



**Start
Here**

Class Time Schedule

Part 1
Let's Play (Pre-Service)

- Play Time
- Color Page
- What's In The Bag?

Part 2
Let's Listen (Large Group)

- Introduction
- Worship
- Bible Story "Cain & Abel" Motion Comic
- You Control You Object Lesson
- Payback Time Closing Sketch

Part 3
Let's Live It! (Small Group)

- Boundaries (Object Lesson)
- What Makes Me Angry? (Sensory Object Lesson)
- Those Around Us (Object Lesson)
- I'm The Boss Of Me (Inter-Active Object Lesson)
- Be The Sunshine (Craft)

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

GOD'S WORD SAYS: Ephesians 4:26 NLT

MOTIONS: Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin



**Start
Here**

Class Time Schedule

Today's Date: _____ Lead Teacher: _____

BOTTOM LINE: Don't let anger control you.

BIBLE VERSE: Ephesians 4:26 NLT, Be angry and do not sin.

LESSON	WHO
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Let's Play (Pre-Service)

- | | |
|-----------------------|-------|
| 1. Play Time | _____ |
| 2. Color Page | _____ |
| 3. What's In The Bag? | _____ |

Let's Listen (Large Group)

- | | |
|-----------------------------|-------|
| 4. Lesson Intro | _____ |
| 5. Worship | _____ |
| 6. Bible Story Motion Comic | _____ |
| 7. You Control You | _____ |
| 8. Payback Time | _____ |

Let's Live It! (Small Group)

- | | |
|---------------------------|-------|
| 9. Boundaries | _____ |
| 10. What Makes Me Angry? | _____ |
| 11. Those Around Us | _____ |
| 12. I'm The Boss Of Me | _____ |
| 13. Be The Sunshine Craft | _____ |
| 14. Snack | _____ |

**Start
Here**

TO THE TEACHER

Bible Story

Genesis 4:1-16
(Cain Got Mad)

Adam and Eve had two sons named Cain and Abel. One way that they worshipped God was bringing Him offering gifts. They couldn't just bring what they wanted, God told them what to bring Him. One day Cain and Abel brought their gifts. But Cain did not bring the right offering. Abel brought the right offering. God was happy that Abel obeyed. Cain realized that God was happy with Abel. Cain got mad and hurt Abel. Cain allowed his anger to control him.

Lesson Overview

Anger is a normal feeling that we all get.

Anger alerts us when someone has crossed our boundaries. It is okay to protect yourself from getting hurt again. But it is wrong to use our anger to punish somebody.

Do not let your anger turn into sin.

Is it possible to be angry and sin not? I asked the Lord once, "When does the sin begin?" He said, "The sin begins when you open your mouth."

Have you ever been really, really angry? Like red, hot angry. If so, it is best to keep your mouth shut. Never use your words to punish people.

Do not let anger control you.

Have you ever done something while you were angry that you felt bad about later on? When you were mad it felt good, but after the anger was gone, you felt ashamed. If so, then you let anger take control. God wants you to be in control so never give the steering wheel to anger. Exercise self-control. In others words stay in control of yourself.

God wants us to do three things with our anger.

- Overlook the small things.
- Forgive one another.
- Don't let anger take control.
- Wait until you calm down.
- Deal with it.
- Don't go to bed if you are still angry.
- Talk to whoever you are mad at, but be nice about it.
- Never use your words to punish people.



1. PLAY TIME 2. COLOR PAGE

Bible Story

Genesis 4:1-16
(Cain Got Mad)

Adam and Eve had two sons named Cain and Abel. One way that they worshipped God was bringing Him offering gifts. They couldn't just bring what they wanted, God told them what to bring Him. One day Cain and Abel brought their gifts. But Cain did not bring the right offering. Abel brought the right offering. God was happy that Abel obeyed. Cain realized that God was happy with Abel. Cain got mad and hurt Abel. Cain allowed his anger to control him.

What You Say:

It looks like Andi is upset about something today!

What do you think she is upset about?

(allow kids to respond)

I think someone ate her grapes and she's upset about it!

Has someone ever ate your grapes without asking you?

(allow kids to respond)

It's happened to me too, I don't think anyone like their food to be ate without their permission!

We will have to wait to see what is really happening when we watch the Adventures of James & Andi today.

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

GOD'S WORD SAYS: Ephesians 4:26 NLT

MOTIONS: Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin





3. WHAT'S IN THE BAG?

HOW TO PLAY

How It Is Done:

- Select one child to put their hand in the bag and have them guess what they think is in the bag!
- Pull out the item they have grabbed and show everyone.
- This is a clue to this week's Bible story.

What You Need:

- Apple
- Toy lamb

What You Say:

It's time to dig into the big bag and see what we find this week! Are you ready?

I have hidden a our clues for our Bible story this morning in the big bag!

Pull out the APPLE

An apple... (take a bite out of the apple) I wonder what an apple has to do with our Bible story. Adam & Eve had two sons, Cain & Abel. Cain planted crops (hold up apple) Cain planted all kinds of fruits and veggies

Pull out the TOY LAMB

Awww, it's a little lamb (hold up the toy lamb) look how cute it is! Abel had livestock like this little lamb. One day, Cain & Abel went to give an offering to God. There were special instructions for the offering, but Cain didn't listen.

That's all I'll tell you for now, I don't want to spoil the Adventures of James & Andi for you where we will learn more about our Bible story.

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

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MOTIONS: Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin



4. INTRODUCTION

How To Lead Worship:

- Whether you worship with CDs or worship videos, leading kids in worship is all about setting the example.
- If the song has a fast beat and you can clap, lead the kids in clapping! If the song is slow and worshipful, lead the kids in lifting their hands as they sing.

Recommended

Song:

It Is Well by Yancy Not Nancy

go to :

www.yancynotnancy.com

to download music

What You Say:

Worship Leader: (Slowly walking in with shoulders slumped sighing heavily) It's the last week of our series Love Yourself. It's gone by so fast! (perks up a little bit) You know what though, I'd love for someone to help me do the bottom line from last week, that'll make me feel better! Who wants to help me?

Worship Leader & Kid: Are you ready? Let's go!

[bottom line] Say (cup your hands around your mouth like a megaphone) Good (thumbs up) Words (act like you are writing in the air)

Worship Leader: (smiling) Yes! That did the trick, I feel so much better. This last lesson is a big one because... We are going to learn to...

[bottom line] Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

Worship Leader: Stand up and let's do this altogether now. Are you sure you can do this one?

Worship Leader: Okay, I just wanted to make sure! Let's do this!

Worship Leader & Children: [bottom line] Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

Worship Leader: You guys really rocked this last bottom line. I'm super excited for today now, are you guys ready to worship God?

Worship Leader: I can't hear you, are you ready to worship God!

Worship Leader: You are definitely ready, let's worship God!

(Lead children in singing your worship song(s))



5. WORSHIP

(Lead children in singing your worship songs for the morning)

Worship Leader: Jesus, thank you for the peace you give to us and the ability to control our anger. I thank you that the lesson today is deeply planted in our hearts and we take it home with us after church. Amen.

Worship Leader: It's Bible Verse time! Do you wanna do the Bible Verse with me?

(allow kids to respond)

Worship Leader: YES! I was hoping you would want to do it with me. Stand up and watch me the first time.

Ephesians 4:26 NLT - Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin

Worship Leader: Let's do it together.

Worship Leader and Children:

Ephesians 4:26 NLT - Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin

Worship Leader: You guys are AMAZING. Someone go get the Pastor and let him know we've got the best kids in our kids ministry in the WHOLE world! Right now, I need you to sit down now and put on your listening ears (cup your hands around ears). It's time to start our latest adventure with James & Andi!



6. THE ADVENTURES OF JAMES AND ANDI

BIBLE STORY MOTION COMIC



Show Motion Comic - Cain Got Mad

...After the Motion Comic

Teacher:

Genesis 4:1-16 (Cain & Abel)

Adam and Eve had two sons named Cain and Abel. One way that they worshipped God was bringing Him offering gifts. They couldn't just bring what they wanted, God told them what to bring Him. One day Cain and Abel brought their gifts. But Cain did not bring the right offering. Abel brought the right offering. God was happy that Abel obeyed. Cain realized that God was happy with Abel. Cain got mad and hurt Abel. Cain allowed his anger to control him.

Next; play the Memory Verse and Bottom Line:

Say these with your kids and get them to do the actions.

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

GOD'S WORD SAYS: Ephesians 4:26 NLT

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7. YOU CONTROL YOU

Props Needed:

- Two cups - one cup filled with water and one cup that is empty.

What You Do:

- Have the two cups prepared and at the front of class prior to service beginning.

OBJECT LESSON

What You Say:

I need someone to help me with this object lesson. Who wants to help me?

I have a cup of water that I need you to hold. (hand the filled cup of water over to the kid)

Now, what I want you to do is shake the cup. (the kid will look at you oddly)

Go ahead, shake the cup! (the kid will begin shaking the cup)

Shake it harder, get all the water out! (let the kid shake the cup until all the water is gone)

Who can tell me why the water came out of the cup? (allow the kids to respond, the most typical response will be because _____ shook the cup, but this is not the answer we are looking for)

I've got another cup for you. (hand the empty cup to the kid)

I want you to shake this one too. (the kid will begin to shake cup)

Why didn't any water come out of this cup? (allow kids to respond)

There was no water in this cup, right? So, why did water come out of the first cup? Because it had water inside it. If there was no water in the first cup, no water would have come out.

Have you ever told somebody, "You make me mad!"

I think most of us have said this to someone, but the truth is no one can make you or I mad.

continued.....



7. YOU CONTROL YOU cont.

Just like the cups, if there isn't any anger in you, then no anger can come out, even if somebody comes up to you and shakes you up a bit, plus we need to do what our bottom line says,

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

When we say, "you make me mad" to someone we are playing the "Blame game".

Everyone deals with anger, but no one is able to control our anger except us.

When we let our anger control us we end up saying things we regret and we will have to apologize for later.

Watch your words and take control of your anger.

Instead of getting shaken up like the first cup where water gets everywhere we need to be like the second cup and...

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

GOD'S WORD SAYS: Ephesians 4:26 NLT

MOTIONS: Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin



8. PAYBACK TIME

RICKY BOBBY OR SALLY SUZIE

**Character Ricky Bobby or
Sally Suzie:**

- A happy-go-lucky kid.
- Learning how to live for Jesus
- Athletic/tomboyish

Costume:

- Worn out jeans
- Favorite sports team t-shirt.
- Boy wears a baseball cap
- Girl's hair in pigtails

What You Need:

- Swim shorts
- Squirt gun
- Bucket of water

What You Do:

- Ricky Bobby wears swim shorts.

LARGE GROUP CLOSING SKETCH

Teacher: If we let our anger control us, we can do things that we will regret later on.

(Ricky Bobby busts through the back door with his bucket of water and squirt gun)

Ricky Bobby: I can't believe it!

Teacher: What?

Ricky Bobby: My friend Patricia didn't invite me to go to the pool party with all of our friends!

Teacher: I'm sorry about that, it looks like you are going to another pool party though.

Ricky Bobby: No, I'm going to THEIR pool party (points in direction of their house wildly pointing squirt gun) and I'm going to soak them all (laughs loudly)

Teacher: That doesn't sound like a good plan!

Ricky Bobby: It's the only plan!

Teacher: Are you sure, you might end up hurting your friends feelings if you crash their party.

Ricky Bobby: They didn't think about my feelings when they forgot to invite me! (squirts the squirt gun a little bit at kids)

Teacher: I'm glad you came by today, we are talking about controlling our anger.

Ricky Bobby: What if I don't want to control it!

Teacher: Ricky... You might end up doing something you regret if you don't control your anger.

Ricky Bobby: Well I need help controlling it.

Teacher: The Holy Spirit on the inside of you can help you control your anger, you just need to ask God to help you.

continued.....



8. PAYBACK TIME continued

Ricky Bobby: Can we do it right now?

Teacher: Sure thing, God I pray that you help Ricky Bobby to control his anger and that he makes the wise decision to not crash his friend's party.

Ricky Bobby: AMEN! You know what, I'm not going to crash their party, that wouldn't be nice. (cell-phone starts ringing)

Teacher: Who could that be?

Ricky Bobby: (pulls out phone and answers it) Hello? Hey mom! Patricia called? The invite got lost in the mail? I can go to the pool party! That's awesome! Come get me from kids church!

Teacher: See! Aren't you glad you...

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

Ricky Bobby: I am. I would have looked pretty silly.

Teacher: Yep. You better get going if you are going to make it to your pool party.

(Ricky Bobby walks towards the door)

Ricky Bobby: Mhmm (puts squirt gun on shoulder) Now it's time to go and squirt gun Patricia's dad at the pool party!

Teacher: Have fun.

Ricky Bobby: Bye!

THE END



9. BOUNDARIES

Props Needed:

- Masking tape
- One child helper
- A toy

What To Do:

- Make a box with the masking tape on the floor, large enough for a child to stand inside.

OBJECT LESSON

What You Say:

Today we are talking about anger. All of us have been angry. All of us have seen others angry. Anger is a normal feeling that we all get. Anger alerts us when someone has crossed our boundaries. It is okay to protect yourself from getting hurt again. But it is wrong to use our anger to punish somebody.

It is like this. (Have child helper stand on inside of the masking tape box with toy.)

Here on the floor I have a box made of masking tape. Inside this box is Johnny. This box represents Johnny's boundaries. You can't see it but it is there.

If I were to take Johnny's favorite toy from him, Johnny's anger alerts Johnny that someone has crossed his boundary. (Take Johnny's toy from him.)

It is at this point Johnny has a decision to make. What do you think he should do? (allow for response.)

Johnny could get angry and throw a fit, yell at me, hit me or he could take a deep breath and ask me for the toy back.

Every one of us will have our boundaries crossed and we will get angry, but it is what we do that makes the difference. We should not allow anger to control us. We should learn how to control ourselves.

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

GOD'S WORD SAYS: Ephesians 4:26 NLT

MOTIONS: Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin

continued....



10. WHAT MAKES ME ANGRY?

What You Need:

- 2-3 Balloons
- Magic Marker
- Pin (something to pop balloon safely)

What You Do:

- On one balloon draw an angry/sad face.

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

GOD'S WORD SAYS:

Ephesians 4:26 NLT

MOTIONS: Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin

OBJECT LESSON

What You Say:

We just talked about how other people can cross your boundary and anger alerts you that someone has crossed your boundary. But it is important that you understand what makes you angry so that you know how to control that anger.

(Hold balloon with drawn angry face in hand. For each response blow up the balloon more.)

What are things that can make you angry? I get angry when, someone takes my toy, friends don't play with me, someone calls me a name.....

(When balloon is blown up tie it.) This is the point that you have to decide how you are going to react when your boundary is crossed. One way to react is to "blow up!" (Pop the balloon.)

Wow, that was loud and it scared me. When we get angry and we let anger control us we end up screaming, having a temper tantrum or calling others names. That is what it is like if we get angry and sin. It is loud, ugly and it makes others feel bad.

(Take the second balloon in hand and repeat the process of what makes us angry and blow up balloon each time.) Let's try this again. What are some things that make you angry? (allow for response)

Now this time instead of blowing up what if we did something different? What are some things we can do instead of letting our anger control us? (allow for response)

We can take a deep breath, take a walk, color a picture or ride our bike. We can do something to move ourselves away from what makes us angry.



11. THOSE AROUND YOU

OBJECT LESSON

What You Need:

- Large, clear pitcher filled with water
- Green food coloring

What You Do:

- Place large pitcher filled with water in front of class.
- Have the green food coloring close by.

What You Say:

Make sure the pitcher is in a place that everyone can see clearly.) I want everyone to look up here and watch this large pitcher filled with clear water. Watch it very carefully.

(Take the green food coloring and drop about 3 drops into water.) Are you watching this? What is happening to the green color? Right, it is dropping down and mixing in with the clear water.

Now, look up here. Have you ever been in a grocery store and you are just minding your own business, sitting in the cart, going down the aisle with your mom, and all of a sudden you hear a loud, shrilling scream coming from the next aisle?

You are thinking, "What in the world happened?" As your Mom continues to find the spaghetti sauce you happen to walk past the aisle with the loud, shrill scream and you see a kid, about your age, screaming his head off at his mom.

Has that happened to anyone? What does that make you feel like? (allow for response)

Yes, it makes you feel bad and sad. Does it make you want to go play with that kid? Does it make you feel sorry for that kid? Does it make you want to get as far away from that kid as you can?

You don't even know this kid but his temper tantrum is affecting you. When we get angry and throw a fit, it affects others. It certainly affects the person we are getting angry at, but it also affects those that are around us.

Let's look at this pitcher of water again. It was only a couple of drops of green food coloring that I dropped in here, but see how it spread all over.

Remember, be angry and sin not. We can take a deep breath, take a walk, color a picture or ride our bike. We can do something to move ourselves away from what makes us angry and sin not.

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

GOD'S WORD SAYS:

Ephesians 4:26 NLT

MOTIONS: Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin



12. I'M THE BOSS OF ME

What You Need:

- Bottle of bubbles

What You Do:

- Make a label for the bubbles "I'm The Boss of Me" and tape it onto bottle.
- You will play a game with the children by blowing bubbles and they use their self-control by NOT popping the bubbles and standing still.

INTER-ACTIVE OBJECT LESSON

What To Say:

We are going to learn how to use our self-control today. Self-control is simply controlling yourself. You are in charge. You are the boss of you.

When someone crosses your boundary and your anger is alerted you can choose to blow up and get mad at others by screaming or yelling, or you can choose to control yourself. Remember you are the boss of you. You can choose what you do.

We are going to play a little game and I am going to give you a chance to show me how well you are the boss of you. I want you to show me that you can control yourself.

I am going to blow a bunch of bubble all over the room and I want you to control yourself and stand still. No chasing the bubble. No running after the bubble, and no popping the bubbles.

Let's see who can show me their self-control. (Blow bubbles, let them all pop or fall to ground and do this several times.)

Yeah! You guys are awesome. You are so in control of yourself. You showed me who was the boss of you. That is great. When you get angry remember that you are the boss of you and you can choose to not get angry and blow up. You can choose to take a deep breath, take a walk, color a picture or ride our bike. We can do something to move ourselves away from what makes us angry and sin not. We can choose to be our own boss.

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

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13. BE THE SUNSHINE

What You Need:

- Craft Page 4 (included with this lesson)
- Cardstock
- Yellow cupcake liners (enough for class)
- Glue sticks
- Crayons

What You Do:

- Copy Craft Page 4 onto cardstock (enough for class)

CRAFT

Craft Instructions:

- Children will color page
- Glue the Yellow Cupcake Liner onto Craft Page 4 where indicated

What You Say:

We have been talking today about anger. Everyone gets angry but it is what do you do when you get angry. Some people get mad and scream and throw a temper tantrum. When you see someone angry and throwing a fit you don't really want to be near them. You certainly don't want to go play with them.

When you get angry remember that you are the boss of you and you can choose to not get angry and blow up. You can choose to take a deep breath, take a walk, color a picture or ride our bike. We can do something to move ourselves away from what makes us angry and sin not. We can choose to be our own boss.

So our craft today says this, "I will be the Sunshine not the clouds." What does this mean?

It means that instead of getting angry when someone crosses our boundary we can choose to be happy instead. We don't need to blow our stack and be an angry cloud on someone's day. We can be the Sunshine instead.

BOTTOM LINE: Don't let anger control you.

MOTIONS: Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

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MOTIONS: Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin





Be Angry & Do Not Sin

Week 4

PLAN YOUR WEEK WORKSHEET

Social Media Plan:

Connecting with the parents of kids in our ministry is crucial. It makes sense to go where parents are already at throughout the week, social media.

Simply copy and paste these prepared posts to your personal or ministry's Facebook, Twitter, Instagram, or Pinterest accounts each day.

These posts are designed to help you connect with parents as well as help them review the lesson with their kids throughout the week.

Use these links in Facebook, Twitter and Email, just cut and paste.

Monday:

This week, we learned the Holy Spirit helps us be angry and do not sin! Watch the Adventures of James & Andi here: <https://vimeo.com/180931414/c94994c124>

Tuesday:

Don't let your anger control you! (Use Week 4 Graphic in the graphics folder)

Wednesday:

On the way to preschool this morning, Ask: Who controls your anger?

Thursday:

Conversation Starter: Anger is something we all deal, how do you help your kids deal with their anger? Share here: (insert church website, Facebook page, etc.)

Friday:

Watch the motion comic from this week and ask your kids: Was Cain upset with God? (Answer: Yes, he was upset that God didn't accept his offering.)



WHAT WE LEARNED TODAY

Bible Story

Genesis 4:1-16
(Cain Got Mad)

Adam and Eve had two sons named Cain and Abel. One way that they worshipped God was bringing Him offering gifts. They couldn't just bring what they wanted, God told them what to bring Him. One day Cain and Abel brought their gifts. But Cain did not bring the right offering. Abel brought the right offering. God was happy that Abel obeyed. Cain realized that God was happy with Abel. Cain got mad and hurt Abel. Cain allowed his anger to control him.

PARENTING PRESCHOOLERS

Anger is a normal feeling that we all get. Anger alerts us when someone has crossed our boundaries. It is okay to protect yourself from getting hurt again. But it is wrong to use our anger to punish somebody.

Do not let your anger turn into sin. Is it possible to be angry and sin not? I asked the Lord once, "When does the sin begin?" He said, "The sin begins when you open your mouth." Have you ever been really, really angry? Like red, hot angry. If so, it is best to keep your mouth shut. Never use your words to punish people.

Do not let anger control you. Have you ever done something while you were angry that you felt bad about later on? When you were mad it felt good, but after the anger was gone, you felt ashamed. If so, then you let anger take control. God wants you to be in control so never give the steering wheel to anger. Exercise self-control. In others words stay in control of yourself.

God wants us to do three things with our anger.

Overlook the small things, Forgive one another, Don't let anger take control, Wait until you calm down, Deal with it, Don't go to bed if you are still angry. Talk to whoever you are mad at, but be nice about it, Never use your words to punish people.

WHAT WE CAN DO AT HOME

Learn To Be Flexible *(any time this week)*

WHAT YOU NEED: Pipe cleaner and stone.

WHAT YOU DO: Place pipe cleaner and stone on table.

WHAT YOU SAY: When you get angry because you don't get your way, or if someone does something to you and you get mad, it is easy to become hard like this rock. When you step on a rock what happens? It can hurt your foot because it is so hard. Now this pipe cleaner is bendable and flexible. When you are flexible you choose to be in control of yourself and not be angry. You choose to share your toy. You choose to not get mad because you can't play outside. You choose to bend like this pipe cleaner. When you need to you choose to be flexible instead of mad and angry.



Be Angry & Do Not Sin

Week 4

PROP LIST

LET'S PLAY (Pre-Service)

What's In the Bag? (Page 5)

- _____ Apple
- _____ Toy lamb

LET'S LISTEN (Large Group)

- _____ "Cain Got Mad" Motion Comic Week 4

You Control You (Object Lesson) - Page 9-10

- _____ Two cups - one cup filled with water and one cup that is empty.)

Payback Time (Closing Sketch) - Page 11-12

- _____ Ricky Bobby/Sally Suzie Costume
- _____ Swim shorts
- _____ Squirt gun
- _____ Bucket of water

LET'S LIVE IT! (Small Group)

Boundaries (Object Lesson) - Page 13

- _____ Masking tape
- _____ One child helper
- _____ Toy

What Makes Me Angry (Object Lesson) - Page 14

- _____ 2-3 Balloons
- _____ Magic Marker
- _____ Pin (something to pop balloon safely)

Those Around Us (Inter-Active Object Lesson) - Page 15

- _____ Large, clear pitcher filled with water
- _____ Green food coloring

I'm The Boss Of Me (Object Lesson) - Page 16

- _____ Bottle of bubbles

Be The Sunshine (Craft) - Page 17

- _____ Craft Page (included with this lesson)
- _____ Cardstock
- _____ Yellow cupcake liners (enough for class)
- _____ Glue sticks
- _____ Crayone or markers

I will teach this lesson on

_____ Date

Copies To Make

- _____ Color page - Miriam's Big Mistake
- _____ How many?
- _____ Parenting Preschoolers
- _____ How many?
- _____ Memory Verse Cards (Ephesians 4:26)
- _____ How many?

Recommended Song:

There Is Power

go to: www.yancynotnancy.com to purchase music

My Notes For This Week

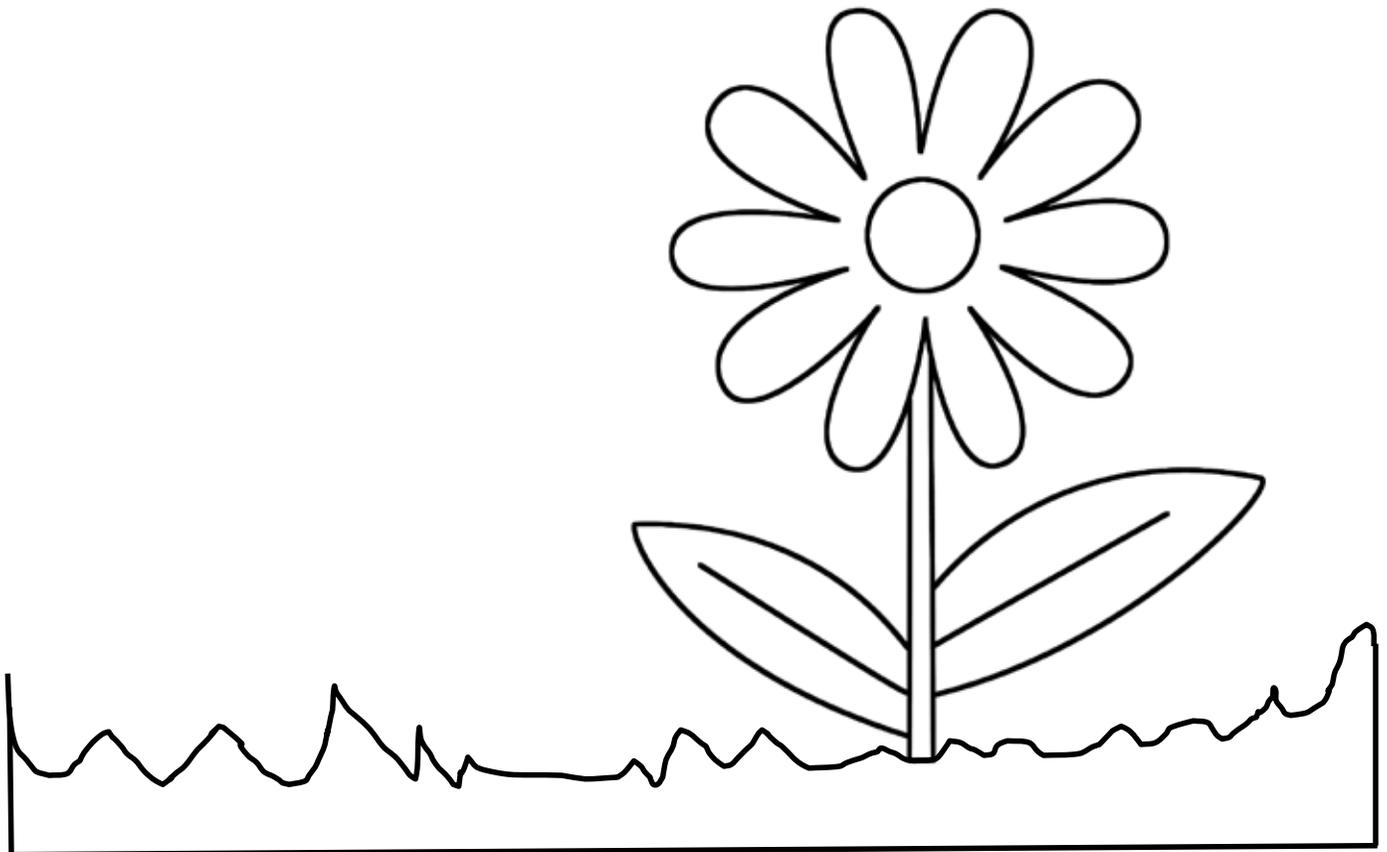
NAME _____

I will be the

SUNSHINE

not the clouds

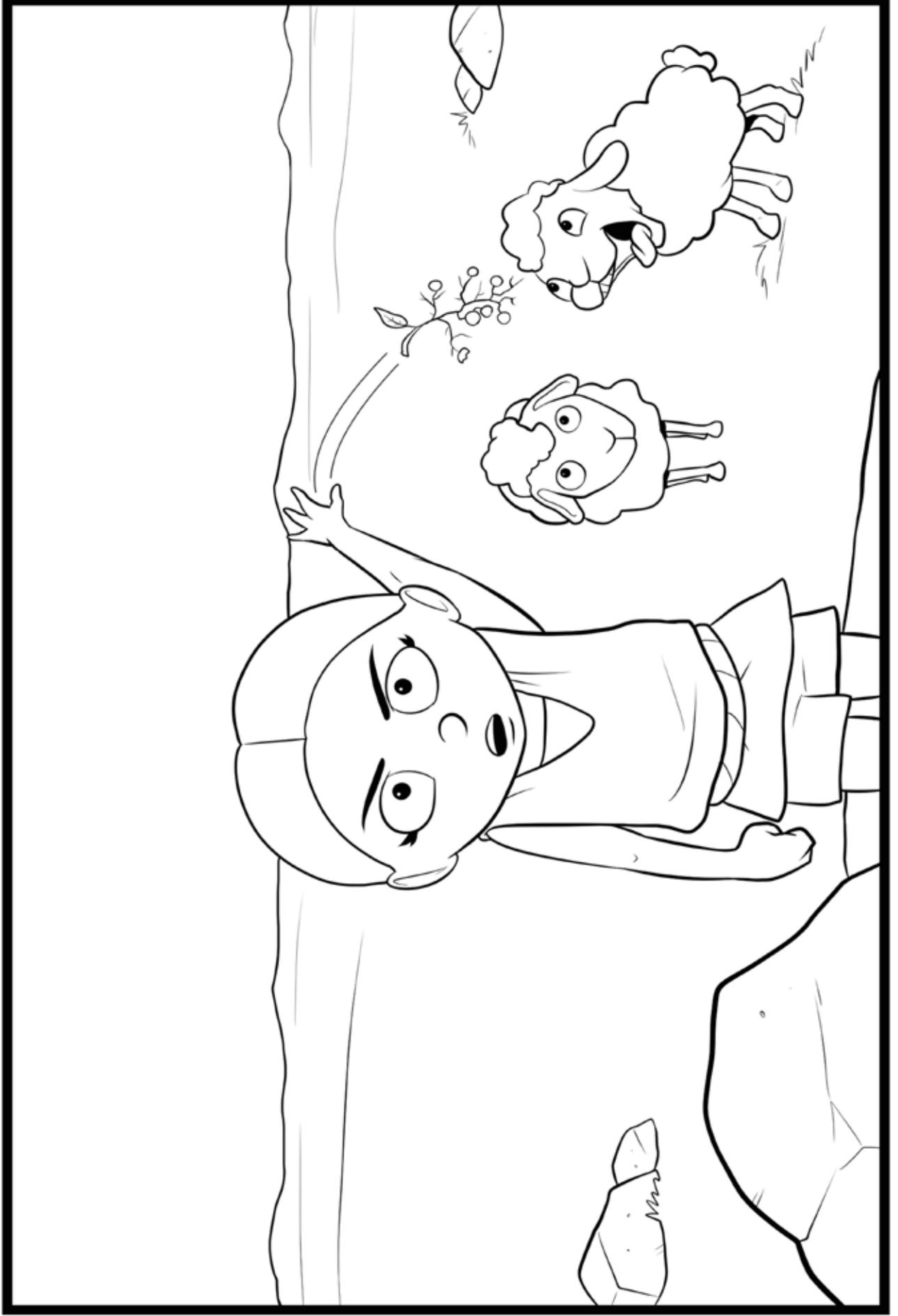
GLUE
YELLOW
CUPCAKE
LINER HERE



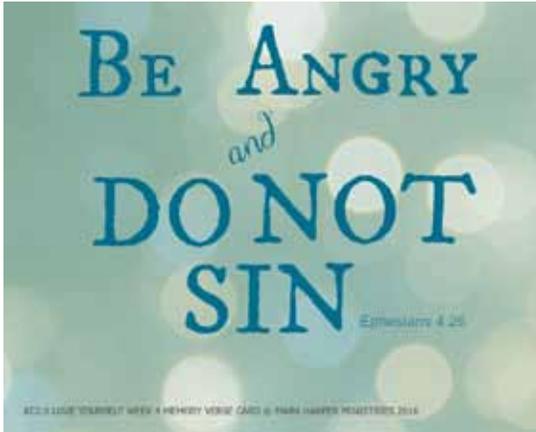
KINDER CHURCH 2.0 LOVE GOD - Week 4

Name _____

Cain allowed his anger to control him. We need to make sure anger does not control us.



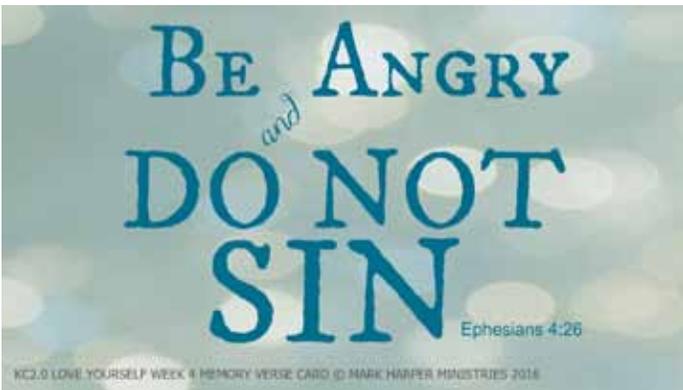
KINDER CHURCH 2.0 LOVE YOURSELF LESSON 4 GRAPHIC FILES



File Name: KC2.0LOVEYOURSELF4MV1000X800

Translated: Kinder Church 2.0, Love Yourself, Lesson 4, Memory Verse, size 1000 x 800 pixels

Uses: Memory Verse Cards – use during worship
Take home postcard – print out onto postcards and send home with children



File Name: KC2.0LOVEYOURSELF4MV1920x1080

Translated: Kinder Church 2.0, Love Yourself, Lesson 4, Memory Verse, Size 1920x1080 pixels

Uses: Use as slide for computer and power point