

## ALLEY Rundown - January 18 - 19, 2025

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

**Today's Key Question:** What do you do when you feel angry?

**Today's Bottom Line:** When you're angry, talk to God.

**Monthly Memory Verse:** Be strong, all you who put your hope in the Lord. Never give up. Psalm 31:24 NirV

**LG CENTRAL SUPPLY: 3 paper garden leaf bags**

### **PRE-SERVICE VIDEOS (Dude Perfect)**

*Welcome the students and introduce yourself to the group. Set expectations for behavior during the large group. Review "Alley Cash" and bathroom procedures.*

### **SLIDE: Theme**

Hey, friends! Rain or Shine, it's good to be together today! Question for you! What's your favorite season? Are you a spring sort of person? Summer? Maybe you like winter or fall? On the count of three, I want you to shout out your favorite season. One . . . two . . . three! (Pause for responses.) Awesome! Lots of different favorites today. Me? I LOVE the autumn months of fall. I don't know. There's just something about putting on a comfy shirt, lighting a pumpkin spice candle, or hanging out next to a campfire when the air is crisp, and the seasons are changing! And today I have a fall-focused game that's sure to get you in the autumn mood. Sure, it might not feel like fall outside, but it is fall in here today. Now, how many of you help rake leaves in the fall? Or have seen people raking leaves? (Pause for responses.) Maybe you've seen one of these before. . . Host pulls out a paper leaf yard bag.

Now I know these can hold leaves . . . but I wonder . . . can they race? Well, we're about to test them out in a little game I like to call "The Lawn Bag Leap-Off."

Who wants to play? (Pause for responses.) I need some volunteers!

*Choose at least three volunteers to race. This is played like an old-fashioned sack race. Define a starting line and stopping line. Put three (or more) paper yard bags out. Help each volunteer get into one as needed.*

Alright, when I say go, you'll hop from the start line to the finish line while staying in your bag the whole time. The first person across the finish line wins. Ready . . . set . . . and GO!

### **AUDIO: Fun Music**

*Declare a winner. Repeat with new volunteers if time allows.*

Well, that was fun to watch! And we may have just discovered a new technique come leaf-raking season! Great job!

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 looked at sadness. 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. Alright, so let's try something and play a little THIS or THAT. If your answer is THIS, move to THIS side of the room (points to the right). If your answer is THAT, I want you to move to THAT side of the room (points to the left). Let's play!

*Encourage everyone to choose THIS or THAT and move. Add some commentary to each of these as you have time. Share which would make you more mad with a reason or two why*

**SLIDE: This or That Slide 1**

Which of those has a better chance of making you angry: Running out of paper in the printer when you need to turn in a project or running out of toothpaste when you need to brush your teeth?

*Give kids a chance to move to their chosen side of the room. Follow up with some thoughts on the different choices. Be sure not to make anyone feel bad about the choice they made. These are all based on personal opinion.*

Alright, how about this one . . .

**SLIDE: This or That Slide 2**

Which are you getting more upset about? Someone takes a bad picture of you, or someone deletes a good picture of you?

*Give kids a chance to move to their chosen side of the room. Follow up with some thoughts on the different choices.*

How about this next one?

**SLIDE: This or That Slide 3**

Hmmm . . . this one has some interesting layers to it. You get a stain on your favorite shirt or you outgrow your favorite shirt?

*Give kids a chance to move to their chosen side of the room. Follow up with some thoughts on the different choices.*

Okay, moving on . . .

**SLIDE: This or That Slide 4**

How about this next one? You overhear some of the mean kids at school talking badly about you or you hear one of your close friends saying something unkind about you.

*Give kids a chance to move to their chosen side of the room. Follow up with some thoughts on the different choices.*

Yeah . . . that one stings a little, right? Okay, you can all head back to your seats.

Wow—some of those choices spurred some strong emotions. Clearly, we all feel angry from time to time. 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: The So and So Show**

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!"

As you go to your groups today, think about this:

***SLIDE: Key Question***

What do you do when you feel angry? Think about any strategies you might have or ideas you can come up with to help you deal with anger. It's okay if you're having trouble thinking of some. You'll have a chance to chat about all of this and more with your Small Group. Before you go, let's pray and ask God to help us be quick to listen, slow to speak, and slow to get angry!

***SLIDE: Theme Background***

**CHECK THE TIME: There should be 20-25 minutes for small group. If LG is running late, skip the next part.**

**OFFERING:** It's a new Year and we are collecting our offering to support a new mission partner! Our money will go to support a church called La Liberte' Church (La Lib-er-tay) in Africa.

La Liberte' Church is in a financially challenged area in The Congo. The kids at the church don't have access to a lot of food so this church feeds 700 children a meal every weekend! Each meal costs \$2.00 and our goal is to help feed as many kids as we can!

Check out this video....

***VIDEO: Offering Video***