

CITY SG – 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 (*NIRV*)

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

PRE- SERVICE ACTIVITY

What You Need: “Character Pieces Week 3” Activity Page (one per kid), scissors, glue sticks, and markers

What You Do:

- Greet kids as they arrive to Small Group.
- Invite kids who brought an offering to place it in the offering container.
- Give each kid a “Character Pieces Week 3” Activity Page.
- Set out the scissors, the glue sticks, and the markers.
- Invite kids to choose from the different character pieces to assemble a person who resembles someone who is angry.
- Prompt kids with scenarios to use their imagination to think about someone who might be angry, like:
 - Someone just dropped their ice cream cone
 - A sibling took their favorite toy to play with without asking and broke it

If time:

- Have the kids cut out the pieces that represent someone who is angry and glue them to the middle of the page if time.
- Direct the kids to color their characters.
- As kids finish, invite them to share with you what pieces they chose to use and why.
- If kids share a personal story, validate their feelings and thank them for sharing.
- Before you go to Large Group say, **“Today, we’re going to talk about what we can do when our emotions get too hot to handle in large group!”**

SMALL GROUP TIME

1. Give Me Five

Bible Story Review

What You Need: “Give Me Five Tool” Activity Page (one per kid), markers, and Bible

What You Do:

- Give each kid a hand from the “Give Me Five Tool” Activity Page.
- Set out the markers.

- Invite the kids to color the hand on the “Give Me Five Tool” Activity Page and write their name on the page while you ask the Review Questions below one at a time.
- Review Questions:
 - What does it mean to be quick to listen? What can this look like in our everyday life?
 - What does it mean to be slow to speak? What can this look like in our everyday life?
 - What does it mean to be slow to get angry? What can this look like in our everyday life?
 - Feeling anger is NOT wrong! What did Paul say in Ephesians 4:26 about anger? (*Read Ephesians 4:26 from the Bible.*)
 - What can we do when we feel anger rising up?
- One at a time, read the five Cs on the “Give Me Five Tool” Activity Page.
 - Challenge, conflict, change, comfort, and commit.
- Come up with an age-appropriate scenario kids can relate to.
 - For example: You find out you don’t get to go to your friend’s birthday party because it’s the same day as your family barbecue.
- Talk through how to use the five Cs with the example you came up with.
- Begin with your hand in a fist.
- Invite kids to make a fist and follow along.
- Model how to put a finger up as you talk about each of the five Cs. (Your pointer finger, then two fingers, then three, then four, then finally, your thumb.)
- Invite kids to model your hand motion as you walk through the example.
- Say, “Discovering how to respond to our anger is not just about calming down—it’s about building resilience! Resilience is all about getting back up when something gets you down. You will get to take this home and give it a try the next time you feel anger rising up. This hand will remind us, **when you’re angry, talk to God.**”

2. Fill the Gap

Memory Verse Activity

What You Need: Bible, dry erase set (one per group), small sticky notes (pad per group)

What You Do:

- Depending on the age/ability of your group, you can either:
 - Give each child a Bible and look up the memory verse together.
 - Read the memory verse from a Bible aloud to your group.
 - *Be strong, all you who put your hope in the LORD. Never give up.* Psalm 31:24
- Write the memory verse on the dry erase board.
- Lead the kids to recite the verse several times.
- Use sticky notes to cover a few words of the memory verse.
- Invite the kids to say the entire verse out loud together, filling in the missing words as they do.
- Play a few more rounds, covering more words each round.
- Continue playing until all words are covered and kids are repeating the verse by memory.

3. Anger Tools

Application Activity

What You Need: “Anger Tools Responses” (one set per group) and “Anger Tools Scenarios” (one set per group)

What You Do:

- Spread the Anger Tools response cards face up in the center of the circle so that everyone can see them.
- Read each of them to the group.
- Choose a kid to go first and read them one of the scenario cards.
- Then direct that kid to look at all the cards in the center of the group and choose one that reflects how they would respond.
- Give that kid a moment to explain why they chose that response.
- Continue around the circle, repeating the process with each kid until everyone gets a turn or all of the scenario cards have been read.
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- 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?
- 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!

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 Cards 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 show off their “Give Me Five Tool” Activity Page. Encourage kids and their adults to practice this coping skill together this week when they feel like anger is arising.