



SUPERCHURCH 2.0

# Be Angry & Do Not Sin

**MEMORY VERSE:**

**Ephesians 4:26**, "...don't sin by letting anger control you. Don't let the sun go down while you are still angry." (NLT)

**TAKE HOME POINT:**

Don't sin by letting anger control you.

**TO THE TEACHER:**

There are four points with this lesson:

1. Anger is a normal feeling that we all get.
2. Do not let your anger turn into sin.
3. Do not let anger control you.
4. God wants us to do three things with our anger.

**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 regretted 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.**

1. Overlook the small things. Forgive one another.
2. Don't let anger take control. Wait until you calm down.
3. 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.



# Be Angry & Do Not Sin

## LARGE GROUP SCHEDULE

Today's Date: \_\_\_\_\_

Lead Teacher: \_\_\_\_\_

WHO	LESSON OUTLINE	WHAT
_____	1. Participation Awards	
_____	2. Praise & Worship	
_____	3. Announcements	
_____	4. Offering	
_____	5. Motion Comic:	Adventures of the Masked Hero #8
_____	6. Bottom Line:	Don't sin by letting anger control you.
_____	7. Memory Verse:	Ephesians 4:26, "...don't sin by letting anger control you. Don't let the sun go down while you are still angry." (NLT)
_____	8. Drama:	Mighty Max: "Super Rage"
_____	9. Object Lesson:	Red Hot Tamales
_____	10. Short Film:	Angry Dad
_____	11. Inter-Active Lesson:	You Control You
_____	12. Altar Call	
_____	13. Digital Review Questions	
_____	14. Small Groups	

MOTION COMIC

# The Adventures of the Masked Hero

## Agape: Episode #8

▶ TO THE TEACHER:

**Goal:** get the kids to laugh and introduce the lesson.

- At the conclusion of the Digital Comic Book, Johnny asks the question **“What is the Bottom Line?”** Words pop up one at a time. Encourage your kids to guess the Bottom Line as the words pop up.

- Next Commissioner Thornton asks the question **“What is the Memory Verse?”** Again words pop up one at a time.

- It is motivating to reward the first child to guess the Bottom Line and Memory Verse.



Panel 1



Panel 2



Panel 3



Panel 4



**DRAMA**

***Mighty Max: "Super Rage"***

**TAKE HOME POINT:** Don't allow your anger to turn to sin.

**CHARACTERS:** Mighty Max

**PROPS:** Mighty Max Costume

**DRAMA SKIT:**

(Max enters yelling and growling loudly.)

Teacher: Max! (Pause) Max! (Pause) MAX!

Max: Oh, sorry. I was practicing my new super power.

Teacher: Yelling loudly?

Max: No! Super rage! (Yells and growls loudly) See?

Teacher: That was... (Searches for the right word) Impressive.

Max: You haven't seen anything yet. The power is activated by anger. Then I turn green. Once I go green, you don't want to be around for what happens next!

Teacher: What's next?

Max: I go absolutely crazy! I start yelling and throwing stuff. Then I pound my enemies!

*Continued on next page*



## ***Mighty Max: "Super Rage" Drama Script — Continued***

Teacher: Are you sure you didn't just see this in a movie?

Max: No! This is a legitimate super power! Yesterday this guy pushed my little brother down and it made me so mad that the super rage activated!

Teacher: What happened?

Max: I punched him in the nose, FOR JUSTICE!

Teacher: Oh, and how did that act of justice turn out?

Max: I had to go to the principal's office! He told me that I can't punch people. I tried to explain that it was in the name of justice, but he didn't understand.

Teacher: Well, your principal is right. You can't punch people. Acting out in anger is wrong.

Max: But it is my super power! Like the other night at the baseball game, a guy stole an old lady's purse. The super rage activated, and I ran after him and got it back! And I didn't even get in trouble!

Teacher: That's a good thing. That was justice!

Max: But I acted on my anger, like I am supposed to. The Bible even says, "Be angry!" So, I am angry! (Yells and growls loudly)

*Continued on next page*

***Mighty Max: "Super Rage" Drama Script — Continued***

Teacher: Hold up. You have to read the rest of that scripture. If you read the whole thing, it says, "Be angry and do not sin." When you got mad at that boy and punched him that was sin caused by your anger. But when you saw the lady's purse get stolen, you didn't sin.

Max: So can I get angry or not?

Teacher: There is a good kind of anger. It is called righteous anger. It is when you see something that is not justice, and that feeling makes you want to change it. That is what you felt when you saw the lady's purse get stolen. You were angry and did not sin.

Max: So I can't punch people?

Teacher: No. That would be "being angry and sinning." When you get angry, take a moment and ask God to give you love for the person. Then do what love would do.

Max: That sounds lame. If someone robs a bank, I need to karate chop the thieves! I don't think news footage of Mighty Max loving criminals into justice really strikes terror into the underworld!

Teacher: I think God would see your heart, and help you out.

Max: Well, I am not going to punch other kids anymore, but if it comes down to it, I am going to clobber the bad guys!

Teacher: (Exasperated) Oh, Max!

*Continued on next page*



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## ***Mighty Max: "Super Rage" Drama Script — Continued***

Max: That's Mighty Max!

Teacher: Oh, sorry. Mighty Max!

Max: Mighty Max and his Super Righteous Anger! (Yells and growls loudly then runs out of the classroom)

*The End*



**OBJECT LESSON**

***Red Hot Tamales***

**SCRIPTURE REFERENCE:**

Proverbs 12:16

**TAKE HOME POINT:**

You control your anger. Do not let anger control you.

**WHAT YOU NEED:**

1 large box of Hot Tamales

**SPECIAL NOTES:**

- Buy enough Hot Tamales to hand out to the kids after class.

**OBJECT LESSON APPLICATION:**

(Hold up box of Hot Tamales.)

I love Hot Tamales. (Begin to eat candy.) Does anybody else like Hot Tamales? (Begin to hand out candy slowly while you preach.)

When I think about Red Hot Tamales, it makes me think of "Red Hot Temper." Have you ever been so angry you thought you were going to explode? It is like you can feel the anger rising up inside of you.

What should you do when you feel anger rising up? Should you just let it explode like a volcano?

Some people have really short fuses. They blow up at every little thing. The Bible calls these people fools. Proverbs 12:16 says, "A fool shows his annoyance at once, but a prudent man overlooks an insult."

A prudent man is a wise man. If somebody insults you, you are a wise man if you overlook it and forgive him. If you just let your temper fly, you look like a fool.

*Continued on next page*





## *Red Hot Tamales Object Lesson — Continued*

Have you ever been in the grocery store and seen a kid throwing a temper tantrum because his mom wouldn't buy him a candy bar? What does that kid look like? A fool. Do other kids want to be his friend? I don't think so. In fact, a good plan to not have any friends is just to let your temper fly whenever you feel like it.

Some of you have figured out that if you throw a big enough fit you can get mom to give you what you want. Have you ever done that?

It seems like you got what you wanted so you won the game, but really you lost. You allowed anger to take control and you looked like a fool. You might get to do the thing you wanted to do, but nobody wants to be your friend.

It doesn't have to be that way. If you have a short fuse you can change. If you feel like you are about to explode you can just stop and wait till you calm down. You control yourself. Never let anger take control of your life.

**INTER-ACTIVE  
OBJECT LESSON*****You Control You***

- **WHAT YOU'LL LEARN:** No one can make you mad. You control yourself.
- **WHAT YOU NEED:** 2 clear glasses
- **INSTRUCTIONS:**
- Fill one glass with water and the other leave empty.
  - Select 1 helper.
  - Have the helper to hold the glass of water and shake the glass of water.
  - Make sure they shake it until the water comes out.

**SPIRITUAL APPLICATION:**

Who can tell me why the water came out of the glass? (Allow for response. Most kids will say something like, "Because Tommy shook the glass." But that is not the answer you are looking for.) Next ask your helper to shake the empty glass. Then ask your class why no water came out of the glass. (Allow for response.) There was no water in the glass. Right. So, why did water spill out of the first glass? Because it had water in it. If there was no water in the first glass no water would have come out of it.

Have you ever made this statement, "You make me mad?" I think that most of us have said that before, but the truth is that nobody can make you mad. If there isn't any anger in you, then no anger can come out, even if somebody shakes you up a little bit. If I say, "You make me mad" to somebody, then I am playing the "Blame Game". The truth is that we all deal with anger, but nobody else can control your anger other than you.

Have you ever said or done something while you were angry that you regretted later? If so, then you allowed your anger to take control. Do not allow your anger to take control of you. Quit playing the "Blame Game". You take control of yourself. If somebody does something really mean to you, don't blow up right away. Stay calm, think about what you want to say. Don't ignore it either. The Bible says, "Don't let the sun go down on your wrath." That means deal with it, but do it in a calm way. Go talk to whoever you are mad at, but do it in a nice way.

*This is a good time to give an altar call for anyone who has trouble controlling their anger. Pray for them and ask the Holy Spirit to help them.*



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# Be Angry & Do Not Sin

## DIGITAL REVIEW QUESTIONS

NEEDED: Review Prizes (penny candy for right answers)

### ▶ TO THE TEACHER:

The **Digital Review Questions** are a part of "The Masked Hero" download.

Once you get to the Memory Verse, then **PAUSE** the video.

After you have done your teaching then **PLAY** the Digital Review Questions.

You can turn this into a **Review Game** by rewarding kids for correct answers.

1. Ephesians 4:26 says, "...don't let the \_\_\_ while you are still angry."
  - a. toast pop up
  - b. bed bugs bite
  - c. sun go down**
  - d. football drop
2. Don't sin by letting \_\_\_\_\_.
  - a. your sister win
  - b. the dog eat your broccoli
  - c. flies in the house
  - d. anger control you**
3. Everybody gets angry.
  - a. True**
  - b. False
  - c. Sometimes
  - d. Only bad people
4. If you are angry with somebody, what should you do?
  - a. Yell really loud
  - b. Go green
  - c. Throw stuff
  - d. Wait till you calm down and then talk to them**
5. If I get angry about something small I should \_\_\_\_\_.
  - a. overlook it
  - b. forgive and forget
  - c. say nice words
  - d. all of the above.**



# Be Angry & Do Not Sin

## PROP LIST (Props, supplies, costumes and characters)

\_\_\_\_\_ Participation Awards (Large candy bars or prizes)

\_\_\_\_\_ How many needed?

\_\_\_\_\_ Review Prizes (penny candy)

### Mighty Max: "Super Rage" — Pages 4-7

#### Characters

\_\_\_\_\_ Mighty Max

#### Props

\_\_\_\_\_ Mighty Max costume

### Object Lesson: Red Hot Tamales — Pages 8-9

\_\_\_\_\_ 1 large box of Hot Tamales

### Inter-Active Lesson: You Control You — Page 10

\_\_\_\_\_ 2 clear glasses

### Small Group Club: Don't Pop The Bubble

\_\_\_\_\_ Double Bubble bubble gum (for each child)

\_\_\_\_\_ How many needed

### Special Edition: Pastoring Your Kids

\_\_\_\_\_ How many needed

### FEATURED CANDY THIS WEEK:

- Fun-sized Hot Tamales candy (if you have the resources, purchase enough for every child).