



Lesson 11:

ANGER



TEACHING GOAL: My anger leaves a mark on other people, and me too.

1. Play theme song
2. Pray
3. Review last lesson
4. Lesson and discussion
5. Memorize: **Anger hurts you; others, and me too.**
6. Close in prayer



SCRIPTURE: Psalm 37:7-8 “Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil.”

Colossians 3:8, 12 “But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips...clothe yourselves with compassion, kindness, humility, gentleness and patience.”



MATERIALS: One or more bottles of carbonated soda
(CAUTION: red may stain)
 One or more bottles of a non-carbonated drink (like lemonade)
 Newspaper
 Marker
 Masking or duct tape

Words that are written in **bold** are when you, the parent, are speaking. Feel free to use your own words.

A Big Idea

Anger is a problem in many homes. You can use this lesson to do some important teaching about anger and the importance of controlling it.

Lots of people, including men and women in the Bible, have gotten in trouble because of their anger. Can you name some? Cain killed his brother Abel when he was angry. Moses wasn't allowed to go into the Promised Land when, in anger, he hit a rock with his staff. Pharaoh was angry with God and refused to obey him. This led to ten plagues—including one that caused the death of his son. Jacob had to leave home because his brother Esau was so angry. **Can you think of a time when you were angry or someone at school, in sports, or in the neighborhood was angry?** Listen to their answers. Avoid becoming defensive if they share an example from the family.

People who are angry usually believe they are right, and most of the time they are. But they are making a serious mistake. They believe that just because someone else did something wrong, then they have the right to get angry. That's a mistake. It's not good enough to be right. You also have to be wise. Proverbs says, "A fool gives full vent to his anger, but a wise man keeps himself under control." (Proverbs 29:11)

Anger can be very dangerous. Anger can hurt the people around us.

B Activity

Spread out a large amount of newspaper on or against a flat surface. Ask for a volunteer. Then, using a marker, trace the volunteer's life-size outline onto the paper. Tape the image on a fence or the base of a tree. (**NOTE:** The surface behind the image will be sprayed with soda.)

Carefully remove the tops from a bottle of carbonated soda and a bottle of non-carbonated drink. Drill or nail a small hole in the cap. Replace the cap before shaking. It is easier for younger children to cover the small hole with a thumb or finger. The small hole also causes the drink to spray farther. Ask for two volunteers, one to hold the carbonated and one to hold the non-carbonated drink. When directed, the volunteers will hold a thumb over the hole in the top of their bottle and shake the drink. Adults can do this part of the activity or younger children can use their palms to cover the bottle opening, which works great, but it's messier.

Read the story below, taking time to direct the drink shakers.

I'm going to tell you a story about two parents at a baseball game. The bottles of drinks represent the two parents. The image on the fence (tree) represents a baseball umpire. When I direct you to do so, put your thumb over the top of your drink and start shaking.

There were two parents at a very important baseball game. The winning team would go on to the state championship game. It had been a close game, and many times during the game the umpire had to make close calls that favored the other team.

Okay, start shaking your bottle. When you feel the pressure building against your thumb, slide it off slightly and let the drink spray toward the umpire drawing. Take time for both kids to try and spray the image. The carbonated drink will spray and the non-carbonated drink won't spray. **The shaking represents going through a stressful or uncomfortable experience. The carbonation in the one soda represents anger. When life gets stressful, the person with anger inside will start to explode. They say and do things that hurt other people.**

Both parents were getting nervous. Their team was down by one run going into the last inning. With two outs, their best player came up to bat and hit a ball all the way to the fence. There was a runner on

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first, and if he could score it would tie the game. The runner made it around third base and started heading home. The outfielder picked up the ball and threw it toward home plate. It was going to be close! The runner slid, the catcher caught the ball and tagged the runner. Everyone watched as the umpire called the runner out!

Okay, keep shaking your bottle. When you feel the pressure building against your thumb, slide it off slightly and let the drink spray toward the umpire drawing. Take time for both kids to try and spray the image. **Remember, the bottles represent the parents. The shaking represents stress. The carbonation represents anger.**



The game was over and the parents' team lost. Both parents were disappointed but one exploded with anger! This parent started yelling bad words at the umpire. He went down to the fence and started screaming until his face turned red. His son, who was a player on the losing team, was very embarrassed by his dad's angry outbursts. Another person in the stands remembered seeing this angry man at church. The umpire was concerned that the

angry parent might start a fight. The umpire called for security guards to help and they physically removed the parent from the ballpark.

The other parent, who was also disappointed, went down to the field and thanked the umpire for calling a good game. Both parents experienced the same stressful situation, but one was filled with anger and the other wasn't. They handled the same situation very differently.

Okay, shake your bottle some more. When you feel the pressure building against your thumb, slide it off slightly and let the drink spray toward the umpire drawing.

You might repeat the activity with other kids or adults who want to use the carbonated soda to play the part of the angry parent.

Application

In this story, who was hurt by the parent's anger? The umpire, the son, the parent himself, his church, others connected to the losing team, maybe even the winning team are all possible answers.

Invite volunteers (who don't have sticky hands) to read Psalm 37:7-8 and Colossians 3:8,12. **The Bible tells us to watch out for anger. Instead of anger, we need to show compassion. Instead of anger, we need to show kindness. Instead of anger, we need to show patience.**

One interesting thing about spraying soda is that it gets on you too. The same thing is true with anger. It not only makes a mess for others but it makes a mess of you. Angry people are unhappy people because they often don't know how to respond to correction well.

In the week ahead, look for real-life stories of anger from the newspaper or personal experience.