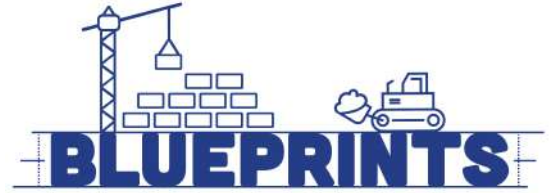


WEEK 7 4-5 LESSON

Need to Know: *When I Feel Angry, God Gives Me Self-Control*
Bible Story: *Nehemiah (Nehemiah 1-6)*



Circle Up

1

1. WELCOME kids to our series, "Blueprints," and TELL them your name. Then SAY: *In this series, we're doing some construction and using God's Blueprint, the Bible, to know the right way to deal with everything we feel. To help us get started, we're going to build a tower. We'll each take turns grabbing a **block**, saying our name, and telling one thing that makes us feel angry. Once you've shared with the group, you'll use your block to build onto our tower.*
2. ALLOW each child a turn to share and add onto the tower. After everyone has shared, ALLOW the group to knock down the tower. Once the tower has fallen, COLLECT the blocks and SAY: *We all have different things that make us feel angry. One little thing can make us feel upset, and then just like our tower, our anger can start to build. After a while, if we don't deal with those feelings of anger, they can make us do or say things that we can't take back. The good news is that when we feel angry, God gives us self-control! That's exactly what we're learning today. Say this with me:*
When I Feel I Angry, God Gives Me Self-Control

Read the Bible

2

1. SAY: *Today, we're going to read a story about a guy named Nehemiah who was dealing with some feelings of anger. Listen carefully to see if he dealt with his feelings in the right way.*
2. GIVE each child a **Blank Face Sheet**, and PLACE the **coloring utensils** in the center of the group. ALLOW time for kids to draw faces, and when your group is ready, READ the **Bible Story Sheet**. After the story, ASK:
 - *In our story, Nehemiah and his crew were just trying to rebuild the wall around their city. What was Sanballat doing? (Saying mean things, making fun of them, threatening) How did that make Nehemiah and his workers feel? (Angry)*
 - *When Nehemiah and the crew were feeling angry, what did God give them? (Self-control) That's right! God gave Nehemiah and the crew the self-control not to say or do anything they couldn't take back.*
3. SAY: *When we're feeling angry, we can deal with those feelings by talking to God and asking Him to help us have self-control. Then, just like Nehemiah, when someone is saying something mean or doing something that hurts us, we can show them God's love by not letting our anger get the best of us!*

Let's Practice

3

Option 1: TNT

1. UNROLL the **tape measure** in the center of the group, feet side facing up. Then SAY: *When we feel anger creeping in, the best thing we can do is STOP and figure out exactly what we're feeling. One way we can do that is by measuring how big or small our feelings of anger are. That's what this tape measure is for. The lower the number, the less angry you feel, and the higher the number, the more angry you feel.*
2. READ each **Tape Measure Card** aloud and PLACE it beside the corresponding number on the tape measure.
3. SPREAD the **TNT Cards** in the center of the group, TNT side facing up. Then SAY: *The higher the number when we're measuring our anger, the closer we are to exploding, and we don't want to do that! To help us know how to diffuse the anger bomb and have self-control, let's play a game.*
4. DIVIDE kids into two teams and SAY: *Each team will take turns using the **sticky hand** to pick up a TNT Card. If the Card has a question on the back, you will answer the question and win a point for your team by placing the Card where it should go on the tape measure. But watch out, because some Cards have an explosion on the back! If you pick up one of those, your team loses a point!*
5. HAVE teams take turns using the **sticky hand** to choose a TNT Card. USE a coloring utensil and **paper** to keep track of teams' points.
6. **SANITIZE** kids' hands and GIVE them **candy** for playing, REWARDING the winning team first.
7. Then, REVIEW the Need to Know with the group again: *When I Feel Angry, God Gives Me Self-Control*

Option 2: On Back

Option 2: Group Discussion

1. SHARE an age-appropriate, personal story about a time you were feeling angry. EXPLAIN how big your anger was on a scale of one to five (five being the worst) and how you dealt with that anger. TELL about how God either gave you self-control or how you learned from your lack of self-control.
 2. GENERATE additional group discussion by ASKING:
 - *What is one thing that makes you really angry? How do you usually deal with those feelings?*
 - *Why do you think it's important to have self control?*
 - *What are some ways you can practice self-control the next time you're angry?*
 3. SANITIZE kids' hands and GIVE them candy for participating in the discussion. Then, REVIEW the Need to Know with the group again: *When I Feel Angry, God Gives Me Self-Control*
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Memorize It 4

1. SAY: *There's a verse in our Blueprint for life, the Bible, that tells us what God says about dealing with how we're feeling. I want to teach it to you now. Just repeat after me:*
*"But even if we
don't feel at ease,
God is greater
than our feelings,
and He knows everything."*
1 John 3:20
 2. PRACTICE saying the verse with the group two times, having them repeat each line after you.
 3. PLAY "Fidget Spinner Time-Out." SPIN the **fidget spinner**, and HAVE the group try to say the whole verse together before the **fidget spinner** stops spinning.
 4. CONTINUE playing as time allows, and HAVE the group say the verse as many times as they can before it stops.
 5. GIVE kids a **Memory Verse Flyer**, and TELL them that they can use it to practice the verse at home.
 6. REMIND kids that if they have the verse memorized next week, they'll win a special prize.
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Let's Pray 5

ASK your group for any prayer requests. Then PRAY the following for your group:

- That God would help them deal with how they feel
 - That when they're feeling angry, God would give them self-control
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Stay Together 6

KEEP kids engaged in Small Group until they are checked out by doing the following activities:

- PLAY "Emoji Memory Match":
 - LAY the **Emoji Memory Cards**, logo side up, in the center of the group.
 - ALLOW kids to take turns choosing two **Cards** at a time.
 - If they get a match, they get to keep that match.
 - If they do not get a match, they have to put both **Cards** back, logo side up.
 - Once all matches have been found, the child with the most matches is the winner.
- PLAY a version of "Musical Chairs":
 - GIVE each child a **sticky note** and TELL them to place it on the floor in front of them.
 - HAVE kids stand up.
 - REMOVE one sticky note from the circle.
 - SPIN the **fidget spinner**.
 - ALLOW kids to walk in a circle until the **fidget spinner** stops.
 - When it stops spinning, kids should race to find a **sticky note** to sit on.
 - Whoever can't find one is out.
 - Each round, REMOVE a **sticky note** and SPIN the **fidget spinner** until only one child remains.