and, instead, fill us with your love. Let us express our love to you today in our worship. In Jesus' name. Amen.

Excuse volunteer.

Songs of Worship:

Choose two or three songs. Briefly introduce songs so kids can better understand what they are singing and be drawn into a more focused worship. Keep the attention on God!

Your choice of music.

The Power of the Cross:

Jesus has given his life for us that we might have forgiveness and power to live for him.

Hold your fists clenched and say:

Let's think about our hands and how we hold onto anger. Do you remember what Angry Alice looked like?

What were Jesus' hands like when he died on the cross? Were they open or closed?

Open your closed fists.

Yes, I think they were open. Do you think he was hanging onto anger against the people who did mean things to him? Jesus was spit on, made fun of, hurt and finally killed. Instead of being angry and bitter toward the people who hurt him, Jesus said in Luke 23:34, "*Father, forgive them. They don't know what they're doing.*"

Jesus did not hold onto his anger. No, his hands were open in love to all of us as he hung on the cross. His hands were not clenched in anger at all.

You see, sin does anger God, but instead of punishing you and me, God put his punishment on Jesus. Jesus was nailed to the cross as the price of punishment for the sin of the whole world.

Because Jesus did this for us, what should we do instead of holding onto our anger or trying to get even? It says in Ephesians 4:32, "*Be kind to each other, sympathetic, forgiving each other as God has forgiven you through Christ.*"

Let's go to God in prayer:

God, there may be times that we hang onto our anger instead of hanging onto you and your promises. Some people have done mean things to us and we cannot get it out of our minds. We might have thoughts of getting even with that person or wishing them harm. God, hear our silent confession of the names of the people we are angry with. We ask that you help us release them from our anger.

Pause

Instead, give us love for these people. In Jesus' name, we pray. Amen.

Song of Response:

Choose a song to help the children turn to Jesus. Or, you may want to help them celebrate what God has done by singing a song of praise.

Your choice of music.

Offering:

Teach the importance of giving and talk about the mission activities they are supporting.

Supplies: a small piece of candy for each child, optional bucket

Say:

Offerings are an expression of our thanksgiving. As you come up this morning, whether you have an offering or not, open your hands up to the Lord and let go of your anger. When you do, it allows your heart to be filled with God's blessings for you. After you have given your offering and your heart to God, I have something special for you.

After each child has given their monetary or symbolical offering, place a piece of candy in his/her open hand. This will reinforce the concept that the obedient act of letting go in God's name opens the door to more blessings.

Option 1:

To emphasize today's theme, the candy can either be sour (a reminder of the bitterness of anger) or something sweet (as a reminder of the sweetness of forgiveness).

Option 2:

If you can think of something mean that someone has done to you, lay it here in this bucket before bringing up your offering. We do this because it says in Matthew 5:23-24, "So if you are offering your gift at the altar and remember there that another believer has something against you, leave your gift at the altar. First go away and make peace with that person. Then come back and offer your gift."



The Word

Learning Game:

Some churches dismiss children from the adult service at this time to join Kids Church. The learning game provides a fun kinesthetic activity to help kids connect with each other. The learning point will help reinforce the theme of the day.

Chariot Races

Supplies: one sleeping bag per three kids, one bucket per team, masking tape (to mark starting line)

Divide teams into approximately 9-12 (*multiples of three*) students. Have every three students from each team partner together. Two members of the triad are the “horses” and one is the “rider.” The rider sits on top of a sleeping bag and holds onto the sides for balance. The horses pull the rider on the sleeping bag around a bucket (or other type of obstacle) and back to the starting line. The bucket should be 20 yards from the starting line. Continue until all players on the team have completed the relay. The first team to finish wins.

Option: If sleeping bags are in limited supply, time the teams so they are racing against the clock not another team.

Teaching Point

How many of you found it hard to pull someone around? Can you imagine pulling someone around all day long? That really would be difficult work. Think of holding onto anger as pulling around a person all day. It is hard and slows you down, making you sad and grumpy.

Anger is an emotion and is not a sin. But if we hold onto anger until it becomes bitterness toward someone, we harm ourselves. We do sin if we allow our anger or bitterness to cause us to seek revenge against the person who hurt us.

So, today I pray you will go home knowing that you can be angry but that you don't have to sin because of it or be weighed down by it.

Bible Presentation I:

Supplies: Veggie Tales: The Angry Eyebrows, produced by Big Idea Productions.

Start the video with the song “Larry Boy” and the opening title screen after all previews have passed. It will run about 22 minutes.

Application I:

Video Wrap Up Questions

1. What will happen if people hold onto their anger?
2. Awful Alvin tried to release the angry eyebrows. What did it mean if the Angry Eyebrows attacked and got on people? *(It meant that person was hanging onto his/her anger.)*
3. Fill in the blank. If you hold onto your anger, it holds onto _____. *(You.)*
4. What was the secret for Larry Boy to get rid of the Angry Eyebrows? *(He let go of his anger.)*
5. Where do you get the power to let go of your anger according to the Bible? Do you remember what it says in Ephesians 4:32?

“Be kind to each other, sympathetic, forgiving each other as God has forgiven you through Christ.”

Your power comes from the forgiveness you have in Jesus through his death and resurrection.

Bible Presentation II:

The Real Deal on Anger

Share the following Bible events that have an element of conflict to them. However, instead of telling the event accurately, change the outcome or actions described. The altered portions are shaded in red italics.

Encourage the kids to correct you along the way. Having the kids correct you in this area will be a more positive way of dealing with such a difficult subject. This section has three Bible passages. Depending upon how much time you have, you can use just one or all three of the sections.

Luke 6: 28-29

Did you know Jesus taught his friends how to deal with their enemies? I want you to listen very closely to what I am about to read, because if I say the word ANGER, I want you to growl. So when you hear me say “anger” you will... (point to audience and prompt them to growl).

In Luke 6: 28-29 Jesus said,

Shun those who curse you. Be angry (growl) ***with those who insult you. If someone strikes you on the cheek, say*** (like a wrestling announcer), ***“Let’s get ready to rumble!”*** ***If someone takes your coat, chase them until you get it back.***

Do you really think Jesus wants us to head-butt each other? Well then, what does he want us to do? He wants us to love one another. What he really said was to love our enemies.

“Bless those who curse you. Pray for those who insult you. If someone strikes you on the cheek, offer the other cheek as well. If someone takes your coat, don’t stop him from taking your shirt.”

If time allows, continue with the other two readings. If not, skip to the Conclusion.

In Exodus 32:7-10, the Jews were wandering in the desert. While Moses was on the mountain, the people made a golden calf to worship instead of God. Let’s find out what God thought about this.

Exodus 32:7-10

The Lord said to Moses, “Go back down there. Your people whom you brought out of Egypt have ***made something beautiful***. They’ve made a statue of a calf for themselves. They’ve bowed down to it and offered sacrifices to it. They’ve said, “Israel, here are your gods who brought you out of Egypt.” Now leave me alone ***so that I can congratulate them on a job well done. I know I told them not to worship idols, but they worked so hard making it.***

Do you really think that is what God said? No, it isn’t. Here is what he really said:

“Your people whom you brought out of Egypt have ruined everything. They’ve already turned from the way I commanded them to live...” The Lord added, “I’ve seen these people, and they are impossible to deal with. Now leave me alone. *I’m so angry* (growl) *with them I am going to destroy them.*”

Did God get angry? Yes, he did. He was so angry, he wanted to destroy the people because they wouldn’t follow his commands. Did God stay angry? No, he set his anger aside after Moses pleaded for them. So is it okay to get angry? Yes, God did.

Mark 14:34; 39-40

Finally we read the account of Jesus praying the night before he was arrested. Mark 14:34; 39-40 says:

He said to them, “My anguish is so great that I feel as if I’m dying. ***I am so angry*** (growl) ***with my enemies.*** Wait here, and stay awake.”

He went away again and prayed the same prayer as before. ***When he returned, he was overcome with joy as he watched his friends peacefully sleeping. He pulled their blankies up to their chins so they would not get cold.***

What one thing did Jesus ask his friends to do for him while he was in so much pain? He asked them to stay awake while he prayed. Did they stay awake? No. Do you really think Jesus was filled with joy when he found them asleep? What the Bible really says is:

“He said to them, ‘My anguish is so great that I feel as if I’m dying. Wait here, and stay awake.’”

“He went away again and prayed the same prayer as before. He found them asleep because they couldn’t keep their eyes open. They didn’t even know what they should say to him.”

Do you think Jesus stayed angry with them? No, they were still his friends. Do you think there was a consequence for their failure to stay awake? Yes, they missed an opportunity to share in fellowship with Jesus and uplift him. They were so ashamed at what they had done that they didn’t know what to say to him.

Conclusion

Through the Bible, we learn that God and Jesus both get angry and have had mean things said and done to them, just like you and me. The key is to behave according to God's word so that you don't sin in response to another's bad behavior.



Witness

Witness and Tell:

Give children opportunities to share how God is working in their lives. It is best to use a microphone to ask children interview questions around the theme for the day.

Encourage kids to talk about a time when they let go of their anger instead of letting it hold onto them.

Prayer:

Let the kids pray out loud. If you are using a microphone, invite children to form a prayer line and speak their thanksgivings or requests. If you have portable microphones, you can roam the audience. Kids can also go to prayer stations set up for specific types of prayer.

Options: (select one from the options below)

_____ **Prayer Line Option:** Kids line up and take turns stepping in front of the microphone to speak their prayers briefly.

_____ **Prayer Chair:** Adults or children with special prayer needs are invited to sit in the chairs. Kids gather around them, lay hands on their shoulders or knees and take turns praying.

_____ **Popcorn Prayer:** The leader moves through the crowd with a microphone and turns it toward kids who are raising their hands to pray. The kids speak their prayers into the microphone.

Lord's Prayer: Lead the children through the Lord's Prayer, phrase by phrase, or let them pray the entire prayer along with you.

Blessing:

Speak a blessing prayer over the children. Personalize this to your setting. Use a special scripture verse or blessing around the theme of the day.

Song of Sending:

Choose one song. Briefly introduce song so kids can better understand what they are singing and be drawn into a more focused worship. Keep the attention on God.

Supplies:

Safety and Security: Safety and security procedures are important for each church to carefully define and implement according to their unique needs. The security, safety, illness and accident procedures described in this curriculum are provided for example purposes only and may not be appropriate, applicable or adequate for every situation. Each church is responsible for determining whether any security, safety, illness and accident procedures contained in the curriculum are appropriate, applicable or adequate for its unique situation. The activities described in this curriculum require adult supervision and may not be suitable for each child and each situation. Each church is responsible for ensuring that adequate adult supervision is provided for all activities and for determining whether an activity is appropriate for each child and each situation. Kids Kount Publishing disclaims all liability for the implementation of any procedures or the performance of any activities described in this curriculum.

Attention Grabber

- “Angry” page (see appendix)

Offering

- penny candy for each child
- optional bucket

Learning Game:

- one sleeping bag per team
- one bucket per team
- masking tape (to mark starting line)

Bible Presentation I:

- video: *Veggie Tales: The Angry Eyebrows*, produced by Big Idea Productions—
order from <http://store.yahoo.net/yhst-54787164184156/angryeyebrows.html>

Appendix 1

I'm so
angry and I'm
not going to
forget it!