

ALLEY SG – 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)

1. Take a Snapshot

Application Activity

What You Need: "Anger Tools Responses" and "Anger Tools Scenarios" Cards (one set per group)

What You Do:

- Invite kids to sit in a circle in your group space.
- Spread the Anger Tools Response cards face up in the center of the circle so that everyone can see them.
- Choose a kid to go first and hand them one of the Anger Tools Scenario cards.
- Ask that kid to read the scenario card out loud for the group.
- Then direct that kid to look at all the cards in the center and choose one that reflects how they would respond.
- Give that kid a moment to explain why they chose that response.
- Invite the group to practice the response together.
 - For example, if the response is to take three deep breaths, lead the group in taking three deep breaths together.
- Continue around the circle, repeating the process with each kid until everyone gets a turn or all of the scenario cards have been read.
- Remind kids that it's not wrong to feel anger. It's what we choose to do with our anger that matters! We have all felt angry, and sometimes it's helpful to have tools to help us manage those big feelings!
- Encourage the kids to use these tools when they are experiencing feelings of frustration or anger.
- Remind kids that God has also given us the Bible to encourage us and guide us to make wise choices. The Bible is God's word, and it's true, so we can trust God no matter what. We can talk to God whenever we feel angry!

2. Verses to Take with You

Memory Verse Activity

What You Need: "Stormy Crossword Cards" (one set per group) "Stormy Crossword Puzzle" Activity Page (one per kid), "Stormy Crossword Answer Key", tape, pens or pencils, Bibles

What You Do:

- Divide kids into pairs.
- Spread the cards from the "Stormy Crossword Cards" Activity Page out in your group space.

- Hand each pair a copy of the “Stormy Crossword Puzzle”, a Bible, and a pen or pencil.
- Explain the crossword puzzle contains two types of questions: Questions about storms and questions about various Bible verses.
- Let the kids know that to find answers, they will read the cards around their group space or look up verses in the Bible.
- Instruct kids to bring their finished crossword puzzles to you.
- Take time to go over each question using the “Stormy Crossword Answer Key” Activity Page, allowing the kids to share answers aloud.
- Tell kids that we can be encouraged by the Bible! The Bible talks about anger in a way that assures us it’s something we all experience. Anger, like storms, is sure to happen at some point!
- Remind kids that we should not avoid emotions that we feel, like anger. We can acknowledge and make space for our emotions and use them as a tool to learn and grow!
- Explain to kids that God’s Word can also help us grow as we become aware of what it says and how it applies to our lives.

3. Discussion Questions

- What makes you feel angry?
- What do you do when you feel angry?
- When you act out in response to your anger, does it only affect you?
- Why is it sometimes challenging to be slow to anger?
- How can talking to God help you to be slow to act out on your anger?

4. Take a Snapshot 2

Application Activity

What You Need: “Resilience Journal 3” Activity Page (Chris: just the one “Dear God I’m thinking about when I was angry” page, pens

What You Do:

- Invite kids to sit in a circle in your group space.
- Hand each kid the “Resilience Journal 3” Activity Page and a pen or pencil.
- Explain to kids that they will be writing on a journal page to help them organize their thoughts and prayers.
- Tell them that one way we can spend time praying is by writing to God about what we’re thinking and how we’re feeling.
- Allow a few minutes of quiet time so that kids can write on the page.
- Explain that each week of this month, they will have the chance to write more about their feelings.
- Give kids a chance to fill out their pages and if anyone wants to share theirs with the group.

- Ask the following questions for discussion:
 - Which was your favorite way to calm down? Why?
 - Why is it sometimes difficult to slow our anger?
 - Is it wrong to feel angry?
- Remind kids that we won't always be able to control what happens to us, but we can control how we react. Talking to God can help us with that! And one way we can do that is writing those feelings down!

AT THE 5- MINUTE CALL: PRAY

- Ask, "Does anyone have any prayer requests or things they want to thank God for from this week? *(Let the kids share their prayer requests and praises)*"
- Take some time to pray for these things as a group, then finish with the prayer below...
"Dear God, thank You that we have a safe space to talk about our emotions here! You know that there are things in our world that are worth being upset about. But, through the help of Your Holy Spirit, there's a way to be angry that brings You honor if we just slow down and ask You for help. Guide us this week and help us to remember that when we're angry, to talk to God. We love You and we pray these things in Jesus' name. Amen."
- If there is still time, pass out the Discussion Guides to the kids and begin to read through them together. Remind them they can do the activity at home to bring back next week for a prize.

PARENT PICK UP POINT: As adults arrive to pick up, instruct the kids to tell their parents a tool they can use when they get angry.