



RESILIENCE | WEEK 3 | JANUARY 19, 2025

Elementary Lesson

Don't Look Back in Anger

Monthly Virtue: Resilience—Getting back up when something gets you down

Bible Story: Don't Look Back in Anger (Slow to Anger) • *James 1:19*

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

Basic Truth: I am loved by God no matter what so I can be confident that God knows who I am.

Memory Verse: Be strong, all you who put your hope in the LORD. Never give up. *Psalms 31:24 (NirV)*

LEADER BIBLE STUDY

With every season comes new and different challenges but also the chance to experience incredible joy. Through sunshine or rain, storms, and blue skies, seasons and weather are important to growth, but not just for flowers and trees. How we respond to each season of life helps us grow in maturity and can spur us to a deeper faith in God. This is especially true when it comes to our emotions. 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.

Key Question: 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.

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.

Pre-Service Check List

- HUDDLE AS TEAM → You're in this together! Pray together and talk about the activities for the day.
- PLAY MUSIC
- PUT OUT TOYS → A welcoming environment is important! We want it to be obvious from the moment kids walk in that they belong HERE!
- PUT ASIDE DISTRACTIONS
- ENGAGE WITH KIDS

Morning Flow

Doors Open 9:15/11:00	Large Group Starts 9:35/11:20	Small Group Starts 10:05/11:50
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LARGE GROUP

COUNTDOWN AND WELCOME (3 Minutes)

(VIDEO: COUNTDOWN, SLIDE: KIDCITY EXPECTATIONS)

LGL: “Welcome everyone! I’m so glad you are able to come hang out with us in KidCity today. My name is [INSERT NAME]. We are going to have a lot of fun today, but before we do let’s go over these announcements/KidCity Expectations.

(SLIDE: BAPTISM) *(Said on the fourth weekend of the month only)* “Today are baptisms at Hope. Baptism is a way of telling the world that you love God and have made the decision to follow Him with your life. It’s a big deal! Is there anyone here who is getting baptized today? *(Pause and if someone is, go ahead and give them a high five and get the kids to clap).* Awesome!”

(SLIDE: KIDCITY EXPECTATIONS) “Now, let’s quickly go over our KidCity Expectations (rules) so we can make sure that we make the most of our time today: *(Don’t dwell on these too long, but make sure you review them briefly so we can set everyone up for success.)*

1. Be Kind
2. Be Safe
3. Have Fun

LARGE GROUP GAME (5 Min)

FALL GAME

(Ping Pong Balls - 20-30, Reacher-grabber - 2, Buckets/baskets - 3)

“All this month we are talking about resilience. We define it as this...

(SLIDE: VIRTUE) Resilience—Getting back up when something gets you down

“We know that there are good and bad things in life. When the bad things come, we have a choice with what to do next. Do we get overwhelmed with our emotions or do we do the next right thing and have resilience?”

“Check out our verse for the month.

(SLIDE: MEMORY VERSE) Be strong, all you who put your hope in the LORD. Never give up.
Psalm 31:24 (NirV)

Take a minute to explain that ‘Psalms’ is a book in the Old Testament, and that the first number means ‘chapter’ and the second one means ‘verse’. ‘NirV’ is what translation the Bible is in. The Bible wasn’t originally written in English! There are different translations.

More on that later, but for now, let’s play a game! This month we’re talking about how God is with us—rain or shine. We can trust God in every season!

“Speaking of seasons, we’ve been theming out our games this month to match seasons. We’ve done spring and summer, which means that FALL is next! One of my favorite fall activities is to go apple-picking. We are going to play a game based on that!

(SLIDE: GAME SLIDE WITH FUN MUSIC)

- HOW TO PLAY:
 - **SPLIT INTO TEAMS.** Have two teams of 5 stand in two straight line. Place an empty bucket or basket next to the front of the line. Place the bucket/basket of ping pong balls a good distance away (if you have a large room – consider placing it on the opposite end of the room)
 - **EXPLAIN.** In this relay-style game, one kid from each team will run down to where the “apples” are and use their reacher-grabber to pick up one apple. They will then run and put it in the OTHER team’s basket. If they drop their apple, simply pick it back up. Once all of the ‘apples’ are gone or it exceeds two minutes, end the game and count up the ‘apples’. The team with the LEAST amount of apples wins!
 - **OPTIONAL:** Have other kids stand ‘planted’ in the path and pretend to be apple trees. These apple trees can be ‘blown by the wind’ and try to knock the apple out of someone’s reacher-grabber

“That was so fun! Now everyone stand up and let’s worship God!”

WORSHIP (6-7 Minutes)

(VIDEO: RIVER, ALIVE)

BIBLE STORY (12 Minutes)

(No Supplies)

“If you’ve been here this month, you know that we’ve been talking about how God can help us with how we handle our emotions. We’ve looked at sadness and worry the past two weeks; let’s see if you can guess what today is all about. I’ll list out some phrases . . . raise your hand when you think you know.

Share the following phrases or add your own. You can stop when the majority of the group seems to know that the topic is anger.

“Flying off the handle.
Losing your cool.
Seeing red.
Flipping out.
Going ballistic.
Hitting the roof.
Having a meltdown.

“Okay, I see a lot of hands raised. What are we talking about today? *(Pause for responses.)* Yes . . . ANGER!

“So, I gotta ask you—do you ever get angry? Can you remember the last time you lost your cool or flipped out? Yeah, me too. I think we’ve all been there before. I guess that begs the question: Is it okay to feel angry? And unfortunately, the answer to that question isn’t a simple yes or no. Anger, like sadness and worry, is a natural human emotion. We experience situations in our lives that cause us to get worked up, frustrated, and even angry at the situation or the people causing the situation. Anger is a response. It’s a signal that something isn’t quite right with the world.

“So rather than asking if it’s okay to feel angry, we should probably ask a different question—questions like how should we respond when we feel angry? How do we handle frustrating situations or even frustrating people? How can we still trust God and follow Jesus when we start to feel angry?

“Those are important questions for us to consider. Thankfully, we have a great place to start: the Bible. Remember, the people who wrote the different parts of the Bible had personal experiences with God where God helped them through all sorts of situations—including ones that dealt with strong emotions like anger. God inspired them to write down what they learned and experienced so other people like us could learn to trust God for ourselves. Let’s head there now.

(VIDEO: BIBLE STORY 4 MIN)

“Let’s read that verse again. *(Open Bible to James 1:19 and read)*

My dear brothers and sisters, pay attention to what I say. Everyone should be quick to listen. But they should be slow to speak. They should be slow to get angry.

“I’m sure you can think of a few scenarios in your life where these words might apply, right? Maybe you’re on a sports team and you find yourself getting frustrated with your teammates or even the coaches because of how the season is going. Maybe it feels like everything at practice and in games is making you upset. What would it look like to be quick to listen, slow to speak, and slow to get angry?

“Or maybe you have a sibling who has a particular way of getting on your last nerve. When they push your buttons, you unleash a flurry of hurtful words that you would never use on your friends. What would it look like to be quick to listen, slow to speak, and slow to become angry?

“Remember, you don’t have to let anger get the best of you. Pause. Take a deep breath. Go for a walk. Talk to God about what’s upsetting you. Remember, when you’re angry, you can always talk to God!

“Check this out:

(SLIDE: BASIC TRUTH) I am loved by God no matter what so I can be confident that God knows who I am.

We don't have to pretend be to someone we aren't or act a certain way to make God love us. God already knows the best and worst parts of us and loves us no matter what. He understands what we are going through and loves us right where we are at. He also love us enough to not want to stay where we are at. He wants us to get back up and face life's challenges, so He gives us people to talk to!

Ok, let's turn to the person next to us and answer our Key Question for today.

(SLIDE: KEY QUESTION) ‘What do you do when you feel angry?’

Have kids turn and talk to their shoulder partner for 60 seconds. Your KQ slide on Playlister will keep track of time for you. While kids are talking, walk around and listen in to what they are saying and give prompts if needed. Don't try to resolve anything, kids will have a further discussion within their small group time.

“Ok friends, come back together in 3, 2, 1...”

“I heard some great thoughts floating around. You are going to have more of a chance to talk about this in small group time, but for now let's pray.

“Dear God, thank you for making us in your image so we can experience emotions. Thank you for, in your wisdom, providing us wise people that we can talk to about what we are thinking and feeling. I pray that we can be people who are resilient to life's highs and lows. Amen.”

DISMISS TO SMALL GROUPS



SMALL GROUP

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TALK ABOUT IT (K-5th)

There are no right or wrong answers but try to challenge the kids to think deeper.

Key Question: What do you do when you feel angry? What strategies do you currently use to help you deal with anger?

(Answers will vary: punch a pillow, look up Bible verses about patience and how to love others even when they hurt us, etc.)

LOOK IT UP (K-5th)

Grab Bibles, look up, and read the following passage.

Look Up: **James 1:19**

Say: James is in the New Testament and contains many nuggets of wisdom. You can find quotes from Proverbs (the book of wisdom in the Old Testament) and from Jesus' Sermon on the Mount in it.

PRACTICE IT (K-5th)

("Lightning Bolt" Activity Page - precut, 1 bolt per kid; Blindfold, Tape, Marker, Posterboard)

What You Do:

- Tape the poster board on the wall or place it on the floor in an area of your group space.
 - If you place your poster board on the floor, secure it with tape.
- Draw an "X" in the middle of the poster board, not too big!
- Have kids brainstorm and list people and things. Examples would be siblings, toys, teammates, shoes, your wall in your house, your homework, your parents, etc.
- As kids list items, write them in the blank space around the X. Be sure to scatter them around the posterboard.
- Give every kid a lightning bolt from the "Lightning Bolt" Activity Page with a small piece of tape attached to it.
- Explain to the kids that the lightning bolt represents our anger. Our anger - the bad kind - has the potential to hurt the people and the things around us.

- Explain to kids that one at a time, you will blindfold them and spin them around one time, so they can walk towards the poster “X” to tape their lightning bolt.
- After each kid’s turn, invite them to take their blindfold off and see where the lightning bolt landed.
- Continue until every kid gets a turn.

What You Say:

“Awesome job! When we’re quick to get angry, it can be like making yourself dizzy and losing sight of direction. When we’re quick to get angry, it can cause us to hurt people and things just like we saw in our game. When our anger is misplaced, we can end up hurting those around us. But, when we’re slow to anger, it gives us time to think before we act out of anger. It gives us time so our anger hurts fewer people and things. God lives inside of you through the Holy Spirit, and the Holy Spirit loves to help you when He is asked! He can help you control your anger. So it can help to remember, when you’re angry, talk to God.

“God has also provided us with some great tools to help our bodies release anger—like taking deep breaths, talking to a trusted adult, or trying a tool you’ve learned.” *[Make It Personal] (Share about an age-appropriate time you were angry, but you paused to talk to God and it helped you aim your anger in the right direction.)*

Here are some techniques to help us release emotions like anger or worries. We learned about them last week, does anyone remember?

- Hold up 5 fingers. Slowly trace them with your other hand. As you go up a finger breath in, as you go down breath out.
- Robot/Ragdoll - Hold out your fists and tense your entire body (like a robot) for 5 quick seconds and then release (ragdoll)
- Cup of Hot Chocolate - pretend you are holding a hot cup of hot chocolate. Take a slow sniff in through your nose and then slowly blow to cool off the hot chocolate.

GET STRONGER (K-5th)

(Supplies Vary)

What You Do:

- Follow the instructions of the “Books of the Bible” activity that is in your bin.

PRAYER

“Dear God, thank you for all of the wonderful things you have given us. Help us to see all of the good and perfect gifts you give. We love you, and we pray these things in Jesus’ name. Amen.”