

# CITY LG – January 18 - 19, 2025

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

**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 (NIV)

## WORSHIP

Undefeated  
Soldier On

**SLIDE: Theme**

## OPENER

**HOST:** "Hi there! My name is [your name] and I'm really happy to be here with all of you.

Our theme this month is Rain or Shine. We're talking about how we can trust God in every season. That's true about the seasons like spring, summer, fall, and winter . . . but really it means that we can trust God through all the different times in our lives. We know that God is with us, through all the different feelings we might feel inside. We can depend on God—rain or shine.

Before we get into it today, I've got a question for you to talk about. Circle up with your small group and discuss this question: **What do you do when you feel angry?** Go ahead and discuss this in your group...

*Large group leader should walk around listening to groups as they answer this.  
Give them a couple of minutes.*

As we said, this month we're talking about how God is with us in everything we face in life. God is there to help us through all the emotions and feelings we feel inside.

Today we're looking at an idea from the book of James in the Bible. (*Hold up Bible.*) Here's a fun fact about James: he was Jesus' half-brother!

After Jesus died and then came back to life, James believed that Jesus really was God's Son. James became a leader of the early church in Jerusalem. He wrote this letter to other believers to help them understand that it's important not only to HAVE faith, but to put that faith into action in the way we treat others. Let's check out the Story Lab.

**VIDEO: Bible Story**

When trouble comes in life, you might start to feel angry. But you don't have to let that anger take charge. Instead, ask God to help you respond with wise words and actions to what's making you angry. Here's what we need to remember today. Stand up for our bottom line.

**VIDEO: Bottom Line**

**SLIDE: Bottom Line**

**When you're angry, talk to God.**

I definitely want to remember this the next time I feel angry. (*To audience*) I should be quick to . . . (pause for responses) listen. I should be slow to . . . (pause for responses) speak . . . and slow to get angry.

That's right! And remember, you don't have to do that all by yourself. It's like memory verse for the month says, "Be strong, all you who put your hope in the LORD. Never give up." Psalm 31:24

**SLIDE: Memory Verse**

No matter what you're feeling, you can talk to God about it. You can ask God to help you stay in control of your anger and show you what to say to try to make things better. God sent the Holy Spirit to live inside of you to do just that—He will help you with your anger when you ask. That way you can keep from doing or saying things that will make a bad situation worse."

**HOST:** "We don't have to get stuck in our anger. With God's help, we can be resilient!"

**SLIDE: Virtue**

Resilience means **getting back up when something gets you down.**

**SLIDE: Theme**

It's important not to let anger take over so that we can try to fix things that are going wrong. That's what I'd want my friends or siblings to do for me. And as we like to say around here, I should treat others the way I want to be treated.

Let's pray and ask God to help us slow down when we feel angry.

Dear God, thank You so much for loving us and for understanding how we feel. Help us to trust You when we start to feel angry. Please show us how we can be quick to listen and slow to speak. Show us how to slow down so we can make wise choices, even when we're angry. We love You, and we pray these things in Jesus' name. Amen."

**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**